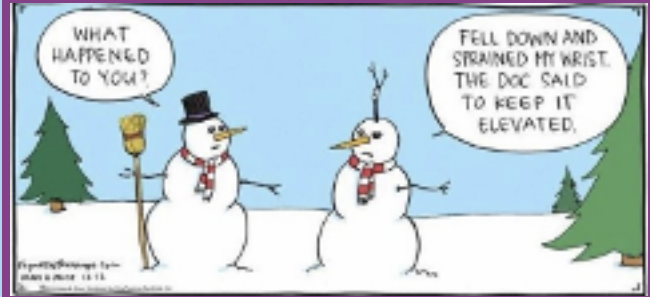


ESASD SAFETY NEWSLETTER

Winter 2022
Volume 10, Issue 2



It's Not Too Early for Winter Planning

Brrrr, those cold mornings can only mean one thing, winter is right around the corner! Knowing that winter and all that it brings with it are not far away, use this time to begin planning for it.

1. Plan ahead - Have all necessary items, such as clothing, materials, meals, etc. prepared the night before work. Having this completed the night before will decrease the need to rush in the morning. Accidents often can occur when rushing.

2. Get up a little earlier - Getting up earlier is another way to ensure you are not rushing to get to work. Remember that winter can bring with it rapidly changing road conditions. Leaving earlier enables you to drive with more care.

3. Keep a full or near full tank of gas in your car - In case of emergency, it is important to keep your gas tank as full as possible. In case you become stuck in snow, you will be able to remain warm.

4. Keep supplies in your car - To be prepared for anything winter throws at you, keep the following items in your car:

- a. Portable phone charger
- b. Ice scraper
- c. Small shovel
- d. Bag of sand or kitty litter
- e. Hazard triangles or LED flashers

It's Not Too Early for Winter Planning	
ESASD Frequently Asked Safety Questions	
Winter Work Safety Reminders	
Snowblower Safety Tips	
Clearing a Clogged Snowblower	
Twelve Days of Health	

f. Flashlight

g. Blankets or extra cold-weather clothing and gloves

h. Snack and water

g. Small first aid kit

i. Jumper cables

j. Extra low temperature windshield fluid

k. Small tool kit

l. Sunglasses for snow glare

m. Hand/feet warmers

n. Snow boots

5. Conduct routine car maintenance -

Don't wait until that "Maintenance Due" light comes on in your car. Take your car in early to ensure your battery and tires are good to go!



ESASD FAQ Regarding Safety



- What should I do if I believe there is a workplace safety issue/hazard? *If you believe there is a potential or definite hazard, immediately report it to your supervisor. You may also report it to the safety.committee@esasd.net*
- As an employee, what is my responsibility if I experience a work related incident? *All non-life threatening incidents or injuries are to be reported to the employee's immediate supervisor within 24 hours of the incident. The employee should also report to the school nurse (when on duty) to be assessed for injuries and for assistance in filling out the Worker's Compensation Packet PRIOR to seeking further medical assistance. Any life threatening injuries that cannot be reported within the 24 hour time frame should be reported as soon as possible.*
- If the nurse is not on duty, what should I do? *If there is no nurse available, the employee should report to the building principal or their immediate supervisor for assistance in completing the Worker's Compensation Packet prior to seeking further medical treatment. If immediate treatment is needed due to severity of injury and there is not a principal or immediate supervisor available (i.e. 2nd or 3rd shift work hours), call 911 or report to the nearest emergency room.*
- Do all employees need to complete an Accident Investigation Report within 24 hours? *Yes, all employees, regardless of position must fill out an Accident Investigation Report with 24 hours of the incident in order to promptly identify and correct safety hazards.*
- Can I choose to go to my own physician to be evaluated after an incident? *When you experience a work related injury, you must do the following in order for treatment and supplies to be paid for by your employer:*
 - *Treatment must be obtained from one of the healthcare providers listed on the "Designated Health Care Provider" list that you receive in your packet.*
 - *Treatment must be continued through one of the healthcare providers on the DHCP list if you need treatment for 90 days from the date of your first visit. If one of the DHCP refers you to another licensed specialist, those services will be paid for.*
 - *IF a listed physician prescribes invasive surgery, you have the right to obtain a second opinion from a physician of your choice. *See a copy of the DHCP Provider list for additional information regarding what to do if the second opinion differs from the DHCP provider's recommendation.*
- ***Always remember, ALL life threatening and First Responder Injury of Care shall be immediately reported to 911 for emergency treatment.***

