

The Safety Net

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Working Outdoors During **Hot** Weather

During periods of hot weather it is important to remember that rising temperatures can cause heat-related injuries and illnesses. Hot weather can cause rashes, cramps, heat exhaustion or heat stroke, and can be life-threatening. Here are some helpful tips for staying cool:

BE INFORMED: It is important to know when a period of extreme heat is expected. Usually local news will report an approaching hot weather pattern. Air pollution can also be a health factor.

DRINK PLENTY OF LIQUIDS: Hydration is a continuous process, do not wait until you are thirsty, by then there is a good chance that you are already on your way to being dehydrated.

Electrolyte drinks are good for replacing both water and minerals lost through sweating. Never drink alcohol and avoid caffeinated beverages like

coffee and soda as these liquids can actually increase the level of dehydration.

RECOGNIZE THE WARNING SIGNS: Heat related illness give warning signs before they occur.

REDUCE ACTIVITIES: Physical activities should be less strenuous during periods before and after extreme weather (10am to 3pm) during the day.

DRESS APPROPRIATELY: Wear lightweight, light colored, loose fitting clothes. Wide brimmed hats may be used to provide shade to the face and neck.



ACCLIMATIZATION: Allow your body time to adjust to the temperature changes. This may take a few days.

SHADE AND REST: Take frequent rest periods away from the sunlight. Identify areas

or cool zones such as air conditioned buildings or shaded areas. Run the sprinklers to help cool down surrounding areas.

HEAT CRAMPS: Symptoms of heat cramps are clammy or sweaty skin, nausea, tingling in the arms and legs, muscle or abdominal cramps.

HEAT EXHAUSTION: Symptoms of heat exhaustion are profuse sweating, fatigue, rapid pulse, headache, nausea, blurred vision, cold and damp skin, dizziness.

HEAT STROKE: Headache, body temperature of 104 or greater, dizziness and fatigue, hot and dry reddened skin, sudden loss of consciousness, confusion, agitation, rapid pulse. **Heat stroke is a serious condition, call 911 immediately.**

For information on teaching and learning during hot weather refer to District Administrative Procedure 4032, Operation of Schools during Hot Weather

On July 1, 2008, Vehicle Code 23123 goes into effect. This code prohibits all drivers from using a handheld wireless telephone. Motorists 18 and over may use a hands-free device.

HAVE YOU SENT IN YOUR SEMI-ANNUAL SITE INSPECTION REPORT?

S/HAC Safety Nominations

Who is making your site a safer place to be? Who goes above and beyond the call of duty? Who do you really appreciate for the care they take of their colleagues and students? Nominate this person for S/HAC safety recognition! Download the form at <http://www.sandi.net/risk/safety.htm>. Those recognized will receive a small gift and a letter will be placed in their personnel file.



In Danger? Need Help! Call the Police!!!

The San Diego Unified School District maintains and manages the district's emergency preparedness program through the School Police Services Department. In conjunction with the district's Risk Management Safety Office, School Police Services hopes to better serve the district by assisting each site with creating a safe and secure environment for their students. Emergency preparedness is an important responsibility shared by all individuals as well as communities, including schools. In order to advance school preparedness district wide, School Police Services:

- Conducts annual reviews of each sites Comprehensive School Safety Plan
- Trains district staff in the National Incident Management Systems Course (NIMS 700)
- Manages the district's Emergency Operation Center (EOC) building
- Oversees district wide drills, training, and tabletop exercises for sites and executive leadership
- Establishes collaboration among staff for proper threat assessment
- Provides on-site security assessments
- Coordinates meeting to address hazard mitigation and site hazard assessment
- Develops memorandums of understanding with local jurisdictions to promote a timely response

At this time of year, our schools are asked to perform their annual School Site Safety Plan compliance review in accordance with the district's goal to provide safe, orderly and well-maintained schools. As the anniversaries of the Columbine and Virginia Tech tragedies approach, please use this opportunity to review with your staff the district's safety procedure along with the safety plan for your specific location and/or department. This should include the following:

- A review of the district's general security procedure defined in [Administrative Procedure 5000](#). All employees should be familiar with the [After-hours Site Entry Procedure](#) and perform the appropriate check-in and check-out steps with School Police.
- A review of the district lockdown procedures (see Emergency Procedure 09 – accessible only *within the district network* at <http://dev031.sandi.net/procedures/>)
- A check of your emergency radio to make sure it's functional and that assigned staff know how to use it.
- A check of all windows and doors to make sure they close and/or lock securely.
- A reminder to staff to be accountable for closing and locking windows and doors when leaving the work site at the end of the day.

For those who regularly visit school sites, make sure you are supporting the school's specific safety and security plan by acting as an extra pair of eyes and ears on campus. Please do your part and:

- Report any holes or gaps in fencing that would allow an intruder to slip through.
- Help to direct unannounced or unidentified visitors to the office to check in.
- Review the district lockdown procedures for schools (see Emergency Procedure 09 – accessible only *within the district network* at <http://dev031.sandi.net/procedures/>)

If you have any questions, contact School Police Services at (619) 725-7000

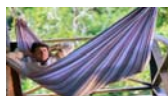
It's the "Stay Cool to be Cool" Word Scramble! It's HOT!

Your Name: _____ Your Site: _____

UXOASEIHNT
RPTEEAEURMT
LCOTEETYERL
EWTSA
DARH

CPMSAR
TYHITSR
RILKPSSNR
NAAESU
LNITIGNG

RSKEOT
TERDAYDONHI
AHSED
HCAEDAEH



Congratulations to our March Winners! Contests are open to all employees. Winners are eligible to receive only one prize per school year. Ten winners will be randomly selected from all correct entries received in Risk Management (Revere Center, Room 7) by Friday, May 30, 2008.

