

"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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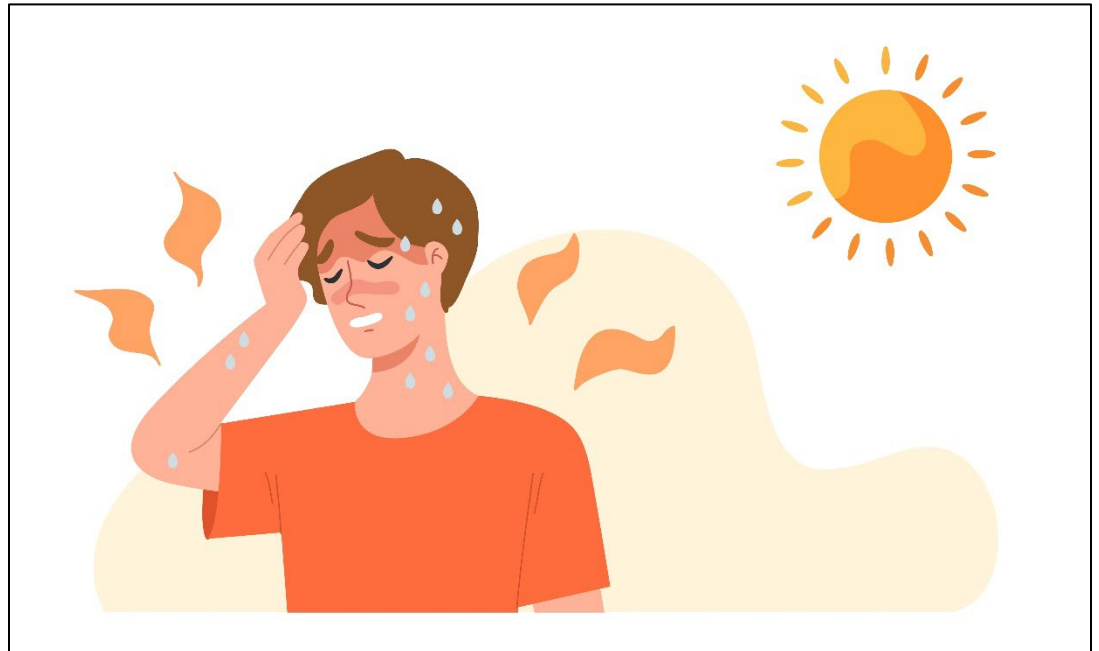
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HELPFUL LINKS

www.merma.org

www.dir.ca.gov/dosh/

[Schedule an Ergo
Evaluation](#)

Heat Illness Prevention

As an important reminder, **all workgroups that work outdoors in temperatures over 80 degrees must be trained in Heat Illness Prevention.** Additionally, you must provide your employees who work outdoors with fresh water, accessible shade, and rest breaks as needed. If you have a workgroup that needs training you can use the Zoom link below, or you can contact David Bolton directly to schedule in person.

To prevent heat illness, remember to practice the following:

- Drink plenty of water throughout the day
- Try to work indoors as much as possible
- Wear light colored clothing and dress in layers
- Check the weather the night before
- Schedule outdoor work in the early morning or late evenings
- Use a buddy system to check on each other throughout the day
- Pace your activities
- Wear sunscreen
- Avoid hot or heavy meals
- Learn how to recognize the signs of heat illness vs. heat stroke

Tyler Heart Institute AED Program



The Montage Health [Tyler Heart Institute's](https://www.montagehealth.org/locations/profile/info/community-hospital-monterey-peninsula/about/benefit/building/aed-program/) AED program assists organizations in establishing or enhancing their AED program. They oversee the entire process including obtaining an AED, completing an on-site assessment, facilitating staff training, and providing ongoing maintenance and support. Whether an organization already has an AED or is ready to buy one, you can contact the Tyler Heart Institute's AED program and ask how your organization can participate.

If your school or organization does not currently have an AED, this program may be of benefit. You can find more information about the program here:

<https://www.montagehealth.org/locations/profile/info/community-hospital-monterey-peninsula/about/benefit/building/aed-program/>

Preventing Skin Cancer



May is skin cancer awareness month! Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays are strongest from 10 a.m. to 4 p.m. daylight savings time.

To protect yourself from harmful UV rays, practice the following:

- Stay in the shade.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher.



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, morale, 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.

April Safety Calendar

Motorcycle Safety Month	National Highway Traffic Safety Administration	nhtsa.gov
National Bike Month	League of American Bicyclists	bikeleague.org
National Electrical Safety Month	Electrical Safety Foundation International	esfi.org
Older Americans Month	Association for Community Living	acl.gov
Clean Air Month	American Lung Association	lungusa.org
Trauma Awareness Month	American Trauma Society	amtrauma.org
National Water Safety Month	Association of Pool & Spa Professionals, National Recreation & Parks Association, American Red Cross and World Waterpark Association	nationalwatersafetymonth.org
National Child Passenger Safety Technician Month	Safe Kids Worldwide	safekids.org
Healthy Vision Month	National Eye Institute	nei.nih.gov
National Physical Fitness & Sports Month	President's Council on Fitness, Sports, and Nutrition	fitness.gov
Mental Health Month	Mental Health America	mentalhealthamerica.net
Better Hearing Month	American Academy of Audiology	audiology.org
Building Safety Month	International Code Council	iccsafe.org
Global Youth Traffic Safety Month	National Organizations for Youth Safety	sadd.org
Global Employee Health and Fitness Month	National Association for Health and Fitness	healthandfitnessmonth.com
National Heatstroke Prevention Day	National Highway Transportation Safety Administration	nhtsa.gov
National Safety Stand-Down to Prevent Workplace Falls	National Safety Council	osha.gov
Bike to School Day	National Center for Safe Routes to School	walkbiketoschool.org
National Police Week	National Peace Officers Memorial Service	policeweek.org
EMS Week	National Association of Emergency Medical Technicians	naemt.org
National Safe Boating Week	National Safe Boating Council	safeboatingcampaign.com