

Make a family plan for home fire evacuation

Do you have two ways out of every room in your home? Each year, the National Fire Protection Association (NFPA) reminds us to review fire safety in our homes. This year the theme of Fire Prevention Week is “Every Second Counts: Plan 2 Ways Out!” To help your family plan for escape from home fire danger, implement the following:

- **Draw a map of your home, including all windows and doors.**
- **Find two ways out of every room.** It’s important to plan for at least two options in case fire or smoke is blocking one way out.
- **Test all possible exit options.** Check that windows and doors can be easily opened from the inside. If you have security bars, ensure that they have easy-to-use quick-release devices and that everyone in the home can open them.
- **Make sure doors and windows aren’t blocked.** Check for storage, vegetation or anything that may block exits.
- **Choose a meeting place outside the home.** Find a place that won’t move, such as a tree or light pole, a safe distance away from the house.
- **Go over your plan with everyone in your home.** Choose a time when everyone’s at home and have a meeting to review the plan. Be sure to share it with overnight guests, too.



**Fire Prevention
Week is
October 8-14**

- **Plan to assist anyone who needs help getting outside.** There might be special consideration required for a young child, an older adult or a person with a disability. Assign someone to help them get outside.
- **Test your smoke alarms to be sure they’re working.** If the smoke alarm doesn’t sound when tested, install a new battery. If it still doesn’t work, replace the alarm. Make sure everyone in the home knows the sound of the alarm.

To help promote Fire Prevention Week at your school, visit www.firepreventionweek.org for resources and free materials.

Source: National Fire Protection Association



- Wellness is on the move in a big way
- Enjoy autumn safely

Spotlight on...

Wellness is on the move in Sac City USD's transportation department

Go Wellness! The Sacramento City USD Transportation Department has done an outstanding job of engaging employees in the district's "Step Into Wellness" program. During the last school year, management and employees came together to implement several employee wellness activities, all with great results.

Director of Transportation Ron Hill and Fleet Specialists Rhonda DeSmet and Michelle Fisher were at the helm and took key steps to engage employees in health and wellness activities. Staff kicked off the "Step Into Wellness" program on a number of levels and with a variety of effective components, including:



Former Sacramento City Unified SD Superintendent, Jose Banda, left, stands with Transportation Department staff Rhonda DeSmet, Michelle Fisher and Ron Hill, award recipients for their wellness program.

- **Setting up employee buy-in** by meeting with groups of co-workers to find out what they would like to include.
- **Creating a walking path with markers** to show distances walked and then starting a walking club.
- **Holding on-site "health checks"** that included blood pressure screenings, body mass index calculations and waist measurements. The checks also included health counseling and resource-sharing.
- **Launching a "Colorful Choices" nutrition challenge, sponsored by one of the district's health plans.** Employees were invited to a fruit and veggie tasting to promote the challenge, and the department had the highest level of participation in the district.
- **Hosting a nutrition presentation provided by SIA.**
- **Promoting a variety of wellness resources,** including "My Plate," the Employee Assistance Program (EAP), fitness facility discounts, health classes and coaching, online programs, health and wellness apps, and time and money savings through various health plans.

Employees were very enthusiastic about the program and expressed appreciation at how their supervisors encouraged them to be healthy. Congratulations to these employee wellness superstars!

Do you have a unique program or event in your district that contributes to the health and safety of your fellow employees? If so, we'd like to hear about it for inclusion in our Spotlight On column. Contact Lisa Konarski at lkonarski@sia-jpa.org. A photo would be appreciated.

Enjoy the autumn without the falls

Falls are the most common types of accidents that result in permanent health problems. But with attention and care, starting with extra awareness of where and when you walk, falls can be prevented. Following are some safety tips to consider:

- **In the evening, walk where there's plenty of light** to help you see where you're going.
- **If you see a tree ahead in your path,** look for fallen leaves or tree roots that might have pushed up the sidewalk.
- **Watch out for cracks** in sidewalks, holes and changes in sidewalk levels.
- **Be extra careful during and after stormy weather.** Rain, snow and ice can make any surface slippery.
- **If you wear corrective eyewear while walking,** know that bifocals or reading glasses can make it harder to see hazards on the ground.
- **Wear non-slip shoes** with firm soles and low heels.
- **Use caution in parking lots and parking garages.** Be aware of curbs, cars and changes in elevation.
- **Keep walkways and aisles clear of storage, cords and other obstacles.**
- **Use railings when climbing up or down stairs and ramps.**
- **Always take your time** – hurrying puts you at greater risk.



Why high-intensity workouts work

By Lyn M. Poll, M.S., SIA Prevention Services

High-Intensity Interval Training (HIIT) alternates periods of high-intensity exercise with periods of rest and recovery. The work/rest approach is generally repeated several times in a 20- to 30-minute workout period and can be performed with almost any exercise – with or without equipment.

