



CROSSROADS

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

• October 2009 •

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

Slip, Trip and Fall Site Inspections Spotlight

Injuries from slipping, tripping, and falling are the most frequent injuries in Contra Costa County School Districts. This year, CCCSIG has developed a Slip, Trip and Fall Prevention Campaign focusing on reducing the number of preventable slip, trip, and fall injuries among school employees countywide. One of several components of this campaign is slip, trip and fall site inspections.

CCCSIG would like to recognize the following districts who completed slip, trip and fall site inspections at 100% of their sites during the 08/09 fiscal year:

- Acalanes Union High SD
- Antioch Unified SD
- Brentwood Union SD
- CC Community College District
- CCC Office of Education
- John Swett Unified SD
- Liberty Union High SD
- Martinez Unified SD
- Pittsburg Unified SD
- San Ramon Valley Unified SD
- West Contra Costa Unified SD
- Walnut Creek SD

This year, we encourage all school districts countywide to complete site inspections in an effort to prevent these often costly and painful injuries.

Suggested Uses for Crossroads:

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

NEW! Health & Safety Trainings

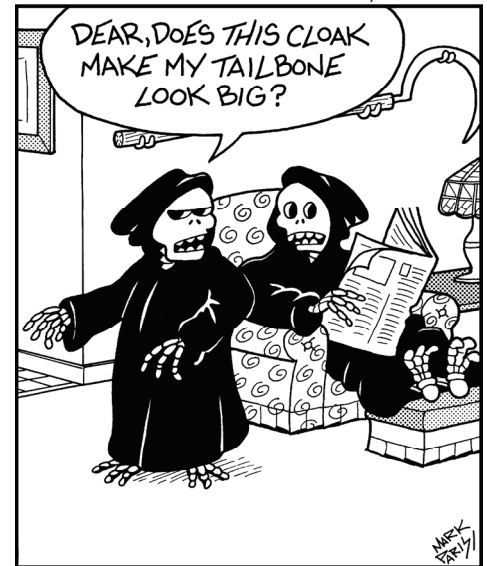
CCCSIG provides a variety of health and safety trainings that are customizable to meet the needs of your employee group.

The NEW 2009/10 trainings include:

- ◆ (CPI) Non-Violent Crisis Intervention
- ◆ Protecting Your Brain for the Long Haul
- ◆ Enhancing Your Influence with Effective Communication
- ◆ Ergonomics in a Computer-Based World
- ◆ Resiliency in Action
- ◆ Fitness Fun on the Foam Roller

For complete training descriptions, [click here](#).

off the mark.com by Mark Parisi



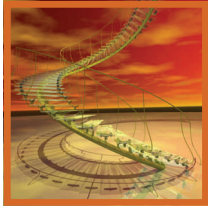
H1N1 (Swine Flu) Information for Educators: Health Services Recommendations for Schools

Contra Costa Health Services has been closely monitoring all federal/state guidance pertaining to the H1N1 Virus. At this time, the Centers for Disease Control (CDC) recommends the primary means to reduce the spread of influenza in schools focuses on early identification of ill individuals, staying home when ill, and good hygiene.

Currently, the guidelines for H1N1 disease control within schools include:

1. **Sick children and staff with influenza-like illness must stay at home.** Influenza like illness is defined as a fever with either a cough or sore throat. If a child is waiting to be picked up, the child should be kept away from other people.
2. **No one should return to school until they have had no fever for 24 hours without the use of fever-reducing medicine, even if they feel better.**
3. **School administrators should continue to communicate regularly with the County Health Department.** If 10% or more of students are ill with influenza-like illness, please call Public Health Communicable Disease at (925)313-6740.
4. Prevention measures should continue to be stressed:
 - Parents should monitor children for symptoms of influenza-like illness
 - Children and staff should be encouraged to wash their hands often.
 - Children and staff should cover their coughs and sneezes with tissue or by coughing into the inside of the elbow.

Source: Contra Costa Health Services



A person's health can be judged by which they take two at a time—
pills or stairs. —Joan Welsh

Meal in Minutes!

