



# Environmental Health & Safety

## In This Issue



The Environmental Health and Safety Department wishes you a safe and happy holiday season! This Sway is jam packed with Holiday cheer and important safety information on training courses, slips trips and falls, and holiday safety. Whether you are celebrating Thanksgiving, Hanukkah, Winter Solstice, Christmas, Kwanza or nothing in particular, this issue will provide tips on keeping you, your students, and your families safe at home, school and the office. See the stories below.



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## Holiday Safety



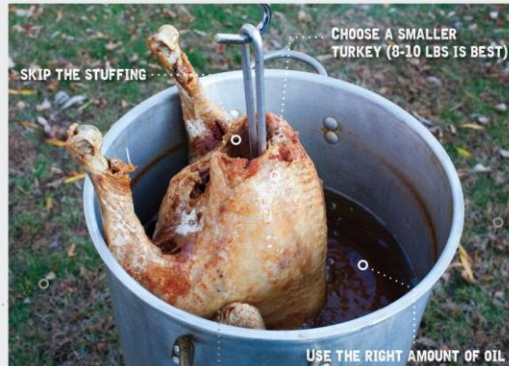
From late November to mid-January families and friends gather to celebrate the holiday season. During this time, safety should be on the top of your mind. The Following is tried-and-true advice to ensure your family remains safe and injury-free throughout the season.

The *international Association of Firefighters* has provided infographics for social media and PSA videos on topics including the safe use of turkey fryers and the importance of watering your Christmas tree. Click through the stacked images to learn more.





## THERE'S ONLY ONE (SAFE) WAY TO FRY A TURKEY.



USE OUTDOORS, OFF THE DECK,  
AWAY FROM STRUCTURES,  
IN DRY WEATHER

HAVE A GREASE (CLASS B)  
FIRE EXTINGUISHER HANDY

THE TURKEY SHOULD BE THAWED AND DRY —  
ICE AND WATER CAUSE OIL FLARE-UPS

A public safety message from the International Association of Fire Fighters

# WATER WATER WATER

A dry Christmas  
tree ignites in  
**SECONDS.**



Brought to you by the International Association of Fire Fighters  
[www.iaff.org/toolkits](http://www.iaff.org/toolkits)

Source: FEMA

## NEW YEAR. NO EXCUSES. DON'T DRINK AND DRIVE.



A public safety message from the International Association of Fire Fighters

## Good Eats for the Holidays



### Tiny Tim's Plum Pudding

In Charles Dickens', "*The Christmas Carol*" everyone claps for plum pudding! We found this recipe on the *Taste of Home* website. It got 4 1/2 stars! Try it out and let us know how you like it.



1 - <https://www.tasteofhome.com/recipes/tiny-tim-s-plum-pudding/>

## Ingredients

1/2 cup butter, softened	2 cans (15 ounces each) plums, drained, pitted and chopped
3/4 cup packed brown sugar	1-3/4 cups chopped dates
3 large eggs, room temperature	1 cup golden raisins
3/4 cup dry bread crumbs	1 cup shredded carrots
1/2 cup all-purpose flour	1/2 cup dried currants
1 tablespoon grated orange zest	
1 teaspoon ground cinnamon	<b>Hard Sauce:</b>
1/2 teaspoon baking soda	1/2 cup butter, softened
1/2 teaspoon ground nutmeg	
1/4 teaspoon salt	3 cups confectioners' sugar
1/4 teaspoon ground cloves	1/4 cup dark rum or orange juice

## Directions

1. Generously grease an 8-cup pudding mold, metal gelatin mold or ovenproof bowl; set aside.
2. In a large bowl, cream butter and brown sugar until light and fluffy, 5-7 minutes. Add eggs, 1 at a time, beating well after each addition. In another bowl, mix bread crumbs, flour, orange zest, cinnamon, baking soda, nutmeg, salt and cloves; gradually add to creamed mixture. Fold in plums, dates, raisins, carrots and currants.
3. Transfer to prepared pudding mold. Cover tightly with heavy-duty foil; tie foil with kitchen string to secure.
4. Place on a rack in a stockpot; add 3 in. hot water to pot. Bring water to a gentle boil; steam cake, covered, until a toothpick inserted in center comes out clean, 2 to 2-1/2 hours, adding more water to pot as needed. Remove pudding from pot; let stand 5 minutes before unmolding.
5. Meanwhile, in a bowl, beat hard sauce ingredients until smooth and creamy. Unmold pudding onto a serving plate; serve warm with sauce.



