

California Risk Management Authority

# Safety Matters

## Playground Supervision

The Consumer Product Safety Commission (CPSC) conducted a study using more than 100 hospital emergency rooms across the United States to study injuries resulting from playgrounds. Playgrounds are a ubiquitous component of virtually every park, school, and childcare center and are among the most popular activities for children. This popularity is also a major reason why so many playground-related injuries occur each year. Some of the most interesting statistics of the CPSC's findings include:

- An estimated 500,000 children are injured on playgrounds every year.
- Over 200,000 playground injuries require treatment in emergency rooms.
- 15% of injuries treated in emergency rooms were classified as severe.
- Fractures, contusions, abrasions, and lacerations make up almost 75% of all playground injuries.
- Children four years old or younger account for over 50% of all injuries.



One of the most important duties of the Playground Supervisors is – keep your eyes and mind focused on the children!

Most, if not all, schools have a written policy for playground supervision. These may include; playground rules, checking equipment for safety, emergency procedures, supervisor training, etc. Playground Supervisors are responsible for checking the equipment for noticeable hazards – do this prior to recess, and if it cannot be fixed immediately have it roped off so that no student will be allowed access. Quickly walk around the playground looking for other hazards; broken glass, holes, anything that doesn't belong there.

And, when the students come out for recess or lunch recess – that is the time for you to give your complete attention to what they are doing; talking/texting/chatting on your cell phone or with other supervisors will deter our attention away from “High Risk Areas of Play” and those “dare devil” students. This is the time to split up, walk around, keep watch, and remember the acronym SAFE:

**S** – Supervision is a critical component to the safety of children, with approximately 44% of the playground accidents attributed to improper supervision. Adequate supervision needs to be provided with supervision properly situated to monitor all the children while at play.

**A** – Age appropriate is another key factor. The physical abilities of a five-year-old may be vastly different that those of a twelve-year-old. Supervision needs to ensure the children are only playing on age appropriate equipment.

**F** – Fall surfacing is very important for preventing student injuries. Studies indicate that nearly 70% of all playground injuries are related to falls to the surface. 12” of wood chip fall protection is recommended for playgrounds.

**E** – Equipment maintenance is another important element to keeping playgrounds safe.

If children who are playing, know they are being watched – they are less likely to do something.



# Interesting Health and Safety Facts

- An estimated 4,932 people worldwide are becoming infected with HIV every day.
- One work related injury occurs every 8 seconds. 
- Did you know that the average lead pencil can draw a line that is almost 35 miles long or you can write almost 50,000 words in English with just one pencil?
- Nature requires over 5 years to get rid of a cigarette butt.
- A hardworking adult sweats up to 4 gallons per day. Most of the sweat evaporates before a person realizes it's there.
- Babies are born without knee caps. They don't appear until the child reaches 2-6 years of age. Chewing gum while peeling onions will keep you from crying.
- During your lifetime, you'll eat about 60,000 pounds of food, that's the weight of about 6 elephants.



- Human thigh bones are stronger than concrete.
- If you are right handed, you will tend to chew your food on your right side. If you are left handed, you will tend to chew your food on your left side.
- The average person who stops smoking requires one hour less sleep a night.
- Your left lung is smaller than your right lung to make room for your heart.
- Every time you sneeze some of your brain cells die.
- The sound you hear when you crack your knuckles is the sound of nitrogen gas bubbles bursting.
- About 3.9 million employees are disabled at work in any given year.
- Accidental overdose of iron pills is the leading cause of poisoning deaths among children.
- The energy needed to make 1 new aluminum can makes 20 recycled ones.
- About 8 out of every 10 adults will have a back injury in their lives.
- Of the 42,000 traffic fatalities in recent years, 41% were alcohol related.
- The human heart creates enough pressure while pumping to squirt blood 30 feet!!



# Ergonomics is the science of fitting jobs to people

Ergonomics applies knowledge of human physical abilities and limitations to workstation design to minimize injury. Ideally, good ergonomic principles apply when a workstation is first assigned, but too often ergonomics is considered as a corrective action after strain and injuries have occurred.

Ergonomics strives to:

*“Decrease the number of risk factors, improve efficiency and productivity, decrease chronic injuries, and identify high-risk jobs”.*

How do we Eliminate pain and discomfort If your job requires you to sit at a desk or table, these guidelines will minimize your risk of discomfort and injury:

**Hands, wrists, and forearms** are straight, in line, and roughly parallel to the floor.

**Head** is level or bent slightly forward, facing forward, balanced, and in line with the torso.

**Shoulders** are relaxed and the upper arms hang normally at the side of the body.

**Elbows** stay close to the body and at an angle between 90 and 105 degrees.

**Feet** are fully supported by floor or footrest.

**Back** is fully supported with appropriate lumbar support so that you sit vertically or leaning back slightly.

**Thighs and hips** are supported by a well-padded seat and generally parallel to the floor.

**Knees** are about the same height as the hips with the feet slightly ahead of the knees.

**Regardless of the kind of work you do, do it in a way that does not injure your body.**

## Jumbled Word Winner!

Congratulation to **Debbie Schneider** of Center Unified School District, who won last month's contest!



For your chance to win solve the Jumbled Word Puzzle and email the answer to Carmen Urena at [curena@crma-jpa.org](mailto:curena@crma-jpa.org) A drawing will be held on the 20th of this month. You could be our next winner for a \$25 Jamba Juice gift card.

# The Key to Losing Weight is Laying off the Snacks



That's the gist of a new study we read about from the University of North Carolina. Researchers found that over the past 30 years, the average North American adult added 800 calories to their daily diet. In that same time, we've gone from eating three meals a day to eating at least five times a day – a combo of meals and snacks! So basically, researchers conclude that the number one contributor to North America's obesity epidemic is all the overeating we do from snacking!

In fact, this study found that snacking does more damage to our waistlines than anything else we eat. That's because the number of calories we get per portion of farmed foods has dropped in the past 30 years. Meaning things like meat, produce, and whole grains – things that come from a farm and wind up on a dinner plate. Meanwhile, the number of calories we get from processed snacks has skyrocketed!

Dr. Lisa Young is a nutrition expert who wrote the book *The portion teller*. She blames our non-stop snacking on an increase in food advertising, because in the past, we were a society focused on eating three square meals a day. Now, we seem to be a society that always needs something to munch on- whether it's good for us or not. That's why Dr. Young says we need to cut back on the constant, mindless eating. In other words: If you must snack, stick to one small snack a day. We're talking a handful of nuts here, or a serving of fruits and vegetables. A snack is defined as 200 calories or less.

## Jumbled Word Puzzle

S	T	F	E	A	Y
---	---	---	---	---	---

S	I
---	---

O	N
---	---

E	C	C	T	A	D	I	N
---	---	---	---	---	---	---	---



CALIFORNIA RISK  
MANAGEMENT AUTHORITY

# 10 RULES FOR WORKPLACE SAFETY



- 1** You are responsible for your own safety and for the safety of others.
- 2** All accidents are preventable.
- 3** Do not take short cuts. Always follow the rules.
- 4** If you are not trained, don't do it.
- 5** Use the right tools & equipment and use them in the right way.
- 6** Assess the risks before you approach your work.
- 7** Never wear loose clothes or slippery footwear.
- 8** Do not indulge in horseplay while at work.
- 9** Practice good housekeeping.
- 10** Always wear PPEs.