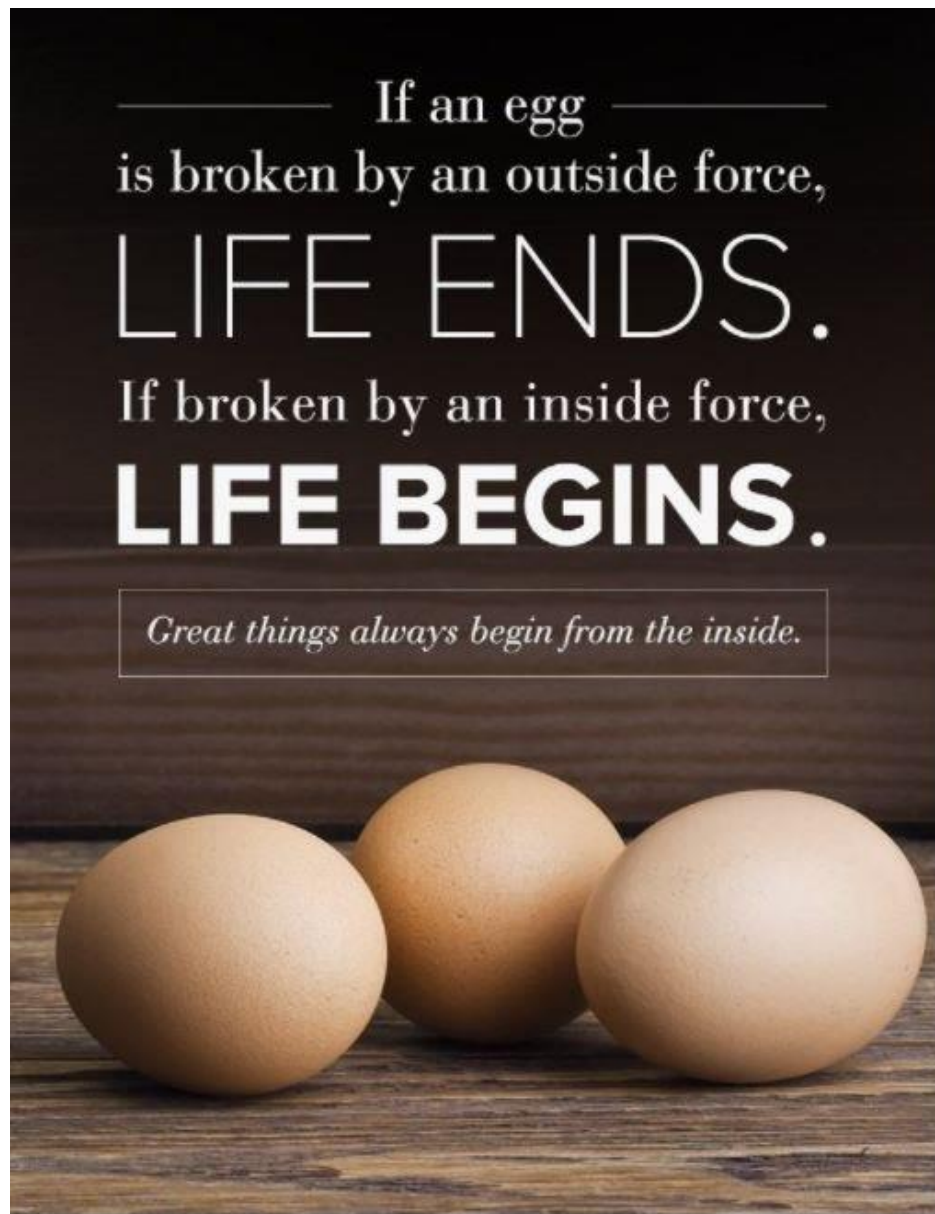




## EH&S Heartbeat Fall 2021 Edition





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**In this edition of EH&S Heartbeat. . .**

- Bus Safety Month - Stephanie Alami, EH&S Specialist
- Exercise & the Brain - condensed from online article by Michael Roizen, M.D. and Mehmet Oz, M.D
- Hearing and Well Being- excerpt from National Institute on Hearing
- EMS Private Eye - Deb Debrocq, Energy Analyst
- Ergonomics - Lifting & Material Handling - Stephanie Alami
- Habits - Something for Us to Think About - Hyacinthe Lafontant, Safety Training Specialist
- CPR Training Announcement

## October 18th - 22nd - School Bus Safety Week



<https://sway.office.com/LtMQ6YPK5kkEjW53#content=mtOxByoye2qGel>

1 - created by Stephanie Alami, Safety Specialist

### National School Bus Safety Week

Schools across the nation observe National School Bus Safety week the third week of October. The theme this year is “**Be Safe – Know the Danger Zone.**” Help students and parents learn the critical facts they need to know in keeping children safe around the bus and loading the bus.

