

Safety Matters

3 Fun Mindfulness Exercises for Kids



Why mindfulness matters for kids.

Mindfulness is the practice of paying attention to what's going on inside you — your body and your feelings — and around you. Over time, the practice can help you regulate your emotions and respond to the world in healthier ways. Research shows that children in particular reap a host of benefits from the practice, leading to better behavior and higher grades. In my son's case, I'm hopeful that mindfulness will teach him to self-soothe after losing a game or having a tiff with a friend — or keep him from getting overly upset in the first place. As he grows older and is exposed to more technology, perhaps mindfulness could help him avoid being overwhelmed by it all.

How mindfulness is taught in schools.

More and more are including mindfulness “games” in their curriculum. Psychologist Laura Bakosh, PhD, notes that what works for grownups is not necessarily effective with kids. For instance, adults often use visualization exercises — picturing themselves flying above the clouds — to relax. “We aren't trying to get kids to go off to an imaginary place. We want to help them inhabit the here and now.”

Mindfulness games for kids.

Here are three exercises that parents and kids can try at home, courtesy of Inner Explorer. For each exercise, it's important to find a place where you can sit or lie quietly, without distraction. Marshall and I enjoyed doing these. I hope you do, too!

Shark fin:

1. Sit on a chair or comfortable surface and close your eyes.
2. Place your thumb on your forehead with your other fingers pointing to the sky like a shark fin.
3. Move your hand slowly down from the forehead to your chest, keeping these S-words in mind:
 - Sit straight
 - Still
 - Silent
 - Soft breathing
 - Shut eyes
4. Breathe in and out a few more times. Open your eyes and notice how you feel.

Hand tracing:

1. Sit quietly and take a few slow, deep breaths.
2. Stretch out your fingers on one hand.
3. With your other hand, slowly trace around your thumb. Breathe in as you trace up one side of the thumb, and breathe out as you trace down the other side.
4. Do the same for the other four fingers, tracing up and breathing in, tracing down and breathing out.
5. Switch hands and do it again. This time, pause slightly at the top and bottom of each finger.
6. Think about which method you prefer today: with or without the pause.

Belly breathing:

1. Choose a small stuffed animal or bean bag.
2. Lie on your back on the floor, your bed or the couch.
3. Place the toy on your belly. Keep your eyes open.
4. Notice the weight of the toy. Feel your body touching the surface beneath you.
5. Watch the object rise and sink as you inhale and exhale. Do this seven times.
6. Take a moment and notice how you feel.

AETNA; author Alice Gomstyn, 2019

Talking trash: Don't get burned



Garbage is not just smelly—it can pose a real threat to facilities. If not handled properly, garbage can lead to a fire that can burn down a whole operation. In one case, a fire broke out in a metal Dumpster on a loading dock. Flames quickly spread into the building, causing over half a million dollars' worth of damage.

Because trash can't be eliminated altogether, it is important to take action to reduce fire hazards in and around the facility you work in. The following are easy tips to protect against the hazards that trash may cause:

Trash management

- Keep spaces and storage areas uncluttered, and empty



trash cans as soon as they fill up. Remove all garbage at the end of every working day, and transfer it to outdoor containers.

- Cover outdoor trash containers, such as Dumpsters, and make sure they are located away from buildings.
- Don't place outdoor trash containers against a wall unless it is fire-resistant.
- Don't allow paper and other trash to gather outside of garbage or recycling receptacles, and never store this

material near hot equipment, electrical outlets, or smoking areas.

- Don't smoke near trash receptacles. Put out smoking materials properly, and throw them away in designated areas.

Do's and don'ts of what to throw away

- Avoid throwing out materials that could produce toxic or corrosive fumes when they burn, such as rubber, foam plastic, aerosol containers, and PVC wiring insulation.
- Don't throw away combustible materials such as paint thinners, acetone, propane tanks, gasoline containers, used motor oil, automotive batteries, or appliances.
- Oily rags: Place them in a listed oily waste container or an airtight, noncombustible metal container filled with a solution of water and an oil breakdown detergent. Take the container to your local hazardous waste disposal center, or arrange a special pickup by your garbage collection service. Check with your city or municipality and the oil manufacturer for further disposal instructions.

