



# CROSSROADS

A CCCSIG Health & Safety Publication for CCC Member School Districts  
March 2017

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

## CCC College District Wellness Role Model



Ted Shearer is an employee from Diablo Valley College who regularly logs over 12-

15 hours of physical activity per week. We asked if he could share his tips for staying active, and here's his advice:

"Choose an activity you enjoy and make it fun with friends. I have been playing golf most of my life, it is a social activity and I have a great group of friends I regularly play with. Our course is hilly and we always walk. Several of my golfing friends love to play tennis and so do I, I grew up playing tennis and golf with my father who taught me the benefits of staying fit."

"I also love to walk so I usually start my day with an hour walk on the bike trail or through my neighborhood. This is another social activity. I enjoy walking with a friend or my wife, just make sure you keep a brisk pace, not a stroll. Hiking is also a favorite activity of mine whether in Briones or the Sierras."

"Last but not least I use a strength training program using my bow flex. I feel strength training is important if you are involved with any sports, including golf. The golf swing requires a strong core, to prevent back injury and to help you improve your game."

If you know of a wellness or safety role model you'd like for us to feature, please contact [Denise Schreiner](#).

## 100 Mile Fitness Challenge

