



Safety Newsletter

David Stephens, Director of Risk Mgmt.

“Safety First, Then We Teach”

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news & notes

SLIP STUDY

A study by University of Miami public health physician/scientist Alberto Caban-Martinez revealed that engaging in regular physical activity and exercise can prevent slips, trips, and falls in middle- aged adults.

His study looked at adults who ranged in age from 45 to 64. That age group is generally perceived as less vulnerable to falls than seniors. But the researcher found falls to be the third leading cause of accidental death in that group.

Of more than 340,000 individuals examined, those who engaged in physical activity had significantly fewer falls and injuries than adults of the same age group who were not active.

Explained Caban-Martinez, who specializes in

Unsafe Science

An article from the National Fire Protection Association’s NFPA Journal titled “*Unsafe Science*” discusses, in detail, the consequences of a lack of safety awareness in science classrooms. Please take a moment to read the article at the link below. There are also some excellent resources provided on the page for teachers, students, administrators and safety professionals.

“Across the country, students in school science classrooms and other laboratory settings are being burned and injured when accidents occur during science demonstrations.

Over the last 15 years, according to media accounts, scores of students have been injured or burned in dozens of these demonstrations; the actual number of incidents, as well as the number of students injured, are likely much higher. Many of the injured students suffer second- and third-degree burns on their faces and upper bodies. The burn injuries are very painful, the recovery is long and agonizing over many months or years, and victims can be scarred physically and mentally for life.”

-Excerpt of article from the NFPA website

<http://www.nfpa.org/newsandpublications/nfpa-journal/2015/september-october-2015/features/unsafe-science>



ergonomics, "This new research data is pertinent as it sets the basis for the health community to develop prevention interventions specific to middle-aged Americans." The findings are significant for workplaces where large numbers of people of that age are employed.



**Let SafeSchools work
for you!
41,153 completions
to date!**

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FHSAA Concussion Rule

With the recent developments in student concussion-related injuries, it is important to take the time to review the information available on concussions and your concussion action plan. The Florida High School Athletic Association has multiple resources available to you at <http://www.fhsaa.org/department/health>.

The basic rule is:

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional. (Please see NFHS Suggested Guidelines for Management of Concussion in the Appendix in the back of each NFHS Rules Book).

If you have any questions, please contact the FSBIT Safety staff.



***If you have any ideas or recommendations of items
you would like to see in the newsletters, please
contact the FSBIT Safety Program.
We look forward to your ideas!***

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