#### Encourage students to enter the National School Bus Safety Week Poster Contest

at <https://www.napt.org/postercontest><sup>1</sup>.

Obstructed views and distracted drivers put children at risk, which is why it is important that adults talk to children about ways to stay safe in and around the school bus. Motorists put children’s lives in danger when they fail to stop for the school bus as it loads and unloads children. Yet it is estimated that over 10 million drivers illegally pass school buses every year. So it is critical that motorists learn and follow the laws pertaining to school buses. See the image below for instructions on when you need to stop for a school bus.

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<sup>1</sup><https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.napt.org%2Fpostercontest&data=04|01|hlafontant%40browardschools.com|ebde10e619b44767b78e08d990141fcf|eeacb5cb53704358a96aa3783c95d422|1|0|637699238362345179|Unknown|TWFpbGZsb3d8eyJWl|joiMC4wLjAwMDAiLCJQI|joiV2luMzliLCJBTiI6I|k1haWwiLCJXVCi6Mn0%3D|1000&sdata=%2BCidGtEQMmufZbvt022%2BUdHKy6kD77wh%2F48bVcw3%2FaY%3D&reserved=0>

# FLORIDA: DO I NEED TO STOP?

**Two Lane**  
Vehicles traveling in both directions **MUST** stop.

**Multi-lane paved across**  
Vehicles traveling in both directions **MUST** stop.

**Divided Roadway**  
On a highway divided by a median, cars traveling in the opposite direction are not required to stop but should proceed with caution.

FLHSMV FDOT THE SAFE DRIVING CONNECTION AAA

We are what we repeatedly do. "Safety" therefore, is not an act, but a habit - Aristotle, with twist!

### Exercise and the Brain



By Michael Roizen, M.D. and Mehmet Oz, M.D. on Oct 4, 2021

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To avoid cognition problems, try this five-part plan: manage stress, exercise regularly, eat noninflammatory foods (skip added sugars, red/processed meat, and egg yolks), respect sleep and play speed-of-processing games.

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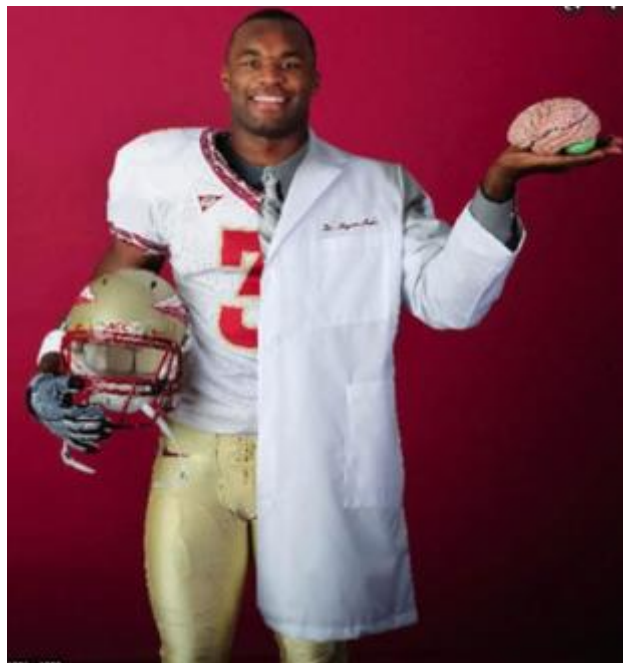


Myron Rolle played football at Florida State University (and graduated in two and a half years) and was headed for the NFL when he became a Rhodes Scholar. So he postponed his football career a year to attend Oxford University. Afterward, he was picked by the Tennessee Titans in the 2010 draft. An outstanding safety, nonetheless, he headed back to FSU in 2017 to get a medical degree before doing his residency in neurosurgery at Harvard. Clearly, athletics and brain power were a winning combination for him. And now, thanks to researchers from Harvard, we know why.