Winter Work Safety Reminders

Although we live in the Poconos where many of us have spent many years taking care of snow and ice removal, we can very easily forget important practices that will help to keep us safe. When removing snow and/or ice remember to:

- First and foremost, know your limits for exertion. Shoveling can raise your heart rate and blood pressure more quickly than many other types of exercise. Therefore the deeper the snow the more strain on your heart. Additionally, because snow removal occurs in a cold environment, blood vessel will constrict. This, too, can lead to increased blood pressure, again resulting in increased strain on the heart. Knowing this, make sure you remember to stretch and warm up your muscles before going out. Start off slowly and pay attention to how you are feeling as you progress. If you need to, take a break. Listen to your body. Monitor yourself for any sudden onsets of chest pain or shortness of breath. If this happens, seek medical attention to rule out any related heart issues.
- Dress for the weather and task. If it is cold outside (remember to take the wind chill into consideration), dress in layers of loose fitting clothing and remove layers as you begin to warm up.
- Use the correct tool and technique for shoveling. If possible, use a shovel with a small plastic blade as opposed to one with a metal blade. Remember to bend at the knees, choke up on your shovel to keep the blade as close to your body as possible, push up with your legs, not the upper body or back, and do not twist your body. A tip from the pros is to push the snow rather than lifting and throwing heavy shovelfuls.
- Shoveling, as mentioned previously, is a strenuous activity. Remember it is important to stay hydrated.
- Beat the ice. Once you reach the concrete, spread ice melt on it to decrease the opportunity for ice to form.
- Whenever possible, make sure you are not working alone. It is important to have at least one other person working with you.

Additional Reminders

1. Wear proper footwear (grip soles or neoprene composite) 2. When exiting your vehicle, look for ice spots. 3. Don't carry or swing heavy loads, such as boxes, purses, or cases. This may cause you to lose your balance and fall. 4. Remember to walk like a penguin on ice!

Snow Blower Safety Tips

1. Avoid wearing loose clothing that can get caught in the machine.
2. Wear sturdy footwear with good traction.
3. Remain focused on the task.
4. Always start the machine outside.
5. Wear ear protection.
6. Be aware of where the snow is blowing, never discharge snow towards people or traffic.
7. Pace yourself.



Twelve Days of Health

The Center for Disease Control and Prevention shares the following tips, song to the "Twelve Days of Christmas" to help everyone remember how to have a healthy and happy winter season.

1. The first way to health, said the CDC to me wash hands to be safe and healthy.
2. The second way to health, said the CDC to me bundle up for warmth, and wash hands to be safe and healthy.
3. The third way to health, said the CDC to me manage stress, bundle up for warmth, and wash hands to be safe and healthy.
4. The fourth way to health, said the CDC to me don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
5. The fifth way to health, said the CDC to me BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
6. The sixth way to health, said the CDC to me fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
7. The seventh way to health, said the CDC to me get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.



Clearing a Clogged Snowblower

1. Turn off the engine.
2. Wait until the blades have stopped rotating.
3. Use a clearing tool to remove the clog, never put your hands in the machine.
4. Keep your hands and feet away from any moving parts.
8. The eighth way to health, said the CDC to me get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
9. The ninth way to health, said the CDC to me monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
10. The tenth way to health, said the CDC to me practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
11. The eleventh way to health, said the CDC to me prepare dinner safely, practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
12. The twelfth way to health, said the CDC to me, eat well and get moving, prepare dinner safely, practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

The ESASD District Safety Committee would like to wish each and everyone of our employees and their families a most happy, joyous, restful, peaceful, and SAFE holiday season!