



# Spring

*We are what we repeatedly do. Excellence, therefore, is not an act but a habit. -- Aristotle*

Spring Forward with Renewed Commitment





## April is Drivers' Safety Month

### When Convenience is Dangerous

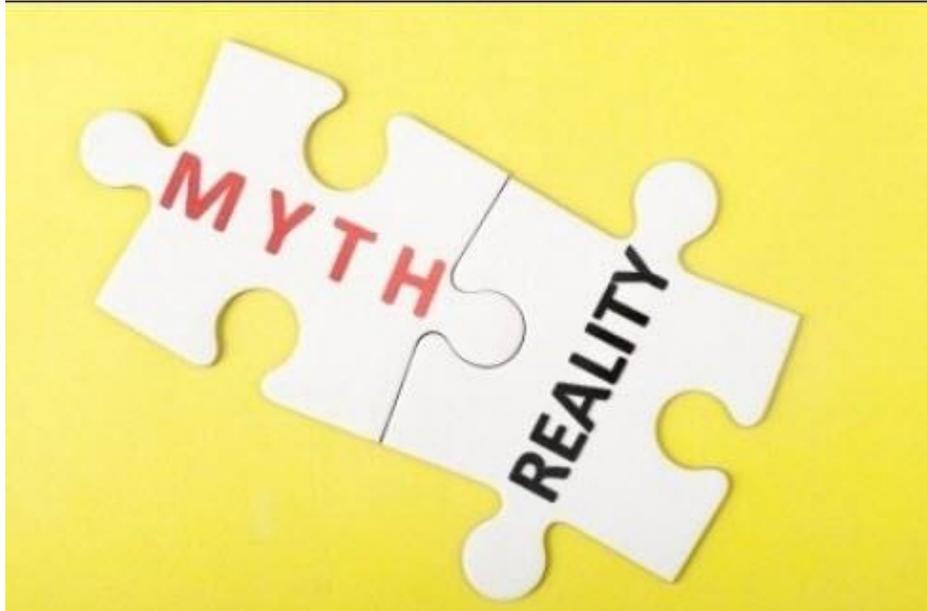
#### ***94% of car crashes are caused by driver error!***

**Distractions now join alcohol and speeding as leading factors in fatal and serious injury crashes.**

New technology in vehicles is causing us to become more distracted behind the wheel than ever before. Every day, at least nine Americans die and 100 are injured in distracted driving crashes. **Cell phones, dashboard touchscreens, voice commands and other in-vehicle technologies pose a threat to our safety on the roads.**

"Fifty-three percent of drivers believe if manufacturers put 'infotainment' dashboards and hands-free technology in vehicles, they must be safe. And, with some state laws focusing on handheld bans, many drivers honestly believe they are making the safe choice by using a hands-free device." But studies show that these technologies are huge distractions and impact our ability to focus as needed on the primary task of driving.

## Multi-Tasking Facts and Fiction



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*All human brains have limited capacity for attention. When there is too much information, the brain must decide what information is selected for encoding (processing) and what becomes secondary.*

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We hear the term "multitasking" in every aspect of our lives. In fact, it is one of the terms prospective employees often offer as one of their greatest strengths. However, it has been scientifically established that the human brain **cannot** use the same part of the brain for multiple tasks at the same time; instead the brain "toggles" between tasks.

Yes, there are things that we can do simultaneously. We can walk and talk, or exercise and watch a video or listen to music because different parts of the brain are involved in each activity. However, defensive driving is another matter. Experience does add a level of automatic responsiveness to the task of driving. However, even with experience, switching modes/toggling takes time — maybe only a quarter of a second; but on the freeway, that means you've gone an extra 20 feet before you hit the brake.

### Infographic - Driving and Multitasking



**MYTH '4** I only use my phone at stop lights so it's ok

**REALITY** **27 SECONDS**



Even at stop lights, it is important to remain an attentive driver. For example, a recent AAA study shows that people are distracted up to 27 seconds after they finish sending a voice text.

**MYTH '3** Speaking hands-free is safe to use while driving

**REALITY**



Drivers talking on cell phones can miss seeing up to 50% of their driving environments, including pedestrians and red lights.

**MYTH '2** Talking on a cell phone is just like speaking to a passenger

**REALITY**



Backseat drivers are good for you. Adult passengers help the driver and alert drivers to traffic problems.

People on the other end of phones can't see what's going on!

**MYTH '1** Drivers can multitask

**REALITY**



The human brain cannot do two things at the same time - like watch tv and hold a phone conversation.

The same is true when driving and talking on your phone. The brain switches between the two tasks which allows reaction time.