**It turns out that a protein called irisin is released from your muscles when you exercise -- and it may be the reason why exercise plays an important role in burning fat, strengthening bones and protecting against neurodegenerative diseases.**

In their most recent investigation of irisin, the Harvard researchers discovered (in mice) that the protein's tiny molecules can pass through the blood-brain barrier. Once in the brain, they help protect and even regrow nerve connections, which may be why exercise keeps your memory sharp. The research also found that, independent of exercise, irisin is present in nimble brains but in short supply in those with Alzheimer's.

To avoid cognition problems, try this five-part plan: manage stress, exercise regularly, eat noninflammatory foods (skip added sugars, red/processed meat, and egg yolks), respect sleep and play speed-of-processing games. You'll win a scholarship in good health and sharp thinking, and take five steps up the "Great Age Reboot" preparatory stairway to extended longevity.



2 - Myron Rolle - Former NFL Player, Rhodes Scholar, Humanitarian, Neurosurgeon

## October is ~ National Protect Your Hearing Month



<https://sway.office.com/LtMQ6YPK5kkEjW53#content=5QaxE8yzNWGuMg>

*3 - National Research Institute*

**Have you ever attended a rock concert or any event where you end up positioned right by the huge speaker? You may have noticed that after a while your hearing becomes muffled, your ears ring and it takes a few days to get your hearing back to normal.** Imagine what this would do to your hearing if you were exposed to similar noise levels on a daily basis. In the US, hearing loss is the third most common chronic ailment after high blood pressure and arthritis. In almost every industry, there is the potential that some workers may be at risk for work related hearing loss. The Center for Disease Control (CDC) reports that each year approximately 22 million workers are exposed to hazardous noise levels at work.

### **Some important facts:**

- Almost all work-related hearing loss is permanent, this can have a profoundly negative impact on one's quality of life.
- Hearing loss is associated with mental decline, heart problems, and depression
- Ringing in the ears (tinnitus) often occurs with hearing loss can disrupt sleep and concentration
- Hearing loss can impact **safety** at home and on the job!

### **The key - Preventing Work Related Hearing Loss**

#### **Is your work noise level hazardous to your health?**

- If you must raise your voice to speak with someone at arm's length, then the noise is likely at a hazardous level.
- You can also check the noise level using a sound level meter app on your phone, such as the NIOSH Sound Level Meter app.<sup>2</sup>

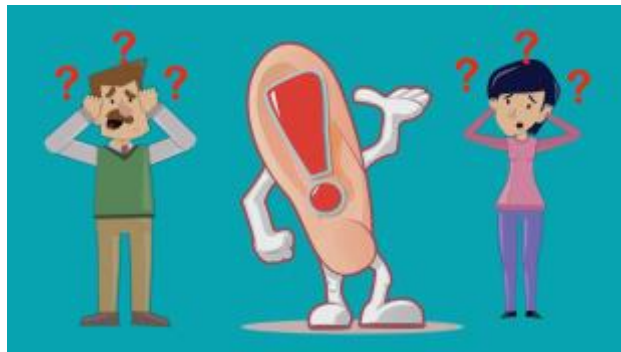
#### **You can reduce noise exposure by -**

- Eliminating or reducing the source of the noise. (Use quieter equipment and keep all equipment well lubricated.)

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<sup>2</sup><https://www.cdc.gov/niosh/topics/noise/app.html>

- Take a break from the noisy activity or noisy areas
- **Always wear hearing protection in noisy areas.**



<https://sway.office.com/LtMQ6YPK5kkEjW53#content=FbEzb7JFnaEMOA>

4 - Safety Memos

**Did you know that exposure to certain chemicals can damage your hearing?**



**NO, well neither did I.** Some substances, including certain pesticides, solvents and pharmaceuticals that contain ototoxicants can negatively affect how the ear functions causing hearing loss and/or affects balance. These ototoxicants can enter your system through inhalation, ingestion or skin adsorption.

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*Again, the best prevention is knowledge – Review the Safety Data Sheets (SDS), Know what you are working with, and Wear your Personal Protective Equipment (PPE).*

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## EMS Private Eye



*Unknown to the EH&S Department, we have a resident "private eye" among us! We should have realized this before, due to the numerous other issues that have been resolved with her assistance. Now we have no choice, but to acknowledge our good fortune in having Debbie Bebrocq's investigative skills, complimenting the other members of the EMS staff in addressing the unexplainable, as it relates to utility billing.*

