



"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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HELPFUL LINKS

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

Managing Student Behaviors

Dealing with extreme student behaviors can be a disheartening experience for teachers or paraeducators, and diffusing small behaviors before they become big problems requires a skillful balance of controlling your emotions and using techniques to de-escalate the behavior. Here are some tips on how to handle challenging student behavior and get back to class.

1. **Get to the root of the matter.** Behavior is a form of communication, so consider what could be causing the disruptive behavior.
2. **Reach out to colleagues for support.** Most schools have teachers who specialize in working with students who have behavior issues. If you're dealing with extreme student behavior, seek out these individuals and ask for their advice.
3. **Remember to remain calm.** Remaining calm helps you make better decisions in difficult situations where emotions may cloud your judgment.
4. **Involve administration when necessary.** If students aren't responding to your attempts to correct their behavior, it may be time to involve administration so that you can continue to focus your energy on teaching or assisting.

First Aid Kits, AED's, and Smoke Alarms

Did you know that AED's and First Aid Kits have items that have expiration dates? For example, eye wash solutions and antiseptic towelettes that are in standard First Aid kits expire and may lose their efficacy. Also, AED electrode pads typically only have a 2-year shelf life and AED batteries only last 2-5 years.

As a best practice, you should add First Aid kits to a preventative maintenance schedule. Most Facilities departments have software to help keep equipment and vehicles maintained on a regular basis, or as recommended by the manufacturer. You can easily add First Aid Kits and AED's to the schedule as well. This helps ensure the equipment is monitored throughout the year and is ready to use when needed.

Again, always follow manufacturers recommendations on upkeep and maintenance.



Perform a Pre-Trip Before Driving



If you drive on behalf of your district or agency, always perform a pre-trip inspection. A pre-trip inspection is a thorough check of your vehicle before you hit the road to ensure everything is working properly. Pre-trip inspections, while they do take time, are worth performing for a number of reasons:

- It's often required by law.
- The safety of drivers and members of the public on the road is at stake.
- Detects any potential malfunctions or failure points on the vehicle.

There are practical benefits to performing pre-trip inspections as well. Regular inspections can alert you to potential problems with your vehicles. For instance, if one of your mechanics notices an unusual amount of liquid pooling underneath a vehicle in the morning, he could further investigate and discover a leak in the radiator. Had he not performed a pre-trip inspection that day, that could have been a lot worse.

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.

February Safety Calendar

American Heart
Month

American Heart Association

heart.org

National Burn
Awareness Week

American Burn Association

ameriburn.org