

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

INSIDE THIS ISSUE

Classroom Decorating
Protect your Lower Back
Schedule an Ergo
eBacksafe®
Safety Calendar

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HELPFUL LINKS

www.merma.org

www.dir.ca.gov/dosh/

[Schedule an Ergo
Evaluation](#)

Safety Tips for Teachers Setting up their Classrooms

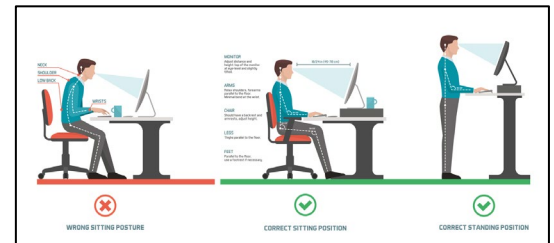
Whether you are a new teacher or tenured, classroom decorations are a great way to make your classroom exciting and inviting. To minimize the risks of classroom decorating and still enjoy a fun, colorful atmosphere, teachers should put decorations up carefully and safely. Here are a few tips to help ensure you and your students are safe:

- Do not stand on chairs, tables, desks, bookcases, boxes, upside down trash cans, etc., to reach above your head!
- Use ONLY district-provided stepstools or stepladders when working beyond your reach.
- Keep ladders out of reach of students.
- NEVER leave a ladder unattended.
- Do not allow students to climb on desks or other unsafe surfaces to help decorate.
- When in doubt, ask for help!!!

5 Steps to Protect your Lower Back

1. **Strengthen your core muscles daily.** Strong and supportive muscles throughout the trunk of your body are essential to support your spine.
2. **Invest in an ergonomic chair.** Slouching forward while working at a desk places excessive pressure on the discs in your lower back and can cause problems, such as disc degeneration to occur or further deteriorate.
3. **Safeguard your back when lifting.**
 - Bend at your knees, not at your lower back; a completely flexed (forward bent) back can be highly susceptible to a ligament and/or disc injury
 - Pivot your feet and hips, rather than twisting your lower back
 - Hold the object close to your chest while straightening your spine
 - Use a hand cart or dolly
4. **Drink plenty of water.** Proper hydration of your discs, muscles, and organs all help to maintain a healthy spine.
5. **Stretch your Hamstrings.** A little-known cause of low back pain is tight hamstrings. Simple hamstring stretching exercises can help decrease the pressure on your pelvis and provide relief across your low back. Certain hamstring stretches also help relieve leg pain associated with lower back problems, such as sciatica.

Schedule an Ergo Assessment for New Employees



Scheduling a workstation ergonomic assessment for new teachers and employees is a great way to set them up for success and show that you care. It's a free service and the assessment only takes about 30 minutes.

Another reason to schedule an ergonomic assessment would be from a preventative standpoint (for example, when an employee has reported minor pain or discomfort due to their workstation.) A preventative ergonomic assessment can help identify the problem and recommend solutions, often resulting in the prevention of an injury.

To schedule a new employee or preventative ergonomic assessment, please contact David Bolton at (831) 296-9196, or by email at dbolton@merma.org.



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.

August Safety Calendar

National Immunization Awareness
Month

Centers for Disease Control &
Prevention

[cdc.gov](https://www.cdc.gov)

Back to School Month

National Safety Council

[nsc.org](https://www.nsc.org)

Children's Eye Health & Safety
Month

Prevent Blindness America

preventblindness.org

Drive Sober or Get Pulled Over

National Highway Traffic Safety
Administration

nhtsa.gov

Stop on Red Week

National Coalition for Safer
Roads

ncsrsafety.org

Safe+Sound Week

OSHA

osha.gov

International Overdose Awareness
Day

Penington Institute

overdoseday.com