If a fire does occur, be sure you are familiar with your facility's emergency plan and escape routes. Immediately evacuate the building if the fire alarm sounds, unless you have



been trained and authorized to put out small fires with a fire extinguisher or if you are designated to perform certain facility operations before evacuating. You may need to help first responders by providing site or building access and by giving information about the location of the fire, the status of the fire systems, and the status of building evacuation. *Safety National, 2019.*

Pumping Up Air Compressor

Safety

Squeezing a volume of air into a smaller container dramatically increases its pressure. This powerful process is usually very safe, as long as the right procedures are being used.



The most important procedure is making sure that the operator has been properly trained and is familiar with the particular model. It's also important to read the operating manual and follow the instructions.

Preparing the compressor

Confirm that the compressor is in good working order and properly lubricated. If you have to add oil, avoid overfilling or spilling oil on the compressor itself.

Check the air filter to verify that it's clean, so air entering the compressor is fresh. If the filter is dirty, replace it. Check that moving parts have been guarded so that workers can't come into contact with them.

Some compressed air tools generate static electricity, so you'll want to be sure that the compressor is properly grounded before using it where flammable or explosive vapors are present. Compressors that burn gasoline or diesel fuel should not be used indoors, and the exhaust from compressors must be directed away from air intakes and windows.

Electric compressors should be plugged into a grounded power outlet. If you have to use an extension cord, keep its length within what the manual recommends, because a too-long cord can cause a voltage drop that may damage the compressor.

Typically, with gasoline or diesel engine-driver compressors, you have to open the start valve before starting the engine. Once it's running, close the start valve, along with the tank drain valve. Never use tools to tighten the drain valve. If you need to add fuel, let the engine cool for several minutes to reduce the chance of fire.

Verify pressure and ratings

Air compressors, the tools they power, and everything connecting the two make up a system. It's important to verify that every element of that system can safely handle your needs. Everything that will be attached to the compressor must be rated for at least the compressor's maximum pressure. Make sure that you don't use more pressure than required for the tool and the task.

The air supply shutoff valves should be located close to where the work will be taking place, so that the airflow can be stopped immediately if necessary. Air receiver tanks should have the correct safety valves (set below the tank's maximum pressure) and pressure gauges.

The pipes and hoses that carry the air should be in good condition, free from oil, grease, and dirt. If possible, hoses should be suspended from above the work area to reduce the possibility of the hoses becoming kinked or someone tripping over them.

Before you remove a tool that doesn't have a quick disconnect fitting, shut off the air supply at the control valve and bleed the remaining pressure from the tool. If you're finished with the compressor, shut the motor off (and unplug it if it's electrically powered). After closing the regulator valve, release any remaining compressed air from the tank. To avoid damage from condensation, open the drain valve, and leave it open until using the compressor again.

Compressor common sense

Most compressor-related injuries or damage results from improper use, or from the failure to wear the personal protective equipment for the task. Horseplay with compressors, such as pointing the air stream or an impact tool at a co-worker, is especially dangerous. Never use compressed air to clean yourself off.

Finally, make sure that your compressors and every element of your systems that use compressed air receive regular inspections by qualified personnel, and are kept clean and well-maintained. While those steps may not eliminate the possibility of accidents, they will minimize incidents caused by mechanical problems.

Staying safe in the surf



A fun day at the beach with your family can quickly be ruined by an accident or injury. Hidden dangers lurk in the water, even for the strongest of swimmers. Did you know that rip currents account for 80% of all swimmer rescues at the beach? According to the Centers for Disease Control and Prevention (CDC), drowning (in both pools and natural bodies of water) is the fifth leading cause of unintentional injury death in the United States.

Keep your family safe by following these tips from the U.S. Lifesaving Association:

If you're going in the water, you should know how to swim.

Always swim near a lifeguard.

Don't go alone—swim with a buddy.

Obey posted signs and flags—flags may be flown on the beach to indicate that the beach is closed or to indicate the presence of hazards like rough surf conditions and/or marine pests, like jellyfish.

If you are caught in a rip current that is pulling you out, don't fight it by swimming directly to shore. This wastes your energy and is not productive. Swim parallel to shore until you feel the current relax, then swim to shore.

If you're on a watercraft (i.e., boat, Jet Ski®, or paddleboard), always wear a life jacket.

Use sunscreen (the higher the SPF rating the better), and drink water as well as electrolyte beverages to stay hydrated. *Safety National, 2019.*

Jumbled Word Winner!