As a result, HIIT workouts have popped up everywhere, from playgrounds, parks and beaches to small fitness studios and large chain health clubs. Here's what the research says about the benefits of this effective, popular workout:

IMPROVED CARDIO-RESPIRATORY FUNCTION

HIIT training, when done properly, can improve cardio-respiratory function both during exercise and at rest. When the body is trained at the upper end of the training zone, there's a shift from aerobic (with oxygen) to anaerobic (without oxygen) metabolism. This produces energy and generates force, thereby optimizing cardio-respiratory fitness. The adaptability of HIIT training has shown it benefits just about everyone, from athletes to recreational exercisers.



INCREASED POST-EXERCISE CALORIC BURN

EPOC (excess post-exercise oxygen consumption) is the increased caloric burn after an exercise routine. Basically, the body must consume more oxygen during an intense bout of exercise, which increases the amount of calories burned, before it returns to its pre-exercise state (up to two hours after a workout is completed). Body composition (muscle vs. fat ratio) may improve by incorporating HIIT training into a workout regimen. Nutrition also plays a key role in changing body composition.

SHORTER WORKOUTS

HIIT training is particularly attractive in that it doesn't require a large amount of time to reap the benefits. Sessions typically last 20 to 30 minutes and can be very effective if the intensity level is kept high. It's easier to perform high levels of exercise for shorter periods than for longer ones, say for more than 30 minutes.

Easily modifiable for people of all fitness levels and special conditions, research is indicating that HIIT training can be an effective and efficient way to exercise and will likely remain a popular form of exercise for years to come.

Note: Prior to beginning any exercise program, individuals should seek medical clearance, as not all exercise programs are suitable for everyone.

Want to discover more about HIIT training, exercise programming and nutrition? Contact the SIA Prevention Services Department to set up a one- to two-hour workshop or lunch-and-learn today.

Resource: Kelly Vargo "High-Intensity Interval Training: Why It Works," March 27, 2017; www.acefitness.org/blog/6361/high-intensity-interval-training-why-it-works

Happiness comes from
being who you actually are
instead of who you think
you are supposed to be.
— Shonda Rhimes

Did you know that you can access our
newsletters on our website?
Visit www.sia-jpa.org.



- Quality sleep is key to well-being
- Safetyville's Halloween Haunt set

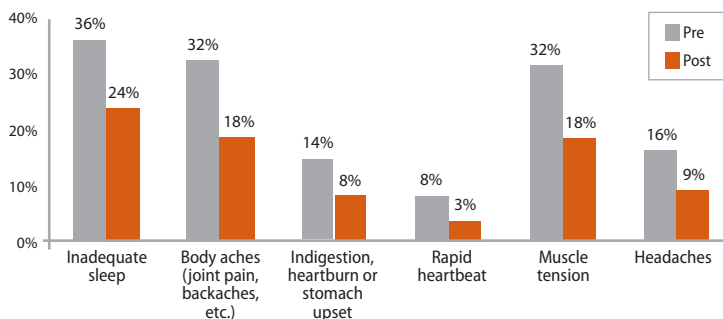
Stress affects sleep and that impacts everything else

Michele Mariscal, SIA Prevention Specialist

Are you getting a good night's sleep most nights of the week? We often don't make the connection between stress and the physical symptoms of unrest that might be impacting sleep quality, but a good night's sleep is especially important for different body systems. Most importantly, good sleep is critical for optimal brain function. When we get less than seven hours of sleep a night, our mental and physical performance drops.

The good news is that we can optimize our sleep with simple practices that can impact other physical symptoms. The first step is to become aware of the emotional states during the day that might be driving disruptions during rest time. The Institute of HeartMath has been studying the role of emotions on physiology for the past 20 years and has created, tested and studied several techniques that help individuals practice awareness and shift physiology.

Many symptoms, such as body aches, indigestion, heartburn, stomach upset, rapid heartbeat, muscles tension and headaches, frequently have root causes in unmanaged stress. These symptoms also may be affecting sleep. The chart below shows decreases in reported symptoms by individuals (subject pool of 6,000 people) who practiced the HeartMath tools three times a day for six weeks. A growing body of evidence shows positive outcomes for people struggling to get quality sleep.



SIA is pleased to offer the Institute of HeartMath's training program called Resilience Advantage, which features a specialized regimen dedicated to improving sleep. If you're interested in bringing this training to your work site, contact Michele Mariscal at mmariscal@sia-jpa.org or call (916) 364-1281.

Safetyville's annual Halloween Haunt is October 28

Since 1991, this fun family event has offered a unique setting and safe alternative to trick-or-treating for families with young children. Set in Safetyville USA, the unique miniature city in Sacramento County, the event features carnival games, a costume parade, safety activities and demonstrations, and trick-or-treat stations. There will also be a harvest maze, face-painting, family games, raffles and live entertainment. Join the fun on:

Saturday, October 28

11 a.m. to 4 p.m.

3909 Bradshaw Road, Sacramento

Proceeds benefit their children's safety and health program.



For more information or to purchase tickets, visit www.safetycenter.org/events/halloween-haunt-2/



Sign up for WeTip

For information and materials, contact Teresa Franco at tfranco@sia-jpa.org.

The material in this newsletter should be part of your Injury and Illness Prevention Plan (IIPP).

Keep a copy of this newsletter in your IIPP binder and be sure all employees receive a copy.

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