



Safety Newsletter

David Stephens, Director of Risk Mgmt.

“Safety First, Then We Teach”

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news & notes

To prevent electrocution during the holidays:

- Be aware of overhead power lines when you are mounting outdoor decorations, and maintain a clearance of at least 10 feet for yourself and anything conductive you are holding.
- Keep aluminum ladders away from live electrical installations.
- Use only electrical decorations that are UL listed. Outdoor electrical decorations should be rated for outdoor use.
- Inspect lights, extension cords, and other decorations for physical integrity:
 - Discard decorations that have damaged plugs, insulation, or housing.
 - Replace broken bulbs. Unplug the decoration before replacing bulbs.

Happy holidays on the highways *Stay safe on the road*

According to the U.S. Bureau of Transportation Statistics, during the Christmas/ New Year's holiday period, the number of long-distance trips (50 miles or more) increases by 23 percent, compared to the rest of the year. Most long-distance holiday travel, about 91 percent, is by personal vehicle, such as by car.

Motor vehicle accidents are a leading cause of accidental injury and death in the United States, and accident rates always increase with holiday travel. Avoid these four dangerous driving behaviors:

1. **Speeding.** This includes exceeding the speed limit and driving too fast for conditions. Anytime visibility is reduced or road conditions are slick, you need to slow down.
2. **Aggressive driving.** The Occupational Safety and Health Administration (OSHA) labels using excessive speed, tailgating, failing to signal lane changes, running red lights, and passing on the right as examples of aggressive driving.
3. **Inattention.** OSHA reports that distracted driving is a factor in more than 4,000 vehicle accidents a day. You can't make safe decisions if your minds and eyes are not completely focused on the road when you drive.
4. **Drowsiness.** OSHA reports that fatigued or drowsy driving may be a factor in more than 100,000 crashes each year. Be especially careful during the late night, early morning, and midafternoon hours, when drowsy driving crashes are most likely to occur; and take periodic breaks to nap, stretch, or otherwise maintain your alertness.



- Avoid damaging the insulation on cords by mounting them improperly. Don't staple wires to buildings or run them through window and door openings. Use plastic hooks or other non-damaging mounts.
- Use ground-fault interrupters (GFIs) with outdoor electrical installations.
- Use only extension cords that are appropriate for their intended use.



Let SafeSchools work for you!
47,106 completions
to date!

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Stay warm and green this season

What can you do to stay warm this winter and still stay green? The following are some useful tips to keep your fingers from freezing and keep cash in your pocket.

- Let the light in! If your business has windows, take advantage of the sun's natural warmth. Open the curtains or blinds and allow sunlight to pour in during the day.
- If the windows in your office or business are drafty, put up clear plastic sheets on window frames.
- Keep your heating, ventilating, and air-conditioning (HVAC) system in good performance with annual maintenance. Regularly change (or clean if reusable) HVAC filters every month during peak cooling or heating seasons. Dirty filters cost more to use, overwork the equipment, and result in lower indoor air quality. Don't forget to check ducts and pipe insulation.
- Install ceiling fans to circulate the warm air, pulling it away from the ceiling.
- Set the thermostat as low as is comfortable. At night, when the business closes, make sure to turn the heat down 10° to 15° for the hours the business is closed. According to the California Energy Commission, for every degree you lower the heat in the 60° to 70° range, the business can save up to 5% on heating costs.
- Plug leaks with weather stripping and caulking. Find and seal up leaks in the building's cut-throughs for plumbing pipes and other gaps. Insulate water heaters and supply pipes



***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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~Hot Topics~

Recent safety-related articles of interest

From Campus Safety Magazine:

[Fire in Va. High School's Chemistry Class Injures 6](#)

[Court: Univ. of Florida Can Ban Guns on Campus](#)

[How to Plan for Unified Emergency Communications on K-12 Campuses](#)

About Indoor Air Quality:

[Leak in Wake classroom leads to teacher resignation and mold fears](#)

[Question Of The Week: HVAC Coil Cleaning Methods?](#)

[Legionella bacteria found in Berlin High School water system](#)

Articles on Fall Protection from OHS Magazine:

[Fall Protection](#)

[The ABCs of Fall Protection \(with video\)](#)

[Ways to Prevent Slips, Trips and Falls](#)

Other relevant issues:

[Transgender Discrimination in Male Locker Rooms](#) (National Parks and Recreation Assoc. magazine)

[Are Violent School Security Threats Escalating? \(Page 12\)](#)

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