



*"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](http://www.merma.org)
- [www.dir.ca.gov/dosh/](http://www.dir.ca.gov/dosh/)
- [Schedule an Ergo Evaluation](#)
- [First Aid/CPR and AED](#)



## Slip, Trip and Fall

According to the U.S. Bureau of Labor Statistics (BLS), slip, trip and falls are one of the leading causes of injuries and fatalities in the United States. Work-related fatalities due to slip trip, and falls increased 1.8 percent in 2022, resulting in 865 fatalities, up from 850 in 2021. In 2022 165 fatalities resulted from falls to the same level. In 2023 the Districts suffered 109 injuries due to slip, trip and falls and the month of January 2024 12 slip, trip and fall injuries have been reported all suffering blunt injuries to multiple body parts.

### Causes that led to Districts' slip, trip and fall incidents in January

- Slipping and falling while walking on icy or wet surface - 3
- Slipping and falling after walking in the building with wet soles from rain - 2
- Slipping after stepping on food products - 2
- Falling to lower level while reaching - 2
- Tripping and falling at parking lot - 2
- Slipping after stepping on crayon - 1

### Slip, Trip and Fall Hazards

Slip, trip and Fall hazards are generally grouped together, however, it is important to understand and identify what creates these hazards.

## The Merma Monthly

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Slips are most often the result of footwear losing traction with the surface but can also be the result of stepping on an object such as a paper, pen or pencil that will cause one to slip and fall.

### Slip Hazards

- Spills of wet or dry substances
- Inappropriate footwear for the environment or the job
- Transitioning from a wet surface to flooring
- Ramps with no skid control
- Objects such as pencils, crayons, pens, paper, branches, leaves, pebbles

Trips generally occur when someone's foot gets caught on an object.

### Trip Hazards

- Uneven surfaces
- Potholes in the parking lot
- Objects obstructing walkways
- Worn out carpet, rugs, mats or tile
- Unmarked steps
- Unsecured cables, cords and hoses.

Most slips and trips end up in falls, however, falls are also a result of other hazards.

### Fall Hazards

- Worn out or improper use of ladders/step stools
- Reaching too far while on a ladder or step stool
- Using inadequate equipment as a step stool, such as a chair
- Elevated surface without guardrails
- Floor openings

### Work Practices that Prevent Slip, Trip and Fall Hazards

- Wear proper footwear for the environment conditions
- Be aware of your surroundings, whether indoor or outdoor
- Practice good housekeeping and keep walkways clean and free of clutter
- Inspect your work area to identify slip, trip and fall hazards.
- Training on slip, trip and fall awareness
- Immediately report slip, trip and fall hazards

## Winter Weather Safety



Winter weather brings rain to our region, although it is needed and welcomed since it replenishes our reservoirs and underground water, rain may create hazardous conditions at home, work and on the road. Be prepared for the unexpected! Following are some tips on ways to prepare and stay safe during the rainy season:

### At Home

- Keep a raincoat and umbrella handy
- Stay informed on weather conditions
- Inspect your house for leaks
- Stay indoors during thunder and lightning
- Stay away from flood waters
- Stay away from downed power lines
- Keep emergency kits handy (first aid kit, flashlight, candles, blankets, extra clothing, jacket, umbrella, lighter, dry food and plenty of drinking water).

### At Work

- Wear skid resistant shoes
- Be aware of where you walk. Look down continuously for wet surfaces.
- Do not run
- Always use the hand railings when going up or down the stairs.

### On the Road

- Check your car's brakes, tires, lights and wipers
- Plan your trip and check for road closures.
- Pack a raincoat and umbrella
- Always keep lights on while driving
- Avoid night travel
- Drive cautiously, breaking distance increases and visibility is reduced when driving in the rain.



# Sit-Stand Workstations, Benefits and Risks

Sit-stand workstations are growing in popularity because they allow the worker to alternate working from sitting to standing, building a non-sedentary work environment. However, although sit stand workstations have their benefits, there are risks if the workstation does not fit the worker.

Tabletop workstations, like the one pictured above in the right-hand corner, are not recommended for a person shorter than 5'6" if the workstation will be placed on a standard desk. People of that stature need to have their keyboard trays at about 23" to 25" high and standard desks are generally between 27" and 30" tall, therefore, the tabletop sit stand workstation's keyboard tray would be above the needed height. Additionally, the monitors sit at around five inches higher than a normal desk and having the monitors at that height will cause the person to bend their head backward causing cervical extension. It is highly recommended to request an ergonomic evaluation prior to purchasing a tabletop sit stand workstation. Please contact [Maria Lorenzana](#) to request Ergonomics Training and [click here](#) to request an ergonomic evaluation.



## HEIGHT-ADJUSTABLE TABLE POSTURE



# 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 Maria Sandoval for details about enrolling your teachers and paraeducators in this virtual training program.

## February Safety Calendar

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### February

National  
American Heart  
Month

Feb/ 4 – 10  
National Burn Awareness  
Week

[epa.gov](http://epa.gov)  
[Heart.org](http://Heart.org)  
[Ameriburn.org](http://Ameriburn.org)

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