

"To protect the human resources and financial assets of our member districts in order to support the future of public education"

INSIDE THIS ISSUE

Run. Hide. Fight.
Avoid Carpel Tunnel
Managing Stress
eBacksafe®
Safety Calendar

CONTACT INFO

David Bolton
Loss Control Manager
(831) 296-9196 cell
dbolton@merma.org

ACTIVE SHOOTER RESPONSE
LEARN HOW TO SURVIVE A SHOOTING EVENT

RUN **HIDE** **FIGHT**

CALL 911 ONLY WHEN IT'S SAFE TO DO SO

Active Shooter: Run, Hide, Fight

HELPFUL LINKS

www.merma.org
www.dir.ca.gov/dosh/
[Schedule an Ergo Evaluation](#)

During an active shooter situation, it's important to quickly determine the most reasonable way to protect your own life.

When possible, RUN. Evacuate if there is an accessible escape path. Have an escape route and plan in mind. Evacuate regardless of whether others agree to follow. Leave your belongings behind and help others escape when possible. During your evacuation, try to prevent individuals from entering an area where the active shooter may be. Keep your hands visible and follow the instructions of any police officers you may encounter. Call 911 only when it is safe to do so.

HIDE if evacuation is not possible. Find a place to hide where the active shooter is less likely to find you. Lock or blockade the door with heavy furniture and keep quiet. Silence your cell phone, call 911, if possible, to alert police to your location and the active shooter's location.

As a last resort, FIGHT. Take action against the active shooter when your life is in imminent danger. Attempt to disrupt and/or incapacitate the active shooter by acting as aggressively as possible against him/her, using improvising weapons, and yelling and committing to your actions.



Avoid Carpel Tunnel Syndrome

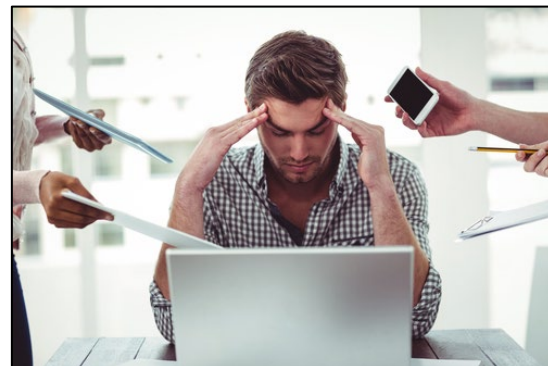
Carpal tunnel syndrome occurs when the median nerve, which runs from the arm into the palm of the hand, is compressed or squeezed inside a narrow passageway at the base of the hand, called the carpal tunnel.

This kind of pressure on the carpal tunnel can happen due to repetitive movements, inflammation of hand tendons, or medical conditions that cause inflammation in the body.

Preventing carpal tunnel syndrome can be as easy as adjusting your daily routine to reduce stress on your hands and wrists in the following ways:

- Minimize repetitive hand movements.
- Alternate between activities or tasks to reduce the strain on your hands and wrists.
- Keep wrists straight or in a neutral position.
- Avoid holding an object the same way for long.
- If you work in an office, adjust your desk, chair, and keyboard so that your forearms are level with your work surface.
- Wear a splint at night to keep your wrist straight while sleeping.
- Request an ergonomic assessment

Managing Stress



Relaxation strategies. Relaxation helps counter the physiological effects of the fight-or-flight response. To practice this skill, sit comfortably with your eyes closed. Working from your legs upward, systematically tense and relax each major muscle groups. Hold the tension for 10 seconds; release tension for 20 seconds. Each time you release muscle tension, think “relax” to yourself. This skill and many other relaxation strategies can help reduce symptoms of anxiety.

Problem-solving. Problem-solving is an active coping strategy that involves teaching people to take specific steps when approaching a roadblock or challenge. These steps include defining the problem, brainstorming potential solutions, ranking the solutions, developing an action plan, and testing the chosen solution.

Mindfulness. Mindfulness is the ability to pay attention to the present moment with curiosity, openness, and acceptance. Stress can be exacerbated when we spend time ruminating about the past, worrying about the future, or engaging in self-criticism. Mindfulness helps to train the brain to break these harmful habits. You can cultivate mindfulness skills through formal practice (like guided meditation) and informal exercises (like mindful walking) or try mindfulness apps or classes. Mindfulness-based therapies are effective for reducing symptoms of depression and anxiety.

eBacksafe® for Teachers and Paraeducators



We are excited to offer eBacksafe® virtual injury prevention program designed specifically for teachers and paraeducators. **Segments of the virtual safety training were customized and filmed locally to ensure that real-life wellness scenarios were addressed.**

FIT has been in business for 30 years helping school districts and other organizations throughout the US protect the health and wellbeing of employees. It was discovered that fatigue, discomfort, pain, and injuries are often caused by something called Cumulative Micro Trauma and that when employees learned how to prevent it, their quality of life at work and at home improved dramatically.

If you are looking for strategies to improve culture, moral, staffing, and safety, this is a great program that is free to our member districts.

Contact David Bolton for details about enrolling your teachers and paraeducators in this virtual training program.

Safety Calendar - September

September	National Alcohol & Drug Addiction Recovery Month	Substance Abuse and Mental Health Services Administration	recoverymonth.gov
-----------	--	---	--

September	National Preparedness Month	U.S. Department of Homeland Security	ready.gov
-----------	-----------------------------	--------------------------------------	--

September	National Food Safety Education Month	National Restaurant Association Educational Foundation	foodsafetymonth.com
-----------	---	--	--

September	Sports Eye Safety Month	Prevent Blindness America	preventblindness.org
-----------	----------------------------	------------------------------	--

Sept. 16	Concussion Awareness Day	Brain Injury Association of America	nationalconcussionawarenessd ay.com
----------	-----------------------------	--	---

Sept. 18-24	National Farm Safety and Health Week	National Education Center for Agricultural Safety	necasag.org
-------------	--	---	--