Sitting? Bad for My Health!?



**YOUR  
HEALTH**

# Don't just sit there!

We know sitting too much is bad, and most of us intuitively feel a little guilty after a long TV binge. But what exactly goes wrong in our bodies when we park ourselves for nearly eight hours per day, the average for a U.S. adult? Many things, say four experts, who detailed a chain of problems from head to toe.

REPORTING BY BONNIE BEKKOWITZ; GRAPHIC BY PATTERSON CLARK

## ORGAN DAMAGE

### Heart disease

Muscles burn less fat and blood flows more sluggishly during a long sit, allowing fatty acids to more easily clog the heart. Prolonged sitting has been linked to high blood pressure and elevated cholesterol, and people with the most sedentary time are more than twice as likely to have cardiovascular disease than those with the least.

### Overproductive pancreas

The pancreas produces insulin, a hormone that carries glucose to cells for energy. But cells in idle muscles don't respond as readily to insulin, so the pancreas produces more and more, which can lead to diabetes and other diseases. A 2011 study found a decline in insulin response after just one day of prolonged sitting.

### Colon cancer

Studies have linked sitting to a greater risk for colon, breast and endometrial cancers. The reason is unclear, but one theory is that excess insulin encourages cell growth. Another is that regular movement boosts natural antioxidants that kill cell-damaging — and potentially cancer-causing — free radicals.

## MUSCLE DEGENERATION

### Musty abs

When you stand, move or even sit up straight, abdominal muscles keep you upright. But when you slump in a chair, they go unused. Tight back muscles and wimpy abs form a posture-wrecking alliance that can exaggerate the spine's natural arch, a condition called hyperlordosis, or swayback.

### Tight hips

Flexible hips help keep you balanced, but chronic sitters so rarely extend the hip flexor muscles in front that they become short and tight, limiting range of motion and stride length. Studies have found that decreased hip mobility is a main reason elderly people tend to fall.

### Limp glutes

Sitting requires your glutes to do absolutely nothing, and they get used to it. Soft glutes hurt your stability, your ability to push off and your ability to maintain a powerful stride.

## LEG DISORDERS

### Poor circulation in legs

Sitting for long periods of time slows blood circulation, which causes fluid to pool in the legs. Problems range from swollen ankles and varicose veins to dangerous blood clots called deep vein thrombosis (DVT).

### Soft bones

Weight-bearing activities such as walking and running stimulate hip and lower-body bones to grow thicker, denser and stronger. Scientists partially attribute the recent surge in cases of osteoporosis to lack of activity.

### Mortality of sitting

People who watched the most TV in an 8.5-year study had a 61 percent greater risk of dying than those who watched less than one hour per day.



So what can we do? The experts recommend . . .

### Sitting on something wobbly

such as an exercise ball or even a backless stool to force your core muscles to work. Sit up straight and keep your feet flat on the floor in front of you so they support about a quarter of your weight.

### Stretching the hip flexors

for three minutes per side once a day, like this:

### Walking during commercials

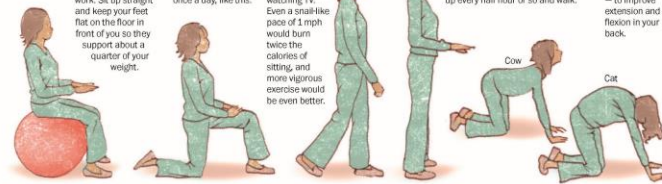
when you're watching TV. Even a snail-like pace of 1 mph would burn twice the calories of sitting, and more vigorous exercise would be even better.

