

WORKPLACE SAFETY

NEWSLETTER

3RD QUARTER
2019 - 2020 SCHOOL YEAR

WINTER TIPS FOR AVOIDING SLIPS, TRIPS AND FALLS:

- ❖ KEEP WALKWAYS, STAIRWAYS AND OTHER WORK AREAS CLEAR.
- ❖ REMOVE HAZARDS, SUCH AS WATER ON FLOORS AND SNOW ON SIDEWALKS, IMMEDIATELY.
- ❖ WHEN WALKING, LOOK WHERE YOU ARE GOING AND HAVE YOUR HANDS READY TO STEADY YOURSELF SHOULD YOU SLIP.
- ❖ AVOID CARRYING HEAVY LOADS THAT MAY COMPROMISE YOUR BALANCE.
- ❖ MARK HAZARDOUS AREAS. USE TEMPORARY SIGNS, CONES, BARRICADES OR FLOOR STANDS TO WARN PASSING WORKERS.
- ❖ OUTSIDE, WEAR FOOTWEAR WITH HEAVY TREADS FOR INCREASED TRACTION. WALK ALONG GRASSY AREAS IF A WALKWAY IS COVERED IN ICE. MAKE YOURSELF VISIBLE TO DRIVERS BY WEARING A BRIGHTLY COLORED JACKET OR CLOTHES.

*Hello
Winter*

#127330778

WORKING SAFELY IN COLD WEATHER

STAY WELL NOURISHED BY EATING AND DRINKING ENOUGH:

-MAKE SURE TO DRINK ENOUGH FLUIDS, AS YOU DEHYDRATE FASTER IN COLD WEATHER CONDITIONS. DEHYDRATION CAUSES HEADACHES, DIZZINESS AND FATIGUE, AND IT'S IMPORTANT TO STAY ALERT OUTDOORS. EATING ENOUGH FOOD DURING THE DAY, ESPECIALLY FATS AND CARBOHYDRATES, IS ALSO IMPORTANT.

STAY WELL RESTED:

-WORKING OUTDOORS CAN BE CHALLENGING, AND INCREASES RISKS TO YOUR SAFETY. MAKE SURE YOU'RE GETTING ENOUGH SLEEP TO STAY ALERT ON THE JOB WHEN CONDITIONS ARE MORE DANGEROUS.

PLAN BREAKS FROM THE COLD:

-PLAN WARM-UP TIMES THROUGHOUT YOUR DAY TO AVOID NUMBNESS AND SHIVERS.

STAY DRY:

-DAMP CLOTHING CAN QUICKLY DROP YOUR BODY TEMPERATURE. IT'S MORE IMPORTANT THAN EVER TO STAY DRY IN THE COLD. WEAR A MOISTURE-WICKING BASE LAYER TO DRAW AWAY SWEAT AS YOU WORK. WEAR WATERPROOF GEAR AS AN OUTER SHELL TO PREVENT YOUR UNDER LAYERS FROM GETTING WET. REMOVE ANY WET CLOTHING IMMEDIATELY.

DRESS FOR THE CONDITIONS:

-DRESSING IN LAYERS IS KEY, AS IT NOT ONLY KEEPS YOU WARM BUT ALLOWS YOU TO ADJUST TO CHANGING TEMPERATURES. PROPER GLOVES, SOCKS AND FOOTWEAR ARE ESSENTIAL. CHOOSE HEADWEAR THAT KEEPS YOUR HEAD AND EARS WARM.

KEEP A COLD WEATHER SAFETY KIT IN YOUR VEHICLE:

-A COLD WEATHER KIT SHOULD INCLUDE EMERGENCY BLANKETS, CANDLES, AND MATCHES.

REMINDER:

INJURED AT WORK??

HERE'S WHAT TO DO!!!

If you have an accident at work, immediately notify your supervisor or building principal. They will provide the appropriate forms needing completed to report your accident.

UPMC continues to be the district's Workers' Compensation provider for the 2019-2020 school year.

Initial treatment for your injury, unless an emergency, should only be sought at one of the following providers:

**MED EXPRESS URGENT CARE
(ANY LOCATION)**

OR

**CONCENTRA MEDICAL CENTER
15 FREEPORT ROAD, SUITE 100
PITTSBURGH, PA 15215**

Please note: FAST ER CARE is not an eligible provider for a Workers' Compensation Injury.

ACCIDENT REPORT

2ND QUARTER

2019-2020 SCHOOL YEAR

There have been a total of 34 reported injuries through the second quarter of the 2019-2020 school year in which 7 of the accidents resulted in loss of work time.

The following is a breakdown of the number of injuries per employee class:

Cafeteria Monitor: 0
Crossing Guard: 0
Custodian: 3
Food Service: 2
Ground Crew: 1
Guidance: 1
Health Tech: 0
General Maintenance: 2
Network Administration: 0
Nurse: 1
Paraprofessional: 9
Principal: 0
School Police: 2
Secretarial: 1
Supervisory: 1
Teacher: 11



SPACE HEATER SAFETY:

- ✓ MAKE SURE THAT ANY SPACE HEATERS ARE SURROUNDED BY AT LEAST THREE FEET OF EMPTY SPACE.
- ✓ NEVER PLACE CLOTHING OR ANY OTHER OBJECTS ON A SPACE HEATER TO DRY.
- ✓ DO NOT PLACE SPACE HEATERS NEAR FURNITURE OR DRAPERY.
- ✓ TURN SPACE HEATERS OFF WHEN YOU LEAVE THE HOUSE OR GO TO BED.
- ✓ AVOID STORING ANY COMBUSTIBLE ITEMS NEAR HEATERS.

SAFETY COMMITTEE

Nicholas D. Morelli
Acting Director of Business Services
Representing Administration

Dave Andrews
Instructional Coach
Representing Managerial

Larry Boyle
Maintenance
Representing SEIU

Chad Broman
Center Township Elementary School
Assistant Principal
Representing Managerial

Anita English
Special Education Secretary
Representing PSEA/NEA/ESPA

Les Zang
Supervisor of Custodial Maintenance
Representing Managerial

Ellen Scott
Recording Secretary

IS IT HYPOTHERMIA OR FROSTBITE?

HYPOTHERMIA:

- LACK OF COORDINATION
- DROWSINESS OR CONFUSION
- SLURRED SPEECH

FROSTBITE:

- SKIN THAT IS VERY COLD AND TURNS NUMB, HARD AND PALE
- BLISTERS OR SWELLING
- JOINT OR MUSCLE STIFFNESS

KEEP THE AFFECTED BODY PART ELEVATED IN ORDER TO REDUCE SWELLING, AND MOVE THE PERSON TO A WARM AREA TO PREVENT FURTHER HEAT LOSS. REMOVE ALL WET CLOTHING AND APPLY A DRY, STERILE BANDAGE TO THE AFFECTED AREA OR PLACE COTTON BETWEEN ANY INVOLVED FINGERS OR TOES. SEEK PROPER MEDICAL CARE AS SOON AS POSSIBLE.