

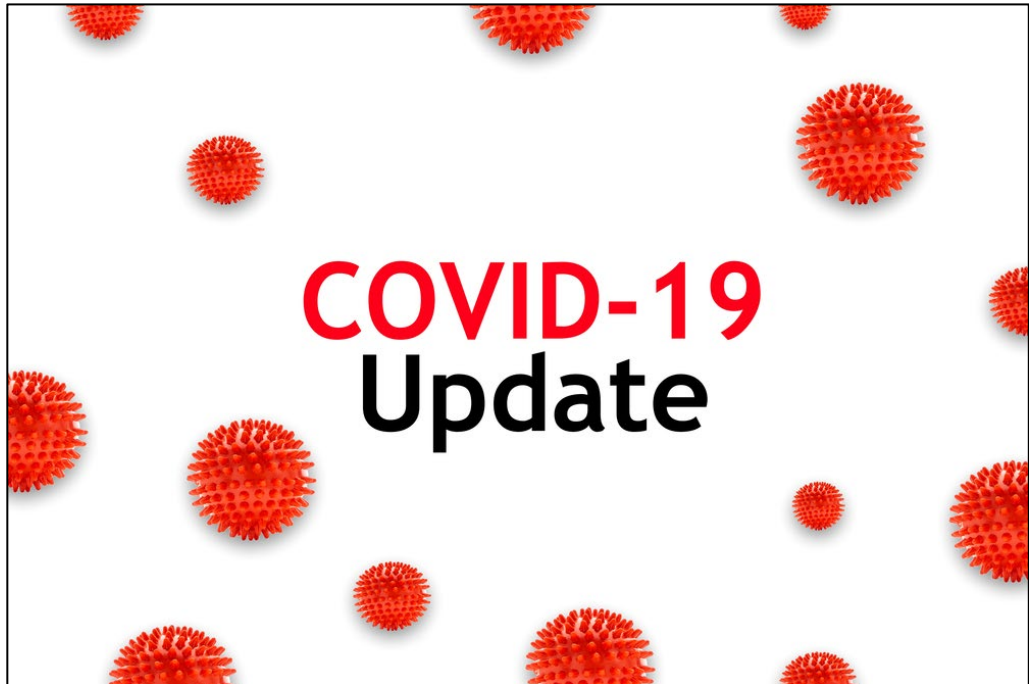
"To protect the human resources and financial assets of our member districts in order to support the future of public education"

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COVID-19 Update

HELPFUL LINKS

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

On December 15, 2022, the Occupational Safety and Health Standards Board voted to adopt non-emergency COVID-19 Prevention regulations. These regulations will take effect once they are approved by the Office of Administrative Law (OAL) in the month of January 2023 and will remain in effect for two years after the effective date, except for the recordkeeping subsections, which will remain in effect for three years. These regulations include some of the same requirements found in the COVID-19 Prevention Emergency Temporary Standards (ETS), plus new provisions aimed at making it easier for employers to provide consistent protections to workers and allow for flexibility if changes are made to CDPH guidance in the future.

Employers are no longer required to maintain a standalone COVID-19 Prevention Plan. Instead, employers must now address COVID-19 as a workplace hazard and include their COVID-19 procedures to prevent this health hazard in their written IIPP or in a separate document. MERMA will update your IIPP template in January and will email districts individually.

New Year = Opportunity to Organize and Clean

Clean classrooms, kitchens, offices, and maintenance shops can have a positive effect on attitude, safety, and efficiency. If you have a messy maintenance shop, odds are your injury rate is high and your employees are not very productive. Facilities that are clean and neat indicate to employees that we take pride in our organization, and we give the same meticulous attention to all aspects of education in general.

Schedule a walk with your facilities or safety professional to see if your district's cleanliness and organization are up to your standards and expectations, and if not, develop and plan to address. It is guaranteed to pay dividends.



Benefits of Stretching at work



Stretching at work, whether it's before or during your shift, can have major advantages to your personal health. Stretching can be done anywhere, anytime, and in 5 minutes or less.

Stretching reduces fatigue by increasing blood supply and nutrients to your muscles. Stretching warms the muscles by working them gently at first, in preparation for a day of work. This helps prevent or eliminate sprains and strains.

In addition, stretching can help improve posture, increase coordination, and improve balance.

Contact David Bolton for the recommended stretching exercises for your specific workgroups.

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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.

January Safety Calendar

January

January

National Radon
Action Month

Environmental Protection
Agency

epa.gov