### Alternating between sitting and standing

at your work station. If you can't do that, stand up every half hour or so and walk.

### Trying yoga poses

—the cow pose and the cat — to improve extension and flexion in your back.



## TROUBLE AT THE TOP

### Foggy brain

Moving muscles pump fresh blood and oxygen through the brain and trigger the release of all sorts of brain- and mood-enhancing chemicals. When we are sedentary for a long time, everything slows, including brain function.

### Strained neck

If most of your sitting occurs at a desk at work, craning your neck forward toward a keyboard or tilting your head to cradle a phone while typing can strain the cervical vertebrae and lead to permanent imbalances.



Proper alignment of cervical vertebrae

### Sore shoulders and back

The neck doesn't slouch alone. Slumping forward overextends the shoulder and back muscles as well, particularly the trapezius, which connects the neck and shoulders.

### BAD BACK

#### Inflexible spine

Spines that don't move become inflexible and susceptible to damage in mundane activities, such as when you reach for a coffee cup or bend to tie a shoe. When we move around, soft disks between vertebrae expand and contract like sponges, soaking up fresh blood and nutrients. When we sit for a long time, disks are squashed unevenly and lose sponginess. Collagen hardens around supporting tendons and ligaments.



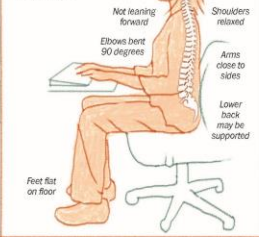
### Disk damage

People who sit more are at greater risk for herniated lumbar disks. A muscle called the psoas travels through the abdominal cavity and, when it tightens, pulls the upper lumbar spine forward. Upper-body weight rests entirely on the ischial tuberosity (sitting bones) instead of being distributed along the arch of the spine.

Lumbar region bowed by shortened psoas

## THE RIGHT WAY TO SIT

If you have to sit often, try to do it correctly. As Mom always said, "Sit up straight."



## The experts

Scientists interviewed for this report:

**James A. Levine**, inventor of the treadmill desk and director of Obesity Solutions at Mayo Clinic and Arizona State University.

**Charles E. Matthews**, National Cancer Institute investigator and author of several studies on sedentary behavior.

**Jay Dicharry**, director of the REP Biomechanics Lab in Bend, Ore., and author of "Restless for Business."

**Tai Amassay**, biomechanist at Barry University's Department of Sport and Exercise Sciences.

**Additional sources:** "Amount of time spent in sedentary behaviors and cause-specific mortality in U.S. adults," by Charles E. Matthews, et al., in the National Cancer Institute's "Sedentary behavior and cardiovascular disease: A review of prospective studies," by Carl S. Field and Carl A. Despres, in the American Journal of Preventive Medicine.

## PPO Student Intern Training

The Environmental Health and Safety Team was busy this summer providing safety and health training and other services to our staff to make this school year a success.

This summer, EH&S provided the Physical Plant Operations Student Intern Training in July and included training topics in slips, trips, and falls, ladder safety, electrical safety, and personal protective equipment. The interns received hands on training by practicing with the fire extinguisher simulator and trying on personal protective equipment.

