



CROSSROADS

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

• August 2011 •

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

Congratulations

District H&S Incentive Program 100% Qualifiers!

CCCSIG would like to congratulate the districts that completed 100% of the 2010/11 District Health and Safety Incentive Program requirements:

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

Additionally, eight districts completed a portion of the requirements.

The Incentive Program was first developed in 1999 to provide incentive and encouragement for districts to participate in health and safety-related 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

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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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Cal/OSHA compliancy.

The program consists of 8 requirements that, if met, would qualify a district to receive a percentage of their district's premium in August of each year.

Districts are encouraged to apply the incentive funds to employee health and safety needs that may include purchasing safety equipment, trainings, etc.

To learn more about the 2011/12 District Health and Safety Incentive Program requirements click on the website below:

<http://www.cccsig.org/healthsafety/district.html>

off the mark.com by Mark Parisi



3rd Annual Slip, Trip, Fall Prevention Student Poster Contest!

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 cause of injury countywide each year.

Who is eligible to participate? Any student in grades 4 through 12, as well as college students, of our member districts.

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

Contest deadline: November 7th, 2011 at noon; winners to be notified November 18th

Prizes: 1st and 2nd place winning posters from each of the following categories will be selected: 4th and 5th grade, Middle School, High School and College. 1st place winners will receive \$100 and winners' art or primary teachers will receive a \$100 gift card to a local art supply store; 2nd place winners will receive a \$25 gift card

CCCSIG will reproduce the winning posters and provide to all school sites.

For full contest rules, details and registration form, [click here](#).



2010/11 Winning High School Poster, designed by India Williams, AUHSD



Your stomach shouldn't be a waste basket.
—Anonymous

Meal in Minutes!

Chopped Greek Salad with Chicken

Active Time: 25 min | Total Time: 25 min

Ingredients

- 1/3 cup red wine vinegar
- 2 Tbsp extra-virgin olive oil
- 1 Tbsp chopped fresh dill or oregano, or 1 tsp dried
- 1 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp ground pepper
- 6 cups chopped romaine lettuce
- 2 1/2 cups chopped cooked chicken (about 12 oz.)
- 2 medium tomatoes, chopped
- 1 medium cucumber, peeled and chopped
- 1/2 cup finely chopped red onion
- 1/2 cup sliced black olives
- 1/2 cup crumbled feta cheese



Preparation

1. Whisk vinegar, oil, dill (or oregano), garlic powder, salt and pepper in a large bowl.
2. Add lettuce, chicken, tomatoes, cucumber, onion, olives and feta; toss to coat.
3. Enjoy!

Makes 4 servings

Nutrition Facts (per serving):

Serving Size = 3 cups

Calories: 343	Fat: 18g
Sodium: 618mg	Protein: 31g
Cholesterol: 89mg	Fiber: 3g

Source: www.eatingwell.com

Ask the Health & Safety Experts

Exercises for Brain Health?

Q. Brain health seems to be a hot topic these days. What are some ways to keep my brain “in shape”?

A. Living to an old age isn't much fun if you can't remember anything. No matter what your age, you can protect your memory and keep your mind sharp with one habit: practice mental exercise every day. Practice consistently, and by the end of the month, you will have a new brain-boosting habit that will pave the way for a long and memorable life!

Brain-Boosting Exercises

These brain exercises help improve brain capacity in younger people and restore mental faculties that are declining in older people.

1. Use it or lose it with a cognitive workout:

Memorize a poem, play chess, enjoy a challenging crossword puzzle, learn phone numbers by heart, add numbers without a calculator, learn the words to a new song, or memorize a shopping list—as long as it's something new to you. Keep challenging yourself with new tasks.



2. Use your non-dominant hand: If you're right-handed, use your left hand to eat, comb your hair, brush your teeth, write your name, or try putting your mouse on the other side of the keyboard. This practice of non-dominant hand use stimulates communication between the two hemispheres of the brain, helping to improve mental capacity as well as physical balance.

Source: Yahoo Health

How to Intensify Your Aerobic Workout

Don't be overwhelmed by the recommended exercise guidelines which are:

-150 minutes of moderate-intensity aerobic activity (e.g. brisk walking) every week

AND

-Muscle-strengthening activities on 2 or more days a week that work all major muscle groups

The trick is to use whatever time you do have to your best advantage. Shorter time can work for you. If you have only 10 minutes for a cardio workout, try to crank up the intensity and work harder than usual.

- **Running**—you don't have to sprint, but try to run faster than normal
- **Speed walking**—walk as fast as you can without breaking into a run. It's harder than you think!
- **Hill-walking**—find a medium-sized hill and walk or run up as fast as you can. Recover with a slow walk back down and repeat.
- **Any gym machine**—hop on any cardio machine for a 10-minute blast. Try something different—the Versa climber and the rowing machine are two tough ones.



Make sure you warm up with some light cardio, do a quick cool down and try to squeeze in a stretch.

Next month, watch for ideas on how to create a 10-minute muscle blasting strength workout!

Source: www.about.com