

New Study on Bullying Prevention

BULLYING PREVENTION HAS BECOME A FOCAL POINT for school districts, staff, and parents over the last few years and many states have even created laws to help stop bullying. However, a new study found that the answer to bullying prevention might rely on students promoting bullying prevention rather than the schools themselves.



In this recent study by researchers from Rutgers University, Princeton University and Yale, students who have influence over their peers reduced school bullying by upwards of 30-percent. The researchers asked influential students from 56 middle schools to spread anti-bullying and anti-conflict messages using platforms such as posters, wristbands and Instagram. The students also vocally encouraged other students about positive ways to resolve conflict. The researchers wanted to see if these “influential” teens could influence their peers’ minds with an anti-conflict stance. In just a year, schools with the “social influencers” saw a 30-percent drop in student conflict reports.

The researchers hope that their findings will encourage schools to utilize students to help spread anti-bullying messages. Together we can all make a difference to help end bullying and its devastating consequences.

CAUTION



Slip, Trip and Fall Prevention

With winter here, wet weather can create all kinds of slip and fall hazards. Did you know:

- Over a third of all reported major injuries are from falls.
- Falls make up 20% of “over-three-day injuries” to employees.
- Falls results in 31% of work-related injury claim costs.

Proper Shoes Can Prevent Slips and Falls

- Shoes having neoprene soles are used on most surfaces, but are not recommended for oily conditions.
- Crepe soles are recommended for wet or dry rough concrete, but are not suggested for tile, smooth concrete or wood surfaces.
- Leather soles can become slippery if wet, and are not recommended for dry or smooth concrete or tile.
- Soft rubber soles are preferred for dry surfaces, but are not suggested for wet surceases or greasy concrete.

IN THIS ISSUE

Bullying Prevention	1
Slip, Trip or Fall	1
Distracted Driving	2
List of FCSIG Services	3

DISTRACTED DRIVING

What is distracted driving? Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety.



The most common distractions are:

- **Texting**
- **Using a cell phone**
- **Eating and drinking**
- **Talking to passengers**
- **Grooming**
- **Reading, including maps**
- **Using a navigation system**
- **Watching a video**
- **Adjusting a radio or CD player**

Distracted Driving: Continued on page 3

DISTRACTED DRIVING STATISTICS

More than **30 studies** have shown hands-free devices **are no safer** than hand-held devices because **the brain remains distracted** by the conversation

Five seconds is the average time your eyes are off the road while texting... **at 55 mph**, that's enough time to cover **the length of a football field blindfolded**.

Vehicle crashes are **the number one** cause of workplace death.

Eighty-percent of American drivers believe hands-free devices are safer than using a hand-held phone; but that is not the case. More than 30 studies have shown hands-free devices are no safer than hand-held devices because the brain remains distracted by the conversation. When talking on a cell phone, drivers can miss seeing up to half of what's around them, such as traffic lights, stop signs and pedestrians.

Drivers in their 20s make up 27-percent of the distracted drivers in fatal crashes. (NHTSA)

Five seconds is the average time your eyes are off the road while texting. When traveling at 55 mph, that's enough time to cover the length of a football field blindfolded. (2009, VITI)

In 2013, 3,154 people were killed in motor vehicle crashes involving distracted drivers. This represents a 6.7 percent decrease in the number of fatalities recorded in 2012. Unfortunately, approximately 424,000 people were injured, which is an increase from the 421,000 people who were Injured In 2012. (NHTSA)

Vehicle crashes are the number one cause of workplace death, and distractions are a leading factor.

**Remember,
April is
Distracted
Driving
Awareness
Month!**

Text messaging, which requires visual, manual and cognitive attention from the driver, is by far the most alarming distraction. A cell phone distracted driving policy is crucial to keeping your employees safe from crashes. However, not all policies are created equal. Some policies have loopholes that leave employees exposed to crash risk.