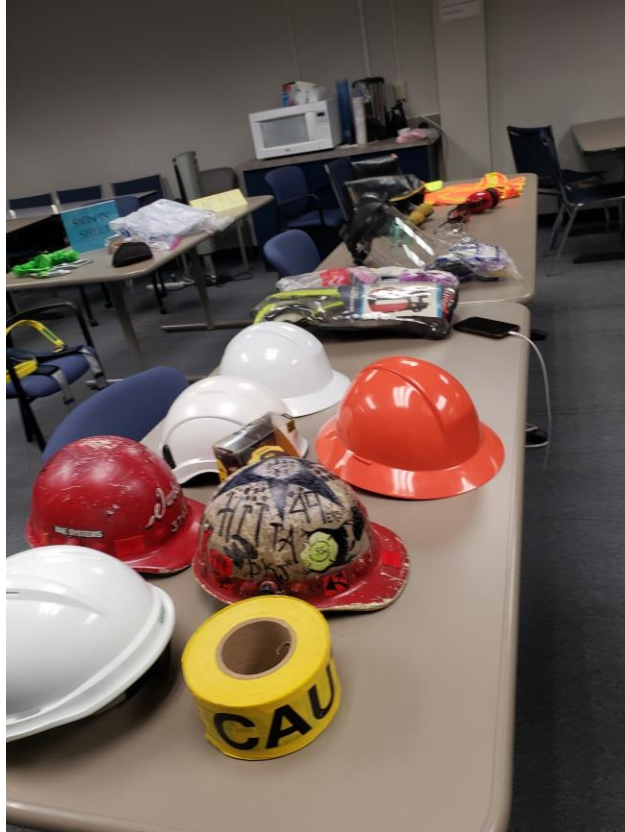
A **BIG THANK YOU** to the following people for helping with the Student Intern Training: Corneal "Neal" Jenkins, Hyacinthe Lafontant, and Yvette McLeod. Click through the stack of images to view the PPE and electrical Safety demonstration.

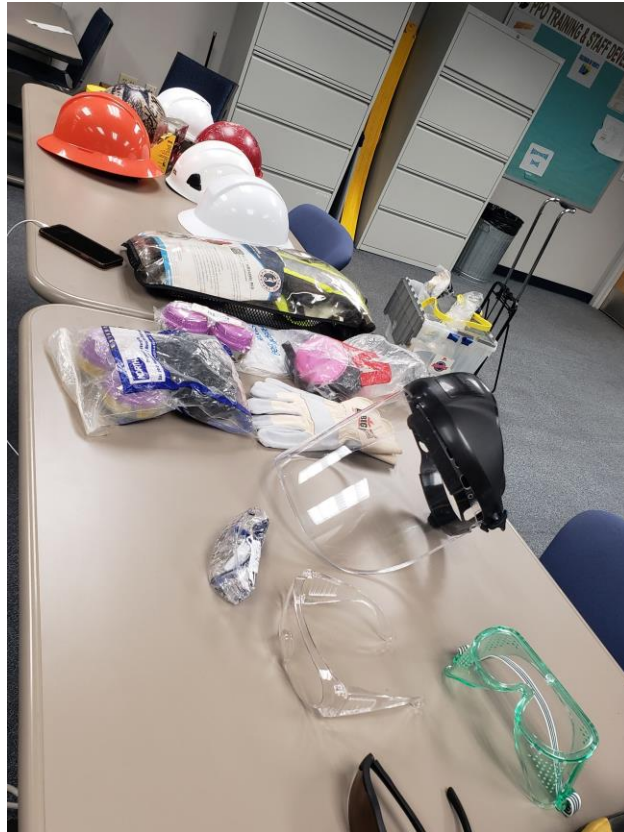












## Safe Toys for ALL





In the spirit of giving, how do you know what toys are appropriate, especially when you are a first-time parent, grandparent, aunt or uncle? Checkout this infographic from *Marshfield Clinic* for safe toy giving guidelines.

Also, check the [U.S. Consumer Product Safety Commission](http://www.cpsc.gov/en/safety-education/safety-guides/toys-and-childrens-products/) for recently recalled toys.



## Preventing Slips, Trips, and Falls





## Preventing Slips, Trips and Falls



The Environmental Health and Safety Department welcome's you back to the 2022-2023 school year! Slips, trips, and falls are a significant cause of injury for students and staff at Broward County Public Schools. Keep safety in mind this school year while preparing your classrooms and workspaces by following the safety tips below.