Congratulations **Elie Ortega of Corcoran-Huron Unified School District**, who won last month's contest! For your chance to win solve the Jumbled Word Puzzle email the answer to Lisa Perez at lperez@crma-jpa.org A drawing will be held on the 20th of this month. You could be our next winner for a \$25 Starbucks gift card. Good luck!



Jumbled Word Puzzle

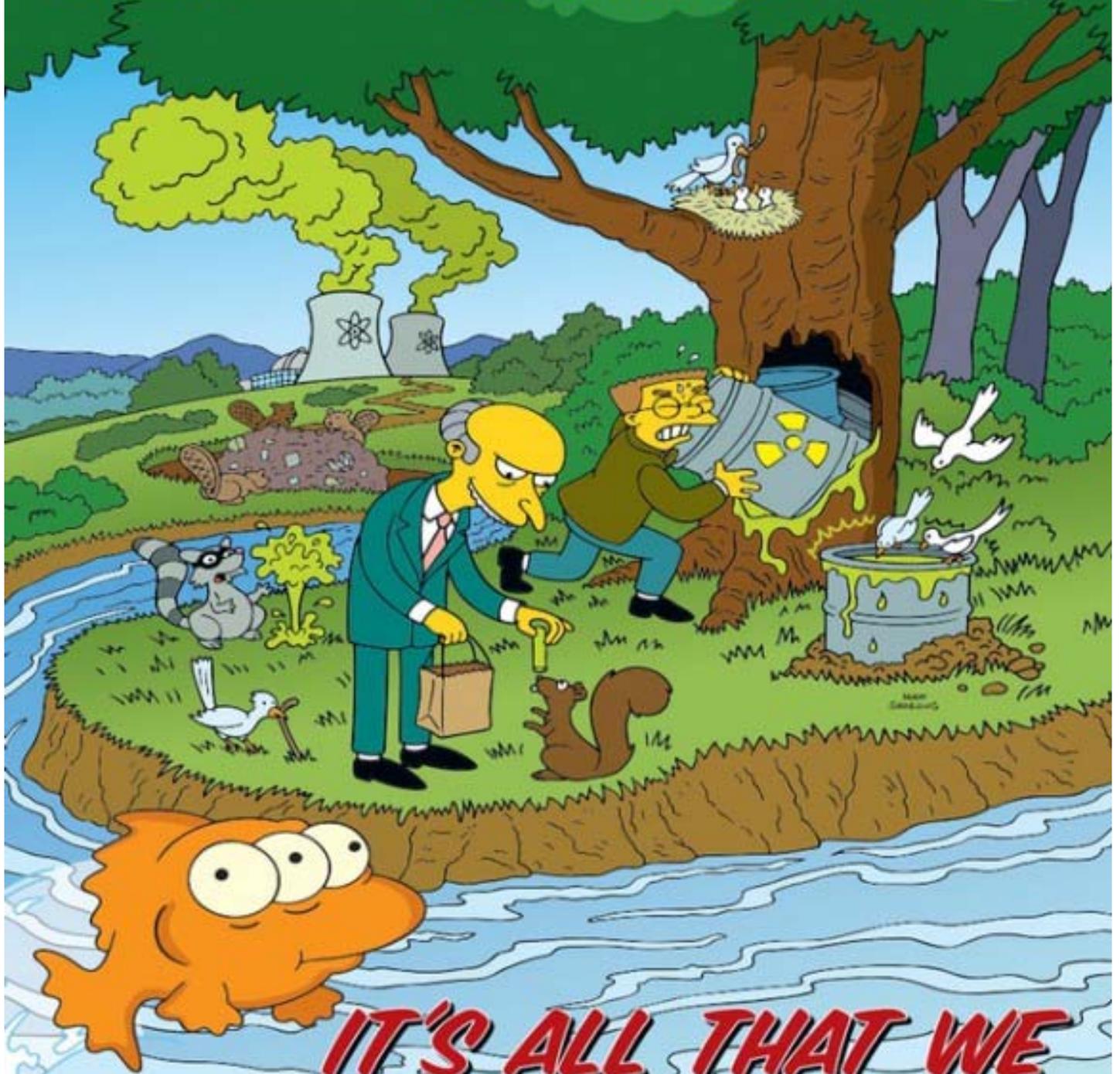
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**KEEP HAZARDOUS WASTE
OUT OF THE ENVIRONMENT!**



***IT'S ALL THAT WE
HAVE, AND IT'S FRAGILE***