

ESASD SAFETY NEWSLETTER

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Welcome Back and Happy New Year!

When we enter a new calendar year we often make resolutions or new commitments that will help us with some type of self improvement. As we enter a new school year, our District Safety Committee is challenging each and every employee to make a safety resolution; however, unlike many New Year resolutions that tend to fall by the wayside, we hope your new school year resolution remains at the forefront of your mind and daily actions each day this year.

Please remember that safety cannot just be something a few individuals focus on, but is something that takes a team effort to achieve. Throughout this school year, help your co-workers and colleagues to be safe by pointing out potentially dangerous actions, such as standing on chairs, desks, or tables, using equipment without safety equipment on or safety guards engaged, lifting heavy items without help, storing, heavy items on top shelves, etc.

We would like our safety goal this year to be one that places each employee, student, and visitor in our buildings or on our grounds first and foremost. As we proceed through this school year, please remember, if you see something that could be potentially unsafe, report it. Unfortunately, many times small issues can be overlooked thinking someone else is taking care of it and before you know it, someone gets injured. Please continue to be our eyes.

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Basis of Good School Safety

The basis for any good safety program or environment is for everyone to understand where injuries may potentially occur and take proactive measure to avoid them whenever possible. In the educational work environment, most injuries occur as a result of slips, trips, falls, back injuries from lifting, and struck or hit by students. ESASD is no exception. Although we are getting better and decreasing the number of incidents that result in injury each year, we still have continued room for improvement. In this newsletter, we will look at some of these most frequent sources of injury and provide some tips for avoiding or at least minimizing potential injuries.

ESASD Approved Footwear

Please remember that footwear worn during the workday must be secured at the heel with heels 3.5 inches or less.

Safety Tips for Avoiding Injuries

Safety tip 1: Avoid slips, trips and falls by carefully inspecting your environment. Remember, your environment is not only the classroom, office or working area, it includes anywhere that you are in the day from the time you pull in to the parking lot to the time you leave the school grounds. Work to decrease slips, trips, and falls, by watching where you walk, removing extension cords when not in use, securing extension cords when they are being used, replacing frayed carpeting, securing loose tiles or carpeting, wearing footwear that is appropriate for your job and the weather and keeping your working environment clutter free. As we progress through these first days of school, keep an extra eye out for any discarded boxes, paper on the floor, wet floors, and furniture that may be in the hallway waiting to be relocated.

Safety tip 2: Mitigate back injuries by utilizing safe lifting procedures. When lifting, use your legs, keeping your back straight. As you move items, use your legs, not your back and remember when heavy items need to be moved, use a team approach. Never lift heavy items on your own and whenever possible, use carts or hand trucks to transport heavy items. Although back injuries and strains can occur throughout the school year, most often occur in the beginning of the year when staff is hurrying to set up classrooms and put the final touches on the buildings.

Safety tip 3: Lessen the chances of injury when students are in a state of duress and are becoming physically aggressive by using a team approach. Remember when students are in a state of extreme pressure, they often will not comply with verbal commands. Often the more adults attempt to give verbal commands, the more aggressive the student may become. If a student is becoming physically aggressive despite previous verbal de-escalation attempts, protect yourself and others and implement your school's crisis plan. If you are not certain what your particular school's plan is, make sure you ask your administrator.

Safety tip 4: Decrease illness by remembering to get your flu shot. Flu activity can begin as early as October and typically peaks between December and February. Flu shots along with continuing to practice good hygiene such as washing hands for at least 20 seconds with soap and water are a great start to fighting the flu.

What's wrong with this picture?



Safety Fact

- Overexertion and bodily reaction to slips, trips, and falls, and contact with objects and equipment are the highest causes of workplace injury in the US accounting for 84% of all nonfatal injuries at work.
- On the average, men are injured on the job 17.3% more often than women.

United States Department of Labor, 2021

