



## Sway Into Fall . . .

In this issue:

- *Message from Environmental Health & Safety Department's*

Energy Conservation & Utility Management - G. Puma

Environmental Compliance - A. Witoshynsky

Health & Safety - B. McDonald

Training & Communication - H. Lafontant

- Lauderdale Lakes' New Look - G. Puma
- *Importance of Wearing Face Coverings* - S. Kanner
- *October IS . . . - Safety Topics Abound* - H. Lafontant
- *School Bus Safety* - S. Alami
- Inspirational Message - submitted by C. Cascio
- FYI- New Link on EH&S website - All Things COVID 19



<https://sway.office.com/O3ROsPqD9E6mmEBT#content=14Y9nTNavB8zz4>

## Environmental Health & Safety Management's Message



*Since the first week of the District's schools closing in March 2020, all members of EH&S have worked daily to support the District in countless ways to prepare for the reopening of our schools. For this October 2020 Sway edition, the Environmental Health & Safety Department would like to reflect on the priorities and contributions provided to the District during the current circumstances: the opening of schools and the pandemic.*

**Energy Conservation Utility/Management team** has coordinated with the appropriate staff/vendors and adjusted all the necessary services/utilities: refuse, recycle, and HVAC for a smooth transition to the opening of schools.

*In addition, the Energy Conservation/Utility Management Team partnered with the Environmental Compliance team and other District Departments to complete an HVAC study to potentially increase the volume of outside air (OA) being supplied to District Schools. After this successful study, the District HVAC systems with EMS controllers were set-up to help minimize the COVID-19 risk and hazard for students, faculty, and staff. This team is proud to service the District's needs as it pertains to HVAC and Security Control Systems. **We are only an email away via [emshelpdesk@browardschools.com](mailto:emshelpdesk@browardschools.com) How can we be of assistance today?***

**Health & Safety team** - became a critical component in District Workstreams researching CDC and other resources to produce guidance and directions for faculty and staff to follow to mitigate COVID19 in our schools and departments. The PPE packets, supplies, and labeling for the schools are a result of this team's efforts in partnership with other departments. The team has also been working with BC Traffic Engineering regarding the school zone flashing lights recent updates based on changing 'Reopen the Schools' schedule and responded to IT request on availability of BCPS approved extension cord covers to prevent slip, trip & falls in classrooms due to use of laptop computers and student walkways.

**Environmental Compliance team** has been involved in addressing Indoor Air Quality (IAQ) issues, and managing all the aspects of pre-inspections and abatements that afforded the rapid advancement of bond-funded school improvement projects that occurred while our school buildings were not occupied, bringing us a lot closer to District completion goals. Our Burrowing Owl program also got a new partnership with new Registered Agent Miller Legg, who immediately began efforts to relocate some of these little creatures from less convenient locations.

**Training and Communication team** has worked to transition much of its training to online and virtual formats providing District staff with meaningful safety training for staff that was displaced from schools. We also worked to assure that the AEDs in schools and departments are maintained with needed supplies and ready for use in case of an emergency once buildings are reoccupied.

**These efforts are all collaborative and successful because of the inter and intra-departmental partnerships, and the leadership of our Department Manager and District Leadership.**

**Environmental Compliance, Health & Safety, and Training & Communication teams can all be reached via**

[EHS-Help@browardschools.com](mailto:EHS-Help@browardschools.com)

Lauderdale Lakes Middle School just got brighter and better with New, Energy Efficient LED lights for the Gym

Lauderdale Lakes Middle School, new LED Gym lights

Before and after photos



Old, inefficient lights



New efficient LED lights

2 - Click on image to enlarge to appreciate the improvement.

*And just in time before the students returned to Lauderdale Lakes Middle, the new LED lights were installed in the Gym. This is a complete improvement, from cost savings, energy savings, maintenance, environmentally sound, to most important, 100% customer satisfaction. See the before and after photos.*

*The word is getting out: Plantation High School Staff has reached out to the Energy Conservation/Utility Management Department this week inquiring about new LED lights for their Gym: "We have an issue with light bulbs not lasting long in our gym and they are very costly to replace..... heard a few other high schools have had their gym lighting changed to LED. Are we on the list to be changed, if not, how do we get on the list?" Plantation High School, you are next on the list! The Energy Conservation/Utility Management Department has already started the process.*

## Importance of Wearing Face Covering

## Covid-19 and the Importance of Wearing Face Coverings

Back in April of this year, Dr. Jon Lapook of CBS News, wrote, "we learned that people with few or no symptoms could shed coronavirus<sup>1</sup> and infect others. That meant we could no longer rely on the simple advice to stay home if you're sick. So, health officials advised wearing face masks to prevent people with COVID-19 from spreading it to others<sup>2</sup>."

