

# ESASD SAFETY NEWSLETTER

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## **Common Spring/Summer Accidents**

Who doesn't look forward to the longer, sunnier (hopefully) days of spring and summer? In order to make the most of these seasons, make sure you are exercising precautions so you steer clear of injuries that will impede your enjoyment.

### **1. Packing up Classrooms**

a. when packing your classroom for the summer, make sure heavy boxes are not stored high and, if a box is heavy, please mark it "Heavy" so the custodians are aware.

b. when taking down any items placed above your head height, use a ladder.

### **2. During summer cleaning**

a. when moving furniture or receiving/lifting heavy deliveries, use a team approach for lifting.

c. when mopping floors (or using the auto scrubber) be sure to place the "Wet floor sign" so it is highly visible

d. when working outside, drink plenty of water and limit time in high temperatures.

e. when using lawn/mechanical equipment, use appropriate eye, hand, and foot protection.

f. when working in grassy areas, wear long leg pants to decrease tick exposure.

g. when using ladders, ensure you employ appropriate climbing procedures.

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## **Symptoms to Watch For and What to Do**

Heat Stroke - confusion, hot, dry, skin, dizziness, loss of consciousness - call 911

Heat Exhaustion - headache, dizziness, weakness, heavy sweating, thirst, cold, pale, and clammy skin, muscle cramps - move to a cooler location, sip cool water, loosen clothing (seek medical attention if symptoms don't improve.)

### **What to Do with A Tick**

**If you remove a tick, place it in a plastic bag and you can send it to PA Tick Research Lab at East Stroudsburg University Innovation Center. For more information, click "Tick Identification"**

### **Tick Identification**

#### **ESASD Approved Footwear**

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

## Slip, Trip, and Falls

Spring and summer can bring different causes of slips, trips, and falls than we experience in the winter months. Not only may a slip, trip, or fall occur because of slippery floors and uneven ground, but they can occur due to hidden tripping hazards such as branches or a fall can occur from a sudden medical emergency such as heat stroke. Remember to remain vigilant to your surrounding as well as to your own body and how you are feeling!



### Most Common Spring Injuries to Avoid Falling Prey To

**Cuts and burns to the hands/feet** - These most frequently occur from improperly function lawn equipment.

**Broken bones, head injuries, cuts** - These injuries may often result from improper use of ladders. Remember to always maintain three points of contact with the ladder.

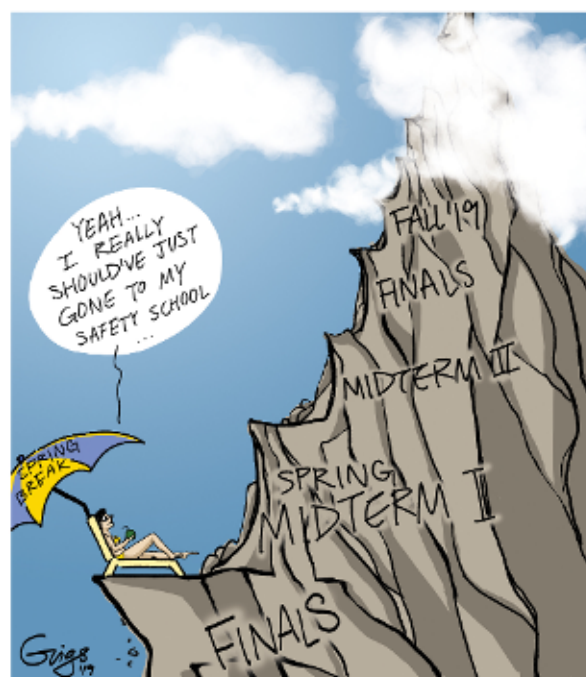
**Splinters, blisters, cuts** - Although gardening can be very relaxing to many, always check your equipment for splinters in wood handles, sharpness of equipment (remember dull cutting tools can be very dangerous.) Remember to use gardening glove and appropriate eye and skin protection!

### Appropriate Spring/Summer Footwear

Although the weather may be turning nicer, remember the importance of wearing appropriate footwear. Any sandals must be secured to the foot with a strap around the back. Those working outdoors or moving items within a building should wear a work boot or shoe that protects the entire foot, such as steel toe boots/shoes. Lastly, make sure that the bottom of the shoe has some type of non-slip bottom.

## Safety Awareness Reminder

Safety is everyone's business and extra eyes are always appreciated. Whether you are outside or inside a facility, if you see a potential safety hazard, please report it. If you are uncertain as to how to handle or report a safety hazard, please check with the building administrator or your immediate supervisor.



### Wise Summer Practices/Habits

When spending time outside, remember to always have the following items on or on hand for quick access:

1. Sunscreen (at least a minimum of 30.)
2. If you have severe allergic reactions to bees or other potentially dangerous bugs, keep your Epi Pen close by (or at least Benadryl if you don't have a script for an Epi Pen.)