



CROSSROADS

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

• August 2009 •

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

Spotlight: District Incentive Program Qualifiers

CCCSIG would like to take the opportunity to congratulate the districts that completed 100% of the 08/09 Health and Safety Incentive Program requirements:

- ◆ Acalanes Union HS District
- ◆ Antioch Unified SD
- ◆ Brentwood Union SD
- ◆ CCC College District
- ◆ CCC Office of Education
- ◆ Liberty Union HS District
- ◆ Martinez Unified SD
- ◆ Pittsburg Unified SD
- ◆ San Ramon Valley USD
- ◆ West Contra Costa USD

The District Health and Safety Incentive Program was first developed in 1999 to provide incentive and encouragement for districts to participate in health and safety-related programs and services. These programs and services contribute primarily to the improved health and safety (H&S) of their employees, but also assist districts in building their capacity for implementing and sustaining employee H&S initiatives, as well as Cal/OSHA compliancy.

The incentive program consists of eight

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Suggested Uses for Crossroads:

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

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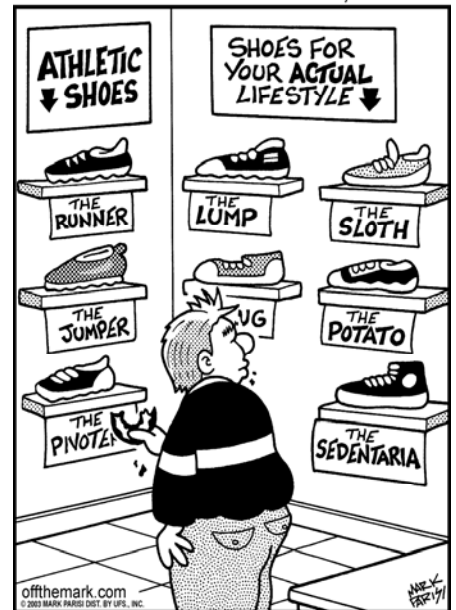
requirements that, if met, would qualify a district to receive a certain percentage of their district's premium at the end of each fiscal year.

CCCSIG encourages districts to apply the incentive funds to employee health and safety needs that may include purchasing safety equipment, trainings and school/campus incentive programs.

For further information and to learn more about the 09/10 Health and Safety Incentive Program requirements click on this website:

www.cccsig.org/healthsafety/district.html

off the mark.com by Mark Parisi



Slip, Trip, Fall Prevention Student Poster Contest!

Announcing one of several components of CCCSIG's Slip, Trip and Fall Prevention Campaign aimed at reducing the number of preventable slip, trip and fall injuries among school employees countywide.

Purpose of Contest: To raise awareness of the importance of preventing painful and costly slip, trip and fall injuries among employees in our member school districts which is the #1 incident type countywide each year.

Who is eligible to participate? Middle and high school art students of our member districts

Contest Parameters: Students to use their creativity to design and create original artwork, using markers or the computer, on 11 x 17 standard paper

Contest deadline: November 2nd, 2009; winners to be notified November 6th

Prizes: Two winners will be selected—one middle and one high school student. Each winner will receive \$100 cash and their art teacher will receive a \$100 gift card to an art supply store to be used for classroom supplies.

CCCSIG will reproduce the winning posters and provide to all school sites, encouraging them to hang the posters in their staff break rooms or other highly trafficked areas.

For full contest rules, details and registration form, click the following link:

www.cccsig.org/publications/slip%20trip%20fall%20poster%20contest%20rules%20and%20entry.pdf

If you have questions, please email dschreiner@cccsig.org or call 1-866-922-2744#270.





To lengthen thy life, lessen thy meals.
—Benjamin Franklin

Meal in Minutes!

Halibut with Tomato Basil Salsa

Active Time: 10 min | Total Time: 25 min

Ingredients

- 2 tomatoes, diced
- 2 Tbsp fresh basil, chopped
- 1 tsp fresh oregano, chopped
- 1 Tbsp minced garlic
- 2 tsp extra-virgin olive oil
- 4 halibut fillets, 4 oz. each



Preparation

1. Preheat oven to 350 degrees; lightly coat a 9x13-inch pan with cooking spray.
2. In a small bowl, combine the tomato, basil, oregano and garlic. Add the olive oil and mix well.
3. Arrange the halibut fillets in the baking pan. Spoon the tomato mixture over the fish.
4. Place in the oven and bake until the fish is opaque throughout, about 10 to 15 minutes.
5. Transfer to individual plates and serve immediately.

Makes 4 servings

Source: www.mayoclinic.com

MAKE IT A MEAL:

Enjoy with steamed green beans and roasted potatoes tossed with thyme.

Nutrition Facts (per serving):

Serving Size = 1 fillet

Calories: 160	Fat: 5g
Sodium: 65mg	Protein: 24g
Cholesterol: 36mg	Fiber: 1g

Ask the Health & Safety Experts

Food Poisoning & Melons: Preventing contamination

Q. I heard that salmonella and other bacteria has been linked to melons. What can I do to prevent contamination?

A. A word of caution about melons, especially during these summer months: food poisoning from Salmonella and other bacteria has been linked to melons. Melons grow on the ground and can have rough surfaces that are very hard to clean. When you cut them with a knife, the dirt on the outside of the melon can be carried inside and then eaten causing food poisoning.

Follow these safety tips when eating melon:

- **Wash all melons**, even watermelons, thoroughly before cutting. Use a scrub brush and cool running water.
- **Always refrigerate cut melon.** It can be left unrefrigerated at a buffet or picnic for up to four hours; after that, discard it.
- At farmer's markets or fruit stands, **buy cut melon only if refrigerated.** Unlike most fruit, melons are not acidic, so bacteria can thrive on them when they are cut up and not kept cold.
- **Don't eat cut melon served to you** unless you know that it was thoroughly washed prior to cutting.



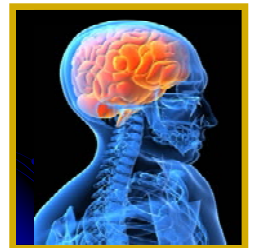
Source: University of California, Berkeley, School of Public Health Wellness Letter, June 2009

FITNESS FOCUS: Exercise Your Way to Better Brain Health

We've known for years the "use it or lose it" approach to brain fitness: keep the brain engaged by taking a class or learning a foreign language, solving crossword puzzles or playing chess. The purpose, of course, is to slow that gradual decline in brain function.

More recent research shows that regular physical exercise might be even more important in preserving cognitive function. **Aerobic exercise** has been cited as the most beneficial type of exercise to help mental acuity. We need a minimum of about 30 minutes a day, 5 times a week, moderate-intensity, aerobic exercise, such as walking, jogging, swimming, biking, or dancing to bolster memory and intellect.

Here's how it works: the improved circulation and blood flow to the brain unlocks stem cells at the base of the brain that morph into new neurons.



Most of the studies relating physical exercise and brain health have been done with subjects performing treadmill walking. Imagine the positive impact on brain health if a more stimulating aerobic activity were chosen, such as interval training or circuit training, where specific tasks change within the exercise cycle. **Cross-lateral movements** (movements that cross the midline) increase blood flow in all parts of the brain.

Wouldn't it be grand to find one form of aerobic exercise that did it all? The breast stroke, perhaps? Or maybe aerobic dance?

Source: ACSM Health & Fitness Journal, March/April 2009