For months, the Centers for Disease Control and Prevention (CDC) has said that respiratory spread of coronavirus between people occurs mainly within six feet. Although it was not known how much of the spread of COVID-19 was due to virus traveling in the air greater than six feet, it could help explain events like the choir practice in Washington State, where a single person apparently infected 52 others inside a church.



VD Images/Getty Images

However, on October 5, 2020, Maria Godoy of NPR news reported, that "The Centers for Disease Control and Prevention now says the coronavirus can be spread through airborne particles that can linger in the air "for minutes or even hours" — even among people who are more than 6 feet apart."

The CDC still says that SARS-CoV-2, the virus that causes COVID-19, is most frequently spread among people in close contact with one another, through respiratory droplets produced when an infected person coughs, sneezes or talks. However, the new guidance published this month on the CDC website, acknowledged that under certain circumstances, people have become infected by smaller particles that can linger in the air in enclosed spaces that are poorly ventilated.

"Sometimes the infected person was breathing heavily, for example while singing or exercising," the CDC said. "In such cases, the CDC said, there's evidence that the amount of smaller infectious droplets and particles that a contagious person produces 'became concentrated enough to spread the virus to other people' — even if they were more than 6 feet away. In some cases, the CDC said, transmission occurred 'shortly after the person with COVID-19 had left' the room."

Donald Milton, an aero-biologist at the University of Maryland and coauthor of a letter published this month in the journal *Science* calls for clearer public health guidance on how the coronavirus spreads through the air. "Milton and his cosigners on the *Science* letter said the evidence suggests that airborne transmission is probably the dominant form of transmission — even in close-contact situations within 6 feet of an infected person".

So how does this affect how we should protect ourselves? "Lindsey Marr, a professor of engineering at Virginia Tech and an expert in aerosol science says that "airborne transmission happens by inhalation of virus that's in the air, and this is happening even more frequently when people are close to each other." Marr and other experts said people should be wearing a mask whenever they are indoors with people outside of their household pod — even if they are standing more than 6 feet apart, or even in a situation where a plexiglass barrier is in place." Marr said masks are also a good idea outdoors if you are going to be in prolonged contact with people not in your household, even if you are more than 6 feet apart. "It's a grayish area where I think adopting the precautionary principle is best," Marr said."

The CDC says people should stay at least 6 feet away from others whenever possible, avoid crowded indoors spaces and always wash their hands regularly.

According to a report by Megan Cerullo of CBS News, on July 9, wearing masks doesn't just save lives, it can also save you money. "If the United States were to mandate that all Americans wear masks, it would save the country from deleterious economic lockdowns that would reduce the gross domestic product by 5%, or about \$1 trillion, according to an analysis Goldman Sachs."

The science that explains why wearing a mask is so important. Through months of research, we all now know that coughing or sneezing causes the emission of larger airborne particles. Now, after further studies, we also know

that smaller particles can be emitted simply talking or singing, and these may linger in the air and may travel much farther, even for hours!

Although more research is needed, including defining exactly what is a safe physical distance, both indoors and outdoors, the recommendations are as follow:

- Wear face coverings when physical distancing is not possible
- Wear a comfortable mask that does not require adjustments with your hands

We should not be frightened by the possibility of airborne spread of coronavirus because we can do something about it!



Shutterstock.com

<https://www.cbsnews.com/news/dr-jon-lapook-on-the-importance-of-wearing-face-masks/>

<https://www.cbsnews.com/news/face-mask-wearing-save-money/>

<https://www.npr.org/sections/health-stories/2020/10/05/920448524/cdc-acknowledges-coronavirus-can-spread-via-airborne-transmission/>

3 - [1] <https://www.cbsnews.com/live-updates/coronavirus-disease-answers-frequently-asked-questions/> [2]  
<https://www.cbsnews.com/video/cdc-recommends-americans-should-wear-masks-in-public/> [3]  
<https://www.cbsnews.com/news/dr-ion-lapook-on-the-importance-of-wearing-face-masks/> [4]  
<https://www.npr.org/sections/health-shots/2020/10/05/920446534/cdc-acknowledges-coronavirus-can-spread-via-airborne-transmission>

## October is . . .

What's so special about the month of **October**. Well, October is when you really start feeling some "seasonal changes", daylight hours begin to shorten, south Floridians begin hoping for a few cooler days, pumpkin pies and pomegranates appear in our grocery stores, pumpkins patches spring up in some unlikely places overnight, and in pre COVID19 years, the annual prep for Halloween parties and trick or treating!