**BOTH THINKING TASKS**

## BCPS Hero



<https://sway.office.com/3pHKCWeRWiLj28RX#content=Pdxt23kQdl2Gsk>

1 - Dramatization clip from show "My Hometown"

"Just wanted to let you know that I had to use the training you guys gave me last week when a student was choking in the cafeteria and had fallen to his knees. I walked behind him and picked him up and

*wrapped my arms around him and started administering thrust to his abdominal area and a piece of chicken came out. Thanks....."*

From: **Terrill Lee Stampley, Cypress Run Education Center** Sent: Thursday, February 28, 2019 10:25 PM

If you have ever experienced choking, or have witnessed a loved one choking, you know just how scary it can be. Knowing how to help someone and yourself in this situation is invaluable, as documented by Mr. Stampley. Learn the skills that can sometimes make the difference between life and death. **Remember to register for CPR/AED/First Aid training.**

## Your Heart!!!



## 8 Steps to Prevent Heart Disease and Stroke - Infographic

2 - Reprinted from: <https://www.heart.org/en/healthy-living/healthy-lifestyle/prevent-heart-disease-infographic>



### 1. Know your risk

[heart.org/cccccalculator](https://www.heart.org/cccccalculator)

- If you're 40-75 years old and have never had a heart attack or stroke, use our Check. Change. Control. Calculator™ to estimate your risk of a cardiovascular event in the next 10 years.
- Certain factors can increase your risk, such as smoking, kidney disease or family history. Many risk factors can be improved with lifestyle changes.



### 2. Eat a healthy diet

[heart.org/eatsmart](https://www.heart.org/eatsmart)

- Center your eating plan around vegetables, fruits, whole grains, legumes, nuts, plant-based proteins, lean animal proteins and fish.
- Limit sweetened drinks, refined carbohydrates, added sugars, processed meats, sodium and saturated fats. Avoid trans fat.



### 3. Be physically active

[heart.org/movemore](http://heart.org/movemore)

- Adults should aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity each week.
- If you're already active, increase your intensity for more benefits.
- If you're not active now, get started by sitting less and moving more.



### 4. Watch your weight

[heart.org/weight](http://heart.org/weight)

- If you're overweight, lose weight by eating fewer calories and moving more.
- Check your body mass index (BMI) online or talk to your team about a healthy weight for you.



### 5. Live tobacco-free

[heart.org/tobacco](http://heart.org/tobacco)

- Don't smoke, vape or use tobacco products.
- If you don't think you can quit for good on your own, ask for help.
- Avoid secondhand smoke, too.



### 6. Manage conditions

[heart.org/conditions](http://heart.org/conditions)

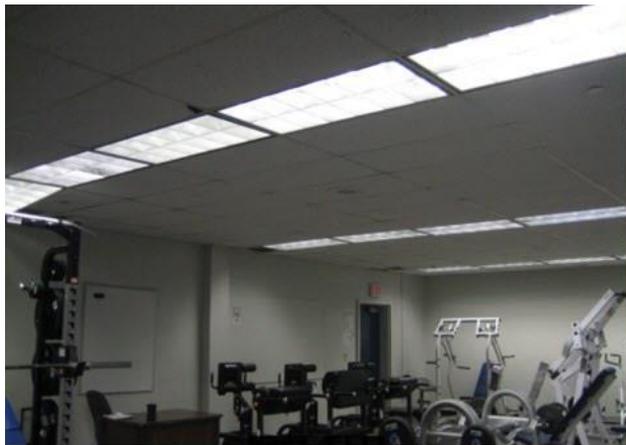
- Work closely with your health care team if you have high blood pressure (hypertension), high cholesterol, diabetes or other conditions that put you at greater risk.
- Many conditions can be prevented or managed by eating better, getting active, losing weight and not smoking.



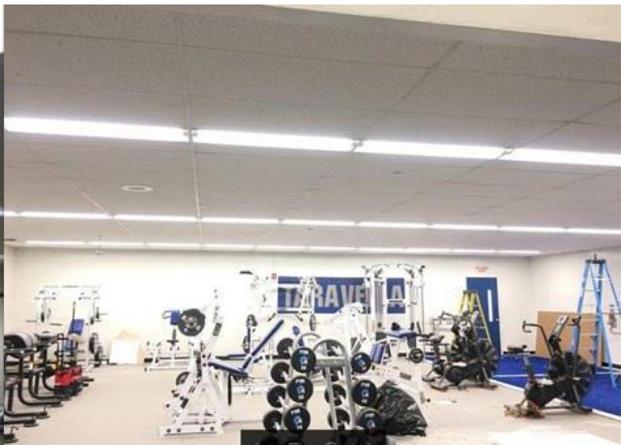
### 7. Take your medicine

- Your doctor may prescribe statins or other medications to help control blood sugar, cholesterol, and blood pressure. Take all medications as directed.
- Don't take daily aspirin unless your doctor tells you to.