*Here' s the latest adventure find. . .*

### **WATER CONSERVATION NEWS**

submitted by Deb Debrocq EMS Energy Analyst

**The EMS Team from the Energy Conservation and Utility Management Department received a higher than normal water usage bill from Broadview Elementary. Our team immediately scheduled an on-site visit to identify the root cause of the excessive water usage. The EMS Staff, headed by Debbie DeBrocq, Energy Analyst, Pat Gallagher, EMS Foreman, and Mark Jones, EMS Plumber, were unable to discover any defects, leaks, or high-water usage events that would've resulted in the excessive usage for the billing period. Based on their findings, the EMS Team determined that the overage was more than likely a billing issue. The Department provided the findings of the site audit to the Broward County Water & Wastewater Services Department, and they agreed that a billing issue had occurred and issued the District a credit in the amount of \$25,878.**





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*Teamwork Works! Yeah . . . we just saved the District over \$25K! How's that for Teamwork!*

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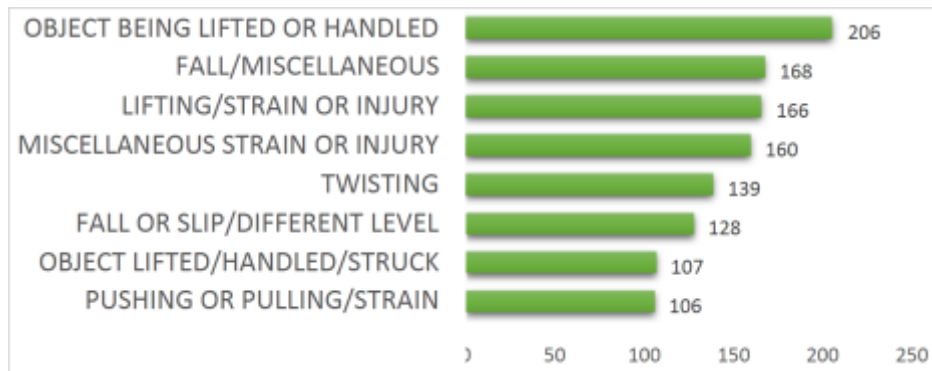
## Lifting and Manual Material Handling



Almost every day at work, heavy or awkward objects need to be moved. Some of these objects are larger than one person can safely move alone. If objects are too heavy or improper body positions are used, the result can be strains and sprains that often result in missed work.

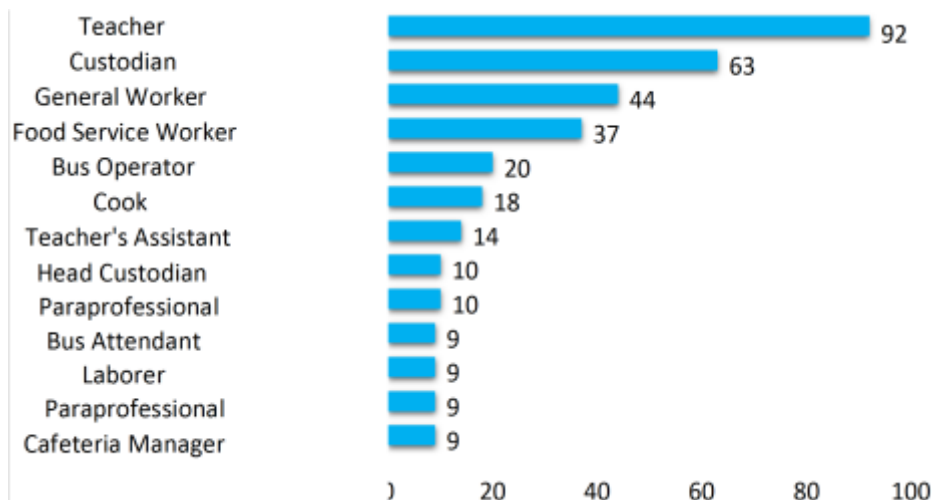
## Employee Injury Statistics

Nationally, one-third of all workers' compensation claims are due to ergonomic issues, according to the U.S. bureau of labor Statistics. **According to BCPS workers' compensation data**, between fiscal year 2020 - September 2021, injuries caused by *Object Lifted/Handled* was the 4th highest cause of injury and *Lifting/Strain* was the 6th highest. All together, totaling 18% of all injuries. See Figure 1 below.



5 - Figure 1 Number of Lifting/ Strain Injuries FY 2020-September 2021

Contributing causes to the injuries included: being struck by a falling object while lifting, lifting heavy material, lifting furniture, and poor body mechanics while lifting. Common injuries include soft tissue, muscle, tendon or ligament sprains and strains. Teachers experienced approximately 25% of all injuries, followed by Custodians and General Workers. See figure 2 below.