### What are common Slip, Trip and Fall Hazards?

- File drawers left open
- Curled floor mats
- Cords in the walkway
- Spills that have not been immediately cleaned up
- Floor obstructions (e.g., bookbags)
- Uneven surfaces



### What Can I do to Keep Staff and Students Safe?

- Cover cords using cord covers
- Maintain a clutter free workspace
- Clean up spills immediately
- Place a wet floor sign near wet surfaces
- Ensure school entrances have an approved mat and umbrella bags
- Wear appropriate footwear for the job (e.g., close toed shoes, non-slip soles)
- Inspect rugs for signs of wear and tear
- Mark uneven surfaces (e.g., broken hallway tiles, damaged sidewalks)
- Place bookbags in a designated area where they cannot cause a tripping hazard
- Continuously inspect your workplace for slip, trip and fall hazards



### Discussion Points

- What are common slip, trip, and fall hazards in my work area?
- What can we do to remove slip, trip, and fall hazards

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### *A Slip, a Trip, a Hospital Trip*

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<https://sway.office.com/Vb3AsNV0FD1qU0H#content=hNyLCnki4cElpU>

According to the National Safety Council, slips, trips and falls are the cause of **15%** of all accidents, nationally, and is the 2nd cause of injury. **25,000 slip, trip and fall accidents occur daily in the US!**

Watch this short video to learn how to identify common slip, trip, and fall hazards at our schools and how to control those hazards to keep our staff and students safe!

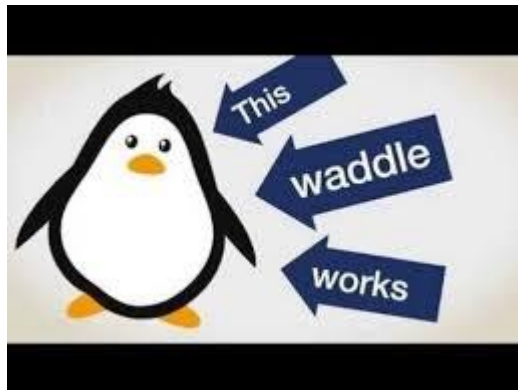
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### *Walk like a Penguin!*

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Ever wonder why penguins can gracefully get across the ice, and whenever we try to walk on a slippery surface, we fall \*splat\* on our backs? Well, it turns out that the trick of the trade is **their signature waddle**, which allows them to keep their balance so they can swiftly get across slippery surfaces.

Learn how to waddle like a penguin below. Next time you have to walk after a rainstorm, remember to walk like a penguin!



Do the penguin walk to avoid slipping on wet surfaces (i.e. after a rainfall)

- Bend slightly and keep your knees loose
- Point your feet out slightly
- Extend your arms to your sides
- Walk flat footed, taking short steps
- Keep your center of gravity over your feet

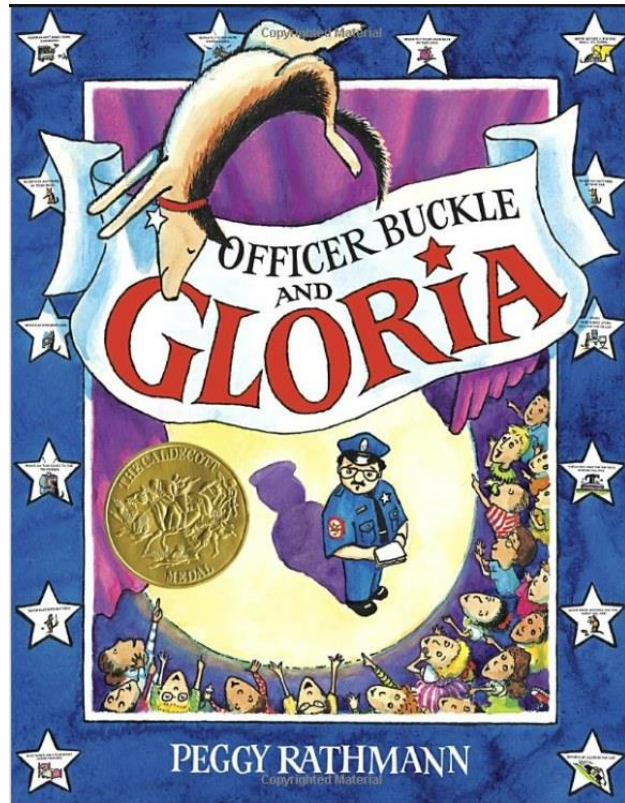


<https://sway.office.com/Vb3AsNV0FD1qU0H#content=ICxOS8YJeh1oH7>

3 - Watch this baby penguin waddle through the snow!

