



# CROSSROADS

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

• October 2011 •

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

## Crisis Prevention Institute (CPI) Training

### More Students with Autism in Public Schools

Did you know that autism is still on the rise? In 1995, statistics revealed that 1 in 10,000 children were diagnosed with autism. Five years ago, 1 in 500 children were diagnosed, and today, 1 in 98 children are diagnosed with autism.

### What is CPI?

CPI is an international training organization committed to best practices for safe behavior management methods that focus on prevention. To assist in preventing employee injuries associated with the increase of autistic students in the classroom, CCCSIG is offering a CPI course for employees that can be held onsite or at CCCSIG.



### Why CPI in school districts?

Employee injuries resulting from student behavioral incidents, involving both special needs and non-special needs students, are on the rise each year county-wide.

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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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### Need Certification?

CCCSIG, teamed up with CCCOE, is offering an 8-hour CPI training at CCCSIG on the following dates:

For Instructional Assistants (Focus: Autism Spectrum Disorders):

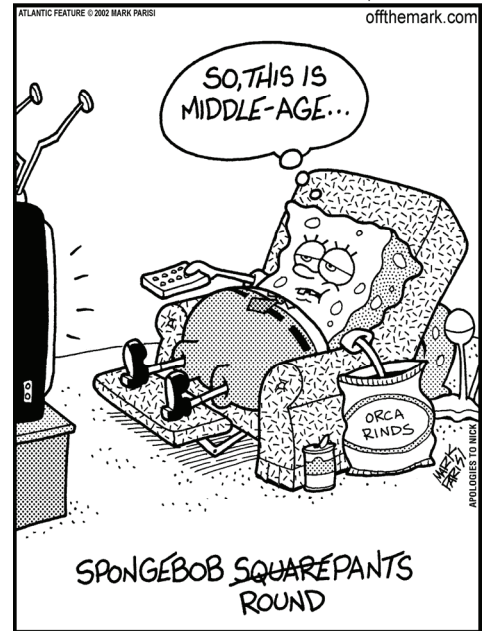
- October 13, 2011
- January 19, 2012

For Administrators & Campus Supervisors (Focus: Student Fighting):

- November 3, 2011
- February 2, 2012

Contact Steve Webber at [swebber@cccsig.org](mailto:swebber@cccsig.org) for further information or to schedule a CPI training.

## off the mark.com by Mark Parisi



## The Rope-and-Pulley System:

### An Innovative Solution for Safely Hanging Artwork in Classrooms

Injuries from slipping, tripping and falling are the most frequent teacher injuries in Contra Costa County School Districts. One of the many causes of these injuries is from standing on chairs, countertops or other furniture to display artwork or other materials. Of course, stepstools and stepladders are safer to use when working at a height, but is it possible that we could simply engineer out the need to stand on anything to display materials? Possibly! Some school districts around the country have designed an innovative solution for preventing these types of injuries that includes constructing and implementing an inexpensive rope-and-pulley system. The system consists of a washing line style assembly, using pulleys which can be raised and lowered from ground level, eliminating the need to work at a height.



CCCSIG is committed to assisting its member districts in preventing these painful and costly injuries by holding a [Student Slip, Trip Fall Prevention Poster Contest](#), offering awareness trainings for staff, assisting with site inspections, sharing policy examples with administrators, as well as featuring innovative classroom solutions, such as the rope-and-pulley system. If you have an innovative solution to share, please contact Denise Schreiner at [dschreiner@cccsig.org](mailto:dschreiner@cccsig.org).



A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties. —Harry Truman

## SPECIAL FEATURE: Produce & Pesticides

*This special feature replaces the monthly recipe and Q&A sections that will return to Crossroads in the next issue.*

The Environmental Working Group (EWG), a non-profit consumer group, publishes a list of the “Clean 15,” the fruits and vegetables with the fewest pesticide residues. The rankings depend largely on the number of pesticides found in the produce, and don’t take into account the toxicity of those pesticides.

The “Clean 15” are:

1. Onions
2. Sweet corn
3. Pineapple
4. Avocado
5. Asparagus
6. Sweet peas
7. Mangoes
8. Eggplant
9. Cantaloupe –domestic
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet potatoes
14. Grapefruit
15. Mushrooms



They also publish the “Dirty Dozen” list with the most pesticide residues. Even though some fruits and vegetables appear on the “Dirty Dozen” list, it doesn’t mean you should never buy them. If you can’t find the organic version, or if the cost of buying organic is too high, keep in mind that produce

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eaters in general have a lower risk of chronic disease.

The “Dirty Dozen” are:

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines—imported
7. Grapes—imported
8. Sweet bell peppers
9. Potatoes
10. Blueberries—domestic
11. Lettuce
12. Kale/collard greens

In summary, continue to eat your fruits and veggies! The health benefits of a diet rich in fruits and vegetables outweighs the risks of pesticide exposure. Use this guide to reduce your exposures as much as possible, but keep in mind that eating conventionally-grown produce is far better than not eating fruits and vegetables at all. You can lower your pesticide intake substantially by avoiding the 12 most contaminated fruits and vegetables, when possible.

For more information on health problems attributed to toxic contaminants, visit EWG’s website at [www.ewg.org](http://www.ewg.org)

*Source: Environmental Working Group*

**If you have wellness or safety questions you would like answered in Crossroads,** e-mail questions to Abbie O’Toole at [aotoole@cccsig.org](mailto:aotoole@cccsig.org). We regret that we are unable to publish answers to all questions, but we will pick one question each month to be highlighted in Crossroads.

## Navigating the East Bay Regional Park System

Written by Susan Patterson

As we wind down with this last month of Daylight Savings Time, you may want to capitalize on what’s left of the longer days by planning a day hike at one of our East Bay Regional Parks.

Start by visiting the website at [www.ebparks.org](http://www.ebparks.org). Click on “parks” and you can look at a large map of the entire system and decide where you’d like to go. For example, if you type in “Briones,” you can learn all about the history of the land and other interesting tidbits (be sure and look for the familiar green border and oak leaf logo of the official park site).

To the right of the webpage, under maps, select “view trail maps.” When the map appears, click to enlarge and then click on the red “full expand” icon in the lower right hand corner so you can map out your preferred trail. For instance, if you’re looking for the best view, try finding trails that intersect with the highest peaks. Briones Peak is the highest elevation at that park, at 1,483 feet. Entering the park at the Bear Creek Staging Zone and hiking up Old Briones Road Trail to Briones Crest Trail will lead you to Briones Peak. At that point, one could choose to simply double back or loop around on the Valley Trail, eventually cutting back into the old Briones Road Trail. Using the mile measurement legend, this looks to be about a 5-mile hike.

Don’t forget to take plenty of water and healthy snacks to propel you forward. A hat and sunscreen are also advisable. Lastly, always hike with someone else. Hurry! The fine weather might be fleeting fast!