## How can I get Hurt?

- You could use poor body mechanics (bending, twisting, etc.) Even lifting the lightest of objects can cause muscle strain.
- You could lift heavy objects which can result in significant back injury or other muscle strains and sprains.

- You could lose control of the object and injure yourself or damage the object by dropping it.
- You could lift objects that block your view of the walking path, which can lead to a fall accident.



## How to Prevent an Injury?

- Always test the weight of the object to be sure that you are comfortable with the lift. If it is heavy, ask for help.



- Use proper form when lifting. Bend at your knees and keep your back straight. Lift the load with a good grip, and keep the load close to the body. Do not lift and twist.
- Use handles, handholds, or cutouts, if available.
- Use dollies, jacks and carts to help you lift and move the object. Use carts with large wheels- a large wheel rolls easily and required less force over door thresholds, sidewalk gaps etc.
- Have a clear walking path to avoid slip, trip or fall injuries while moving supplies.

**Motivation** is what get you started, **Habit** is what keeps you going. ~  
*Jim Rohn*

## HABITS - Something for Us to Think About . . .

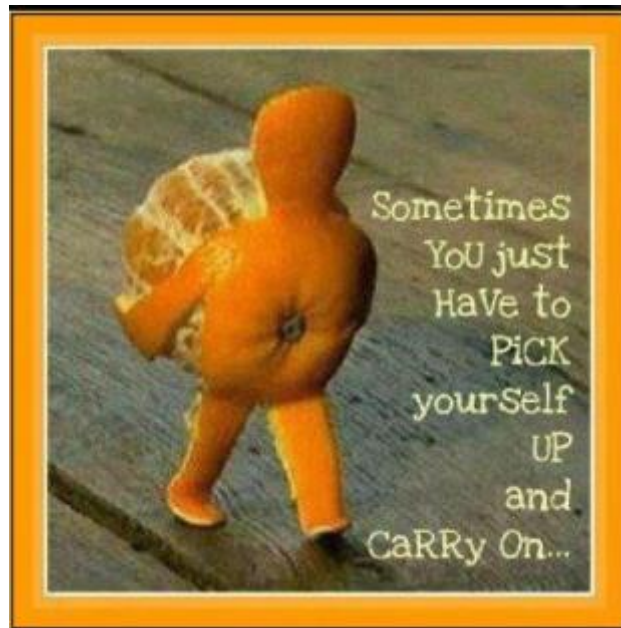
Environmental Health & Safety (EH&S) is continually exploring ways to share with you the importance of taking responsible for your own safety while at work, or anywhere else you may be. However, despite



Since this is a proven/document fact, **I challenge you to consider consciously replacing one unsafe/unhealthy behavior/habit with a new safe/healthy alternative** (i.e. ladders vs. chairs, using crosswalks instead of jaywalking, putting do not disturb message on phones while driving etc.).

**Consistency is the key to creating and altering any habit.** You may “slip-up” and revert to an old habit and must start over, it’s OK. It is important to remember that change is a process; and changing a habit is a process with possible setbacks. The important thing is to keep going and focus on the behavior change you are working to create, until you no longer need to focus on it; it just happens automatically.

EH&S wants to hear from you. Email [safetytraining@browardschools.com](mailto:safetytraining@browardschools.com) and tell us about your experiment in habit change and the results. Please include “Experiment” in your subject line.





## Training Announcement

Course # 39135057



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Environmental Health & Safety Department  
announces  
Upcoming training for District  
Department Staff  
Contact: hlafontant@browardschools.com

### First Aid & CPR/AED Training



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*Learn Life-Saving Skills from your District AHA Certified Trainers*

*Register in Learning Across Broward (LAB)*

*CPR: District Depts Only 21-22 <sup>5</sup>*

*You Must be Registered to Attend*

*Visit LAB for Course dates*

*All Classes Oct. 2021 & Nov. 2021*

*Will be held at Atlantic Tech / Arthur Ashe location 1701 NW 23rd Ave. Ft. Lauderdale, FL 33311*

**Please be sure to cancel in advance if your availability changes.**

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<sup>5</sup><https://broward.truenorthlogic.com/ia/app/course/managecourse?id=26408&whence=adminsearchresults>

## Contact Us

**Environmental Health & Safety**

**4200 A NW 10th Ave**

**Oakland Park, FL 33309**

**Phone: 754-321-4200**

**Web address: <https://www.browardschools.com/Domain/13473>**