But did you know it is also the month of several safety awareness campaigns? **Each issue of EH&S Heart Beat Newsletter shares our Department highlights, but we also review several Safety organizations' calendars of monthly safety topics. This is one way that EH&S shares the larger community's efforts and helps spread the word to advance safety on all levels in all areas.**

**Like the month itself, that heralds in many changes, we found that the month of October has a plethora of Safety awareness campaigns that are anchored to this month.**



4 - Fire Safety Month

**Fire Prevention month**—The goal of Fire Prevention Month (and week October 4th – 10th) is to raise fire safety awareness and help ensure homes and families have a plan for the unexpected.

In 1922, the National Fire Protection Association (NFPA) named the second week of October Fire Prevention Week in commemoration of the [Great Chicago Fire in 1871](#). Today, Fire Prevention Week and Month are celebrated by raising fire safety awareness and educating families, students and communities across the United States. During this month, fire departments provide education to their communities, and encourage parents and loved ones to practice fire safety and whole home safety.

**Click on the link to learn more about what you should do, and teach your children about Fire Safety.** <https://www.nfpa.org/Public-Education/Staying-safe/Preparedness/Fire-Prevention-Week>



*5 - Eye Injury Prevention Month*

**Eye Injury Prevention Month.** If you have known someone who has lost their sight, after being a sighted person, you will know just how debilitating lost of sight can be. The knowledge that this loss is a direct result of the individual's choice to not follow safety's best practices and use eye-protection as required, whether at work or at home makes matters worse. Close your eyes, try reaching for a glass of water, try cooking, try reading this article! Healthy eyes are an essential part of daily life. Eye injury is preventable! Visit this link <https://eye.keckmedicine.org/october-eye-injury-prevention-month/> to learn more about things that may damage your eyes and what to do to protect your eyes.



*6 - Halloween Safety Month*

The Fact that [Halloween Safety](#) is part of the list should come as no surprise to anyone, since the Halloween event occurs on Oct. 31st annually. However, each year it is important to remind children and adults of actions that should be taken to insure their child(ren)'s safety as well as their own.

**Control/Click "Halloween Safety" above for more information.**



*7 - Pedestrian Safety Awareness Month*

There is also [Pedestrian Safety](#) (hover and control-click for hyperlink).

We are all pedestrians at some point. Our ever-increasing access to and use of technology (cell phones) while being a pedestrian has been labeled as “distracted walking”, and consequently has contributed to an increase in the number of incidents that negatively impact our safety. The decreased visibility due to darkness during these upcoming months also contributes to increased risks. Pedestrian Safety Awareness Month’s campaign is designed to make us more aware of our actions and surroundings in an effort to increase our own safety.



*8 - National Bus Safety Week - On the Road Again*



**National Bus Safety Week** is held during the third full week of October each year, focuses on the importance of school bus safety. According to the National Safety Council's site, "School buses are the safest way for students to travel. Nearly two-thirds of school bus-related fatalities of school-age children occur outside of the school bus. Children need to do their part to stay safe both in and around school buses." Additionally, BCPS has adopted several precautionary measures to keep our students safe during this pandemic. **Read our expanded article in this newsletter regarding Bus safety and use the following link to learn more about what the American School Bus Council recommends to increase student safety.** <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/back-to-school/bus>



#### *9 - Crime Prevention Month*

Do you remember this famous pooch? It's "McGruff" the famous dog that works to "take a bite out of crime"! Well, this year McGruff turns 40 yrs. old and is part of this month's activities to help foster greater awareness of **Crime Prevention Month**. When most people think of crime, thoughts focus on things that are highlighted on the nightly news. But crimes against an individual is just one level of crime. There are several crimes that impact the masses like those associated with the distribution of safety equipment that does not meet safety standards; and therefore, does not offer the intended levels of safety, if any! Think of what that means in terms of your child's safety seat, of a bicycle helmet. What about manufacturers who produce cosmetics with ingredients that are also carcinogens. The list goes on and the danger to the general public is staggering. But have no fear, McGruff is on the case. Click on the link to the National Crime Prevention Council to learn more about what this organization does to promote safety. <https://www.ncpc.org/programs/crime-prevention-month/>

- **National Protect Your Hearing Month** "Occupational hearing loss is one of the most common work-related illnesses in the United States. Each year, about [22 million](#) U.S. workers are exposed to hazardous noise levels at work. Over [30 million](#) U.S. workers are exposed to chemicals, some of which are harmful to the ear (ototoxic) and hazardous to hearing. In addition to damaging workers' quality of life, occupational hearing loss carries a high economic price to society." Quote from <https://www.cdc.gov/niosh/topics/noise/>. click on the link for more information on this topic.