## Recommended Reading





***Officer Buckle and Gloria*** is a 1995 picture book by [Peggy Rathmann](#) that won the 1996 Caldecott medal. This book was recommended by our EHS Specialist, Lisa Meday.

A rather boring police officer named Officer Buckle is assigned to take a police dog named Gloria to his safety speech at the local school. Until that time, whenever Officer Buckle tried to tell schools about safety everyone fell asleep. Then, unbeknownst to Officer Buckle (literally, behind his back), Gloria does tricks imitating the safety tip demonstrating safety rules. Gloria is a big success! Officer Buckle enjoys the fame until he sees on a taped speech that the schoolchildren are so enthusiastic because of Gloria. He refuses to teach safety and a huge accident happens. A letter from an attentive and sweet girl, named Claire, convinces Officer Buckle to start teaching again. In the end, Officer Buckle and Gloria go to many schools and teach the students about safety together. This inspiring book can also be found on video.



## Holiday Celebrations





*4 - Adopt a Family gifts, Holiday Season 2021*

In the spirit of giving, the Environmental Health and Safety Department (EHS) and the Energy Conservation and Utility Management Department (ECUM) team up to adopt a family for the holidays. Last year EHS and ECUM adopted a family from Martin Luther King Elementary. The family was gifted bikes, board games, outfits, gift cards and more.

We are currently in the process of selecting a new school and family for the holiday season 2022 to give our generous donations from staff.

EHS and ECUM participates in the holidays with the help of Department Secretary, Carol Cascio. Below are some of the activities:

- Forth of July Cookout
- Thanksgiving Feast
- Adopt a family
- Fall Cookout and more

## Training Courses and Registration



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### *Registration*

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Make this season a season of learning. Let's explore what upcoming safety training will be available and how to register for the courses that you or your staff members may be interested in.

To Register for a class:



Log into your **Lab Account**

Select the **Courses tab** for dynamic search options and use one of the following:

- Use the **Course Search** box to key in a particular course/ Section or key words
- Use the **Find Courses by Tags** box to select a particular Content Area Tag to refine the search
- Use the **Advanced Search** option to search by Section Start Date

When course sections list, click **Register** next to the section of your choice to enroll.

Attend and continue to enjoy learning!



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### *Training Courses*

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Below is a list of training courses that are provided currently as well as upcoming courses by the Environmental Health and Safety Training section

**Current Courses Available:**

Asbestos Awareness & Lockout Tagout Awareness (for new FSPs - available monthly-register in LAB)

Lock Out/ Tag Out Authorized User (PPO Trades - happening in December, email [jessica.orama@browardschools.com](mailto:jessica.orama@browardschools.com))

CPR/AED/ and First Aid (upcoming sessions open for registration in LAB)

Forklift driver Certification ( Trainers District wide - contact your supervisor)



Playground Safety

**Upcoming:**

Walking- Working Surfaces/ Slips Trips Falls

Hazardous Communications

Nuisance Wildlife at Your Location

And many more, If you are in need of specific safety training contact [EHS-HELP@browardschools.com](mailto:EHS-HELP@browardschools.com)

## Contact Us



**EH&S's Vision:**

To be the promotional and guiding force in advancing a culture where safety, health, and environmental sustainability are core values adopted and practiced throughout all levels of the District..

**Environmental Health & Safety Dept**

**4200A NW 10 th Ave**

**Oakland Park, Florida 33319**

**754-321-4200**

**Need Help?**

Contact: [emshelpdesk@browardschools.com](mailto:emshelpdesk@browardschools.com) ( all issues related to utilities)

[EHS-Help@browardschools.com](mailto:EHS-Help@browardschools.com) (environmental and health & safety concerns)