



CROSSROADS

A CCCSIG Publication Where Health, Safety & Schools Come Together.

• July 2010 •

CCCSIG promotes a safe and healthy working environment for Contra Costa County school district employees.

Spotlight: 2010/11 Annual H&S Summer Program

What: An annual, 3-hr health and safety program conducted for each member districts' custodians, maintenance and grounds employees, using a combination of lecture and interactive group work.

Purpose: To enhance employee health and safety awareness, knowledge, skills and behaviors that ultimately will lead to a reduction of workplace injuries and enhanced employee health.

Training Topics: Training topics are chosen based on 1) countywide, occupation-specific claims data; 2) feedback from M&O directors and supervisors; 3) Cal OSHA regulations; and 4) feedback from past participant evaluations. Topics we covered this year include:

- Smart Work Practices (Back Safety, Ladder Safety, Chemical Safety)
- Work-Life Balance

Below: Antioch USD custodial employees observing CCCSIG trainer Steve Webber demonstrate how to safely take down and set up cafeteria tables.



Suggested Uses for Crossroads:

- 5-minute health and safety brief at staff meetings.
- Place a copy in your Injury and Illness Prevention Plan binder.

Beat the Heat This Summer!

If you're spending significant time in the heat this summer, here are some guidelines for preventing heat illness:

- Stay alert to the weather.
- Wear appropriate clothing (lightweight, light-colored and loose-fitting) and sunscreen.
- Drink one 8-oz. cup of water every 15 minutes while working in the heat (this equals 1 quart of water per hour).
- Do not drink alcohol, coffee, or soft drinks.
- Take rest breaks in the shade.

Source: California Department of Industrial Relations

off the mark.com by Mark Parisi



Prevent Ticks from 'Bugging' You!

Many Californians are concerned about Lyme Disease, which is caused by a spirochete (corkscrew-shaped bacterium) that is transmitted by the bite of an infected tick. Fortunately, only low percentages of a single species of tick (Western Black-legged Tick) is known to transmit the disease to people in California. Moreover, hikers or other outdoor enthusiasts who follow a few common sense guidelines are not likely to pick up the disease in this state.

Tick Guidelines:

- Avoid tick habitat if possible—wooded, brushy areas. Unless you spend time in that kind of setting, simply being in a high-risk county won't place you at risk.
- Keep vegetation cut low around your home.
- Use a good tick repellent, such as products containing permethrin (which can be used on clothing), and follow the manufacturer's directions.
- Wear clothes that will help to shield you from ticks. Long-sleeved shirts and long pants are best. Tuck your pants into the top of your socks or boots, to create a "tick barrier." If possible, wear light colored clothing, so ticks are easily identifiable.
- Check frequently for ticks and try to remove them promptly. Ticks actually have to bite you—and remain attached for at least a day—to transmit Lyme Disease.
- Remove ticks slowly, using a pair of tweezers or specially designed tick forceps.



Source: Centers for Disease Control



The information in this publication is intended for general educational purposes only and is not a substitute for professional medical advice.



There is more to life than increasing its speed.

-Mohandas K. Gandhi

Meal in Minutes!

Pineapple Chicken Salad With Balsamic Vinaigrette

Balsamic vinegar adds vibrant flavor to this salad without a hint of fat or sodium!



Ingredients

- 4 boneless, skinless chicken breasts
- 1 Tbsp olive oil
- 1 can (8 oz.) unsweetened pineapple chunks, drained except for 2 Tbsp juice
- 2 cups broccoli florets
- 4 cups fresh baby spinach leaves
- 1/2 cup thinly sliced red onions

For the vinaigrette:

- 1/4 cup olive oil
- 2 Tbsp balsamic vinegar
- 2 tsp sugar
- 1/4 tsp ground cinnamon

Preparation

1. Cut each chicken breast into cubes.
2. In a large, nonstick frying pan, heat the olive oil over medium heat. Add the chicken and cook until golden brown, about 10 minutes.
3. In a large serving bowl, combine the cooked chicken, pineapple, broccoli, spinach and onions.
4. To make the dressing, whisk together all remaining ingredients. Pour over the salad; toss gently.

Makes 8 servings

Source: Reprinted with permission
www.mayoclinic.com

Nutrition Facts (per serving):

Serving Size = 1/8 recipe

Calories: 187	Carbs: 8g
Sodium: 75mg	Protein: 17g
Cholesterol: 41mg	Fiber: 2g

Ask the Health & Safety Experts

Taurine in Energy Drinks

Q. Taurine is listed as an ingredient in many energy drinks. What is taurine? Is it safe?

A. Taurine is an amino acid that supports neurological development and helps regulate the level of water and mineral salts in the blood. Taurine is also thought to have antioxidant properties.

Taurine is found naturally in meat, fish and breast milk, and it's commonly available as a dietary supplement. Some studies suggest that taurine supplementation may improve athletic performance, which may explain why taurine is used in many energy drinks. Other studies suggest that taurine combined with caffeine improves mental performance, although this finding remains controversial.

Up to 3,000 milligrams a day of supplemental taurine is considered safe. Any excess taurine is simply excreted by the kidneys. Moderation is important, however. Little is known about the effects of heavy or long-term taurine use.

It's also important to remember that there may be high amounts of other ingredients in energy drinks, such as high amounts of caffeine or sugar. Too much caffeine can increase your heart rate and blood pressure, interrupt your sleep, and cause nervousness and irritability. And added sugar may provide unwanted added calories.

Source: Reprinted with permission
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'Keep Your Cool' During Hot Weather Workouts

by: Susan Patterson

Of course it's important to exercise, but how do you do that safely as temperatures outdoors begin to rise?

Staying hydrated, wearing breathable, loose-fitting clothing, and timing your workout to avoid extreme heat are all good tactics to help you stay safe as temperatures soar. Wearing sunscreen and a hat are also advisable, not only for UV protection, but also because the body has a tougher time cooling itself if it's sunburned.

Normally our bodies can adjust to the heat if we allow them to adapt slowly by gradually increasing the duration and intensity of the exercise over time. On the other hand, "too much, too fast" can result in heat-related illnesses, such as heat cramps, heat stroke, or heat exhaustion. Don't forget to adjust for humidity: when humidity rises, perspiration doesn't evaporate as easily off the skin, causing our body temperature to rise.

Here are the signs and symptoms of heat illness:

- Dizziness
- Feeling faint or confused
- Headache
- Cramping
- Nausea or vomiting
- Rapid heartbeat



If you suspect a heat-related illness, stop exercising immediately and get out of the heat! Drink water and wet and fan your skin. Seek medical attention if you don't feel better within 60 minutes or if you develop a fever higher than 102 degrees Fahrenheit.