## October is also:



- **National Cybersecurity Awareness Month**

<https://staysafeonline.org/cybersecurity-awareness-month/about-the-month/>

- **Domestic Violence Awareness Month**

<https://nationaldaycalendar.com/national-domestic-violence-awareness-month-october/>

- **Auto Battery Safety Month**

<https://www.educatorsinsuranceagency.com/blog/auto-battery-safety-month.aspx>

- **Window Covering Safety Month** <https://windowcoverings.org/safety-month/>

- **National Substance Abuse Prevention Month** <https://www.nctsn.org/resources/public-awareness/national-substance-abuse-prevention-month>

---

*Can you identify the common factor in all the above campaigns? Yes, each of these organizations' actions is focused on the well being of the human-animal, us. **We are creatures of habit. From the moment we were born and every day after, we acquire our behaviors and actions by creating patterns that get repeated over and over until we no longer think of those actions. They become automatic; those are habits.** We learned to walk, talk, write, read, play ball, all based on training our brains through repetitive actions and we can do it again. We can learn new behaviors. We can first learn what these organizations are proposing, adopt those behaviors that support our safety/health, and repeat, repeat, repeat. Eventually, if the desire to be safe and exercise safety is as important as our need was to learn to walk, and our need to communicate with language, **we are all capable of living a life where safety guides all our actions.***

*Stay Safe, Be Well.*

---

## Our Brain in the New Normal



I recently read an article titled **“Your Brain in the ‘New Normal’**, from the National Safety Council’s Safety & Health Magazine August 2020 edition that I feel is worth sharing. The article is written by Josh Mrozowsky, VP of DEKRA Organizational Safety & Reliability weighing in on what “leaders” need to know in this “new world”.

The article opens with, **“I ran with the Bulls in Spain in 2014. It was one of the scariest things I’ve ever done.”** He goes on to describe the scene of people scattering, frantically running, dodging in and out on the narrow streets of Pamplona as the large bulls approach. He describes the sense of fear and rush of adrenaline that propels your movement along with everyone else. He continues the story, telling us that after the large bulls had passed and you return to the stadium area, the sense of normalcy that returns leaves you feeling almost calm. Then two much smaller bulls (800 lbs. vs 1500 lbs.) were released. The difference in size was so pronounced that you become desensitized to the danger. The author states, **“...You believe the potential for real injury has passed.”** This message was brought home to him because it was at this time that he and his friends let their guard down and both his friends got injured by the “little” bulls. He states, **“... these injuries happened in our blind spot when we let our guard down.”**

---

*The author talks about “four brain-centered hazards”, that will menace our safety behavior diligence.*

---

The point of sharing this account is to make the leap from that experience to the one we all find ourselves in with COVID 19, now that we are in the process of reopening and attempting to resume to pre-COVID 19 behaviors. The “blind spot” in our current situation is our tendency to “relax” as we gradually get back some sense of normalcy. Our District still ‘sees the big bulls’ and is focused on doing everything possible to mitigate all possible exposure to any and all pathogens, but it will take each one of us keeping a heightened sense of diligence to keep our environments safe.

However, we are challenged by our own wiring! Our brain is a “weird organ”, and as such, we need to be mindful of how it operates. The author talks about “four brain-centered hazards”, that will menace our safety behavior diligence. Mr. Mrozowsky describes them as: “Fast-brain functions, Memory, Divided Attention, and Stress and Urgency. In other words, “...we want the familiar, ... we do what we remember, ... regardless of what is done at work, family and loved ones can still become ill, and stress is real! The author encourages Management, line workers, and everyone in-between to be aware of these

potential hazards as we move forward. We all need to “walk the talk” regarding safety and be mindful of each other as we strive to return to a normalized business of educating our students.