Southwestern Stuffed Squash

Ingredients

- 3 acorn squash
- 5 oz. turkey sausage
- 1 small onion, chopped
- 1/2 medium red bell pepper, chopped
- 1 clove garlic, minced
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 2 cups chopped cherry tomatoes
- 1 15-oz. can black beans, rinsed
- several dashes hot red pepper sauce
- 1 cups shredded Swiss cheese



Preparation

1. Preheat oven to 375 degrees. Lightly coat large baking sheet with cooking spray.
2. Cut squash in half horizontally. Scoop out seeds. Place squash cut-side down on baking sheet. Bake until tender, ~45 min.
3. Meanwhile, cook sausage in large skillet over medium heat until lightly browned, 3 to 5 min. Add onion and bell pepper; cook, stirring often, until softened. Stir in garlic, chili powder, cumin, tomatoes, beans and hot sauce. Cover, reduce heat, and simmer 10 to 12 min.
4. When squash are tender, reduce temp. to 325. Fill the squash halves with turkey mixture. Top with cheese. Bake 8 to 10 min.

Makes 6 servings

Source: www.eatingwell.com

Squash Nutrition Facts (per serving):

Serving Size = 1/2 squash

Calories: 259	Fat: 7g
Sodium: 482mg	Protein: 15g
Cholesterol: 29mg	Fiber: 7g

Ask the Health & Safety Experts

RED MEAT: Is lamb a red meat?

Q. I keep hearing that we should eat less red meat. Is lamb a red meat? How does it compare to other meats, nutritionally and environmentally?

A. Lamb is a “red meat” because it’s high in myoglobin, a protein in muscle that turns red when combined with oxygen. The same is true of beef, pork, veal, and game meats. Poultry and fish, the “white meats,” have less myoglobin.

The problem with red meat is that it is usually high in saturated fat. But this varies quite a bit. In fact, some cuts of lamb, beef, and pork are leaner than some higher-fat poultry (chicken wings or thighs, for instance, or duck). All meat contains about the same amount of cholesterol. On the plus side, red meat contains more iron and zinc.

If you like lamb, choose leaner cuts such as those from the leg and loin, and trim all visible fat. Many lamb cuts, including some rib and shoulder cuts, have more than 250 calories and 15 grams of fat in 3 ounces, which is a small portion for most people. A few cuts even have more than 300 calories and 25 grams of fat!

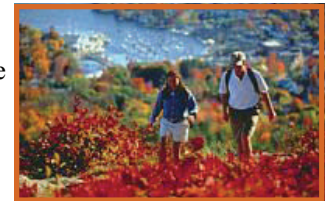
As for the environment, all meat production is more energy-intensive and polluting than growing plant foods, especially when done in industrial feedlot operations—and nothing, perhaps, is worse than beef. If you enjoy the flavors of lamb, your best bet is to try and find local pasture-raised lamb. However, in terms of your health and the environment, the best approach would be to consider consuming less meat overall.

Source: *University of California, Berkeley, School of Public Health Wellness Letter, 10/09*

FITNESS FOCUS:

7 Ways to Put More “Work” in Your Workout

- 1). Exercise for a longer period. For the most part, the longer you work out, the greater the exercise-related rewards.
- 2). Exercise faster. Aerobically speaking, the faster you move your body, the more work you will perform in a given period of time.
- 3). Increase your distance. The greater the distance you move, the more work you will perform (work = force x distance).
- 4). Vary the modality. For example, bike every other day, run on the days in between biking days. Cross-training keeps the body challenged and the mind engaged.
- 5). Vary the elevation. Instead of running, walking, and cycling on flat ground, add hills or increase the elevation on stationary equipment.
- 6). In terms of strength training, lift more weight. The basic concept underlying sound strength training is progressive overload. You must place a demand on the muscles beyond the load they can normally handle. The more weight you lift, the more work you do.
- 7). Incorporate balance/core work into your weight training. Try standing on one foot while you do free weights or stand on a Bosu Balance Trainer. Note: you may not be able to lift as much weight initially, but you will be adding an element of difficulty to the task and strengthening the core at the same time.



Source: *ACSM Health & Fitness Journal, September/October 2009*