



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

INSIDE THIS ISSUE

Schedule Training for 2023

Step-Ladders for Decorating

Trips and Falls
eBacksafe®

December Safety Calendar

CONTACT INFO

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



HELPFUL LINKS

www.merma.org

www.dir.ca.gov/dosh/

[Schedule an Ergo Evaluation](#)

Schedule Safety Training for 2023

Feel free to reach out for safety training for the second half of the school year. Safety training is available for the following topics:

- CPR/First Aid/AED classes
- Injury & Accident Investigation for Supervisors
- Hazard Communication (Chemical Safety)
- Bloodborne Pathogens
- Defensive Driver training
- Site Safety inspections
- Ergo Assessments
- Safe Lifting/Lowering
- Preventing Slips/Trips/Falls

If there is a safety topic that is not listed that you need training on, please call us and we will create a training or help you find it.

Use Step-Ladders when decorating for the Holidays



When decorating classrooms or offices, make sure you have the right tool for the job. When hanging anything over your head, it's best to use step-stools or ladders as opposed to reaching over your head. Also, never use chairs or tables as ladders. People are seriously injured every year by taking shortcuts and not taking the time to find and use ladders and step-stools.



Weather brings rain, cold, and trip & fall hazards...

As the weather gets colder and winter takes hold, trip and fall hazards are more prevalent than at any point in the year.

Rain leaves surfaces slippery, both outside and inside. It's best to wear boots or shoes with good traction when it rains. Also, wipe your feet before going inside buildings so you don't track water on smooth surfaces where others can slip and fall.

Ice can form in areas where the temps reach 32 degrees or lower. Ice can also form on bridges where air flow underneath can lower temperatures. Ice is often difficult to see. Always be vigilant as to not slip and fall on ice in extreme cold weather.



Leaves can often create slip and fall hazards as rain and wind knock them off their branches. Try to walk around layers of leaves that form on sidewalks as they are often very slippery. If unavoidable, slow your pace and walk carefully until it's safe.

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.

December Safety Calendar

Safe Toys & Gifts
Month

Prevent Blindness America

preventblindness.org

Holiday Season Drunk
Driving Campaign

National Highway Traffic
Safety Administration

nhtsa.gov