Common causes of vehicle crashes include:

- **Inattention**
- **Too much or too little attention**
- **Not enough time**
- **Not enough space**
- **Not allowing mistakes of others**
- **Not enough training**
- **Failure to adjust to conditions**
- **Attitude/emotion/anger/frustration**
- **Driver impairment (alcohol, fatigue, etc.)**
- **Vehicle failure**
- **Complacency**
- **Rushing**

Good driving habits are key to avoiding car crashes and they include:

- **Follow the 10-15 second rule**
- **Identify potential road hazards**
- **Keep on eye on the status of the traffic lights**
- **Anticipate other drivers' moves**
- **Look beyond your headlights**
- **Be aware of obstructions (construction, accidents, etc.)**
- **Conduct the pre-trip inspection**
- **Adjust rear view and side mirrors**

**PRE-TRIP INSPECTION:
Check:
Tires, Brake Lights
Wiper Blades,
Belts, Hoses
& Gas**

It is recommended that employers have employees that drive district vehicles take a driver's test prior to driving a district vehicle.

The employer should also:

- **Develop a distracted employee policy**
- **Develop a drinking and driving policy**
- **Conduct MVR checks through the DMV**
- **Provide defensive driver training**
- **Conduct observations of employees driving**
- **Ensure employees know what to do if a crash occurs**
- **Offer an EAP program**



A List of Services Provided by FCSIG to Member Districts

(Some services require a fee beyond the premium, others do not.)

JPA PROVIDED RISK MANAGEMENT SERVICES

- Access to Keenan's online PC Bridge – Over 113 topics
- Access to online training resource center, Getsafetytrained.com
- Accident Investigations
- Assistance with Science and Laboratory Chemical Inventory
- Consultation on Safety Related Matters

- Enhanced Loss Control Services
- Ergonomic Evaluations and Consultation
- FCSIG Website
- Hazardous Material Consulting
- Health & Safety Newsletter
- Health and Safety Committee Development and Participation

FCSIG Services: Continued on page 4

FCSIG Services: Continued from page 3

- Industrial Hygiene Consultation
- Interactive Process Assistance
- Job Hazard Analysis
- JPA Risk Manager
- Large number of DVD and VHS training programs
- OSHA Consultation
- Required Postings and Safety Bulletin Boards
- Safety Incentive Programs
- Safety Posters
- Training Matrix for School District Employees
- Unique Hazard Assessments

JPA SPECIALIZED AND MANDATED TRAINING

- Aerial Lift Training
- Asbestos and Lead Awareness
- Back Injury Prevention
- Blood-borne Pathogens
- Bus Safety
- Chemical Hygiene (Laboratory Safety)
- Classroom Decorating Guidelines and Safety Procedures
- Confined Space Entry
- CPR/First Aid
- Custodial Safety
- Defensive Driving
- Electrical Safety
- Ergonomics
- Fall Protection
- Forklift Certification Training
- Grounds Safety
- Hazard Communication
- Hearing Conservation
- Heat Illness Prevention
- Kitchen and Food Safety
- Ladder Safety
- Lockout-Tagout
- Maintenance Safety
- New Hire Training
- Personal Protective Equipment
- Pesticide Handlers Training

- Powered Cart & Low Speed Vehicle Safety
- Respiratory Protection
- Security Officer/Guard
- Sexual Harassment Awareness - Employee Level
- Sexual Harassment for Supervisors – 2 Hour Required
- Slip, Trip and Fall Prevention
- Stress Management
- Workers' Compensation Basics

PROGRAM DEVELOPMENT

- Asbestos Hazard Emergency Response Act (AHERA)
- Blood-borne Pathogens
- Chemical Hygiene (Laboratory Safety) Plan
- Confined Space Entry
- Ergonomics
- Hazard Communication
- Hearing Conservation Program
- Heat Illness Prevention
- Injury and Illness Prevention Program
- Integrated Pest Management (IPM) Program
- Lockout-Tagout
- Personal Protective Equipment Survey and Program
- Respiratory Program
- Return to Work Program
- Transportation Safety Plan
- Vehicle Use Policy

CLAIMS ADMINISTRATION

- Employee First Notice of Loss and Injury Reporting
- Pre-employment physical program
- Nurse Triage
- Quarterly Claim Reviews

SAFETY AUDITS

- Facility Safety Audits – Conducted every three years
- Facility Safety Audits- High risk areas, shops and labs, conducted on 18 month
- Risk Management Evaluations