



CROSSROADS

A CCCSIG Health & Safety Publication for CCC Member School Districts

January 2018

CCCSIG promotes a safe and healthy working environment for Contra Costa County school district employees.

On Demand Health & Safety Videos

CCCSIG is using a new system for viewing our short, health and safety videos which include:

- * Heat Illness Prevention
- * Accident Investigation
- * Slip, Trip and Fall Prevention
- * Sit Safe
- * Ergonomics: Get Your Ergo On!
- * Lifting and Back Safety
- * Health & Safety Services Overview for Administrators
- * 15-min Relaxation/Guided Imagery Stress Buster



New Year's Resolutions for a Healthier Lifestyle

How many of us made a resolution this year to subscribe to a healthier lifestyle? If you did and that healthy lifestyle includes a gym membership—you're in luck! **CCCSIG partners with 24 Hour Fitness to offer** discounted memberships to member district employees and their families. Please click [here](#) for enrollment instructions and your district's unique code.

For questions, contact CCCSIG's dedicated, 24 Hour Fitness Account Manager: Joseph Herrera at jherrera@24hourfit.com or (760) 918-4509.

To View the Health & Safety Videos:
 Visit the On-Demand Videos page at <http://www.cccsig.org/healthsafety/video/index.html> and select the video you would like to view. Complete the short form that pops up (if you do not already have a password, please contact Denise Schreiner at dschreiner@cccsig.org). Video will be ready to play once the form is completed (be sure to turn up your speakers!).

If you have any questions, please email [Denise Schreiner](mailto:Denise.Schreiner).

Print Crossroads for the Health & Safety Bulletin Board!

Stay Slip and Fall-Free When Wet & Rainy!

The rain is here! Although we are grateful for the rain here in California, it can often lead to painful slip, trip, fall injuries throughout Contra Costa County school districts. **Please take a moment to review the following tips to avoid becoming a slip, trip, fall statistic on your school campus:**

- * **Report slip hazards** to supervisors immediately.
- * **Slow down** and shuffle your feet on wet, slippery surfaces; avoid turning sharply.
- * **Hold onto railings** when using stairways.
- * **Use a cart or dolly** when carrying items to and from your car; ask for help.
- * **Wipe your feet** when entering a building to prevent slipping on indoor flooring.
- * **Wear sensible, slip-resistant footwear.**
- * Supervisors: be sure **door mats are placed in all entryways.**
- * **Display wet floor signs** and have them readily available.



If you have ideas for preventing slip, trip and fall injuries on school campuses, please email them to [Denise Schreiner](mailto:Denise.Schreiner).





Wellness Tip of the Month: *Connect with Others!*

Building a community of people who can help you through life's ups and downs is vital to happiness and good health! Invest in relationships that provide encouragement and accountability to both parties.

Sweet Potato Chili with Peanuts

Ingredients

- 2 Tbsp. canola oil
- 1 medium onion, chopped
- 2 carrots, peeled and sliced
- 1 green and 1 red bell pepper, seeded and chopped
- 3 garlic cloves, minced
- 2 pounds sweet potatoes, peeled and cut into bite-sized chunks
- 1 1/2 cups unsalted roasted peanuts
- 1 can (28 ounces) crushed tomatoes in juice
- 1 can (6 ounces) tomato paste
- 2 cans (4 ounces each) diced mild green chiles with liquid
- 4-6 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1 Tbsp. sugar
- Salt and freshly ground pepper



Directions

- In a large, heavy pot, heat canola oil over medium heat. Add onion, carrots and bell peppers and sauté, stirring occasionally, for 8 minutes. Add garlic and sauté, stirring constantly for 30 seconds. Stir in sweet potatoes, peanuts, tomatoes and juice, tomato paste, chiles and their liquid, chili powder, cumin and sugar.
- Bring to a boil, then reduce to low immediately and simmer gently, stirring occasionally, for 15-25 minutes until sweet potatoes are tender. Season to taste and serve.

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The Backsliders Club

Are you the one with good intentions and an on-again, off-again fitness routine? Have you changed jobs and lost your workout mojo? Having trouble reaching your goal?

Welcome to The Backsliders Club. Don't worry, you're in good company. Even dedicated athletes have bad days — or even bad weeks. And, like them, you can come back stronger if you just follow these tried and true rules:

- * Learning from setbacks
- * A setback is an opportunity
- * Enjoy yourself
- * Encourage yourself
- * Reward yourself
- * Track your progress
- * Explore your feelings



For the full article, click [here](#).

Source: www.kp.org. Reprinted with permission.

Resolve to Get More Shut-Eye? 4 Sleep Hacks to Help

Those who sleep well say they have a healthy balance of taking time for themselves and helping others. Of course, if you're having difficulty sleeping, this might sound easier said than done. How do you get there? How do you achieve that wonderful, restorative eight hours of sleep? Here are a few habits that good sleepers have in common:

Ditch the smart device: 46% of "good sleepers" never or rarely bring a smart device to bed.

Have a laugh: Those who sleep well are more likely to watch a comedy before going to sleep.

Keep it cool: 45% say that cooling down the bedroom temperature is the number one thing they do to improve sleep.

Stay tidy: Those who make their bed every morning are less likely to struggle with sleep.

For the full article, click [here](#).

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