Not everyone handles things/changes in the same way. Be a little kinder to each other. “Everyone has a role to play...**We need to remain vigilant to keep reassessing the exposures all around us, whether they’re the ‘big bulls’ or the hidden ones that lurk in our blind spots.**”

**October National School Bus Safety Week**

## National School Bus Safety Week October 19-23

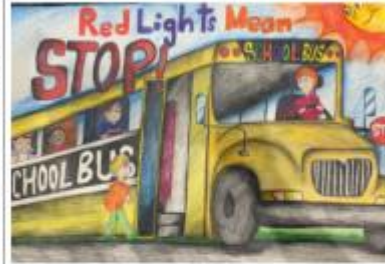
Broward County Schools reopening is right around the corner. Upon reopening is National School Bus Safety week! National School Bus Safety week is held during the third full week in October each year and is organized by the National Association for Pupil Transportation (NAPT). National School Bus Safety Week is a public education program and is an excellent way for parents, students, teachers, motorists, and school bus operators to coordinate efforts to address the importance of school bus safety. The theme this year is **"Red lights Mean STOP"**

### Rules of the Road

According to the Broward Schools Student Transportation and Fleet Services webpage, there are just over 1,000 school buses used by Broward District Schools on daily routes, transporting more than 73,000 students to and from school, and driving more than 16 million miles to 234 locations.

#### Buses on the Road:

- If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing.
- It is illegal to pass a school bus that is stopped to load or unload children.
- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children.
- If the yellow or red lights are flashing and the stop arm is extended, **traffic must stop**



### Walking to the Bus Stop

- Walk young children to the bus stop or encourage children to walk in groups. There is safety in numbers; groups are easier for drivers to see.
- Practice good pedestrian behavior: walk on the sidewalk, and if there is no sidewalk stay out of the street. If you must walk in the street, walk single file, face traffic and stay as close to the edge of the road as you can.
- Stop and look left, right and then left again if you must cross the street. Do the same thing at drive - ways and alleys. Exaggerate your head turns and narrate your actions so your child knows you are looking left, right and left.

### At the Bus Stop

- Have children wait in a location where the driver can see them while driving down the street. Try to avoid waiting in a house or car.
- Do not let children play in the street. Playing with balls or other toys that could roll into the street is also dangerous.



### Getting On and Off the Bus

- Warn children that if they drop something getting on and off the bus, they should never pick it up. Instead, they should tell the driver and follow the driver's instructions.
- Remind children to look to the right before they step off the bus.
- If you meet your child at the bus stop after school, wait on the side where the child will be dropped off, not across the street. Children can be so excited to see you after school that they dash across the street and forget the safety rules.

### General Broward County Transportation Information

- Students should arrive at the assigned bus stop at least ten (10) minutes before the published bus stop time.
- Students that are nine (9) years of age or younger should be escorted to the bus stop by a responsible adult. Parents/Guardians should assure that students dress appropriately for the weather, rain gear for inclement conditions, proper footwear for walking to and from and waiting at the bus stop.
- The bus stop and the school bus are considered an extension of the classroom and students are expected to observe the same code of discipline expected in the school classroom.
- Students are not allowed to eat, drink or chew gum while on the school bus.
- Students are expected to abide by the school bus operator's instructions while boarding the bus, on the bus and when departing the bus, at the bus stop or school location.

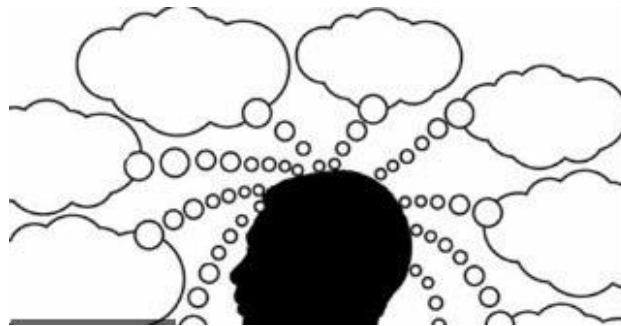




<https://sway.office.com/O3ROsPqD9E6mmEBT#content=yvF45iOjMyMVZQ>

*10 - Be Safe! Wear Face Covering and Wash Hands Often*

Please remember; Your job is the dream of the unemployed – Your house is the dream of the homeless – Your smile is the dream of the depressed – Your health is the dream of those who are sick – Don't let difficult times make you forget your blessings!!



---

**[District Communications & Others' Related to COVID 19](#)** can now be found archived on EH&S website.  
Look for it on the left menu bar on the EH&S site or [click this link](#).

Contact EH&S at 754-321-4200

Monday - Friday 7 AM - 4 PM

*Questions or Concerns -Email us at [EHS-Help@browardschool.com](mailto:EHS-Help@browardschool.com)*

*Thank you and be safe.*

---