## BCPS Continues to Get "Brighter"



Taravella High School Gym/Weight room with OLD lighting



Taravella High School Gym/Weight room with NEW lighting

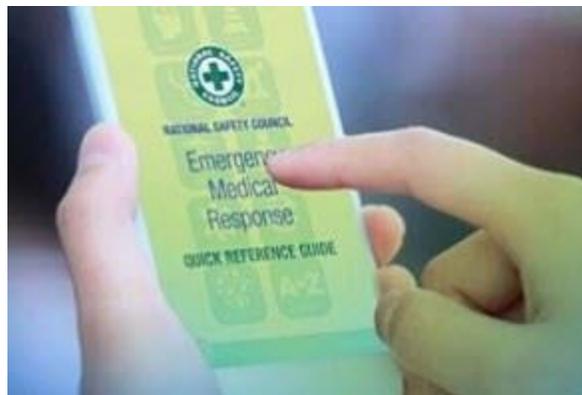
EH&S's Energy Conservation and Utility Management team continues to make strides in reducing energy consumption and improving learning and work environments throughout the District.

Most recently, as part of this initiative:

- **Taravella High School had their weight room lights retrofitted with new more efficient light-emitting diodes (LED) lights.** (See images above.) Currently, the Twin Lakes Administrative site is in the process of having their old indoor lights also replaced with more efficient LED lights. As funding becomes available more of these retro fit projects will be undertaken.
- Staff has also begun conducting “Energy Conservation” site visits to schools with high electrical (KWh) consumption. This is helping staff become more aware of their energy consuming behaviors. These school visits also provide staff with training and concrete ways to reduce energy consumption; and assist them in finding solutions to issues related to heating, ventilation, air conditioning (HVAC) and lighting. **For this current fiscal year alone, schools have reduced their consumption, a combined average of 9.93% as compared to same time period last year. Way to go BCPS!!!**
- Through staff’s continuing efforts in working closely with FPL, FPL provided a rate analysis which resulted in 68 of the District’s accounts that had been classified and billed with a rate for “large demand” have recently been **switched to new rates that will generate a saving to the District of approximate \$200,000 per year.**
- We continue to work with FPL to identify **potential rebates** for installation of new LED technology and new chillers.

## What's in the news . . .

### It's Free - *Quick Reference Guide App* -



The National Safety Council (NSC) is excited to offer students – and the general public – a portable, digital version of the vital reference tool used extensively throughout the Emergency Medical

**Response training course.** It contains the same need-to-know content as the traditional guide, but in a convenient, always-with-you electronic format. *It's free and can help you save a life.* It provides a list of abbreviations and memory aids, as well as an illustrated summary of treatment steps for various illnesses and injuries.

*The app is now available from the App Store and Google Play. Search "National Safety Council" to find and install the app.*

(<https://www.nsc.org/safety-training/first-aid/app>)



## It's Burrowing Owl Season

If you notice the sign or see the actual bird pictured above in the photo, **DO NOT HARASS or DISTURB them!**

**Burrowing owls are a protected species by the State of Florida.**

**Plus, they help with pest control and are so cute!**

**Should I also mention, that there is a ten thousand dollar (\$10K) fine, if you do.**

Call Environmental Health & Safety at 754-321-4200 if you notice these birds on your fields or common areas that have not yet been secured, so we can take the necessary actions to protect them as required by law.

## EH&S Reminders



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**Cord Covers-** Cover those cords that extend in walk areas. Prevent trips and falls. Contact EH&S to obtain yours.

**IAQ Issues-** To efficiently address Indoor Air Quality (IAQ) complaints/concerns raised by building occupants:

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- Work with your onsite staff, Head Facilities Services Person, to evaluate the space utilizing the IAQ Response Protocol as soon as the issue is identified. The five step process includes: conducting some cleaning operations, looking for visible microbial growth, and calling in work orders to address the visible or easily identifiable IAQ issue.
  - If the issue is not resolved with the completion of the IAQ Protocol, or there is a greater than 10 square feet of microbial growth, then an IAQ Assessment may be requested. The [IAQ Assessment Request](#) form can be found on our website - or the PDF document can be submitted via email to [EHS-Help@browardschools.com](mailto:EHS-Help@browardschools.com).
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*Do you, your colleagues and/or students have a story to share about Health, Safety, or helping our Environment? Submit your stories to [hlafontant@browardschools.com](mailto:hlafontant@browardschools.com) or contact by phone at 754-321-4200 to share your story.*

***EH&S reminds you to BE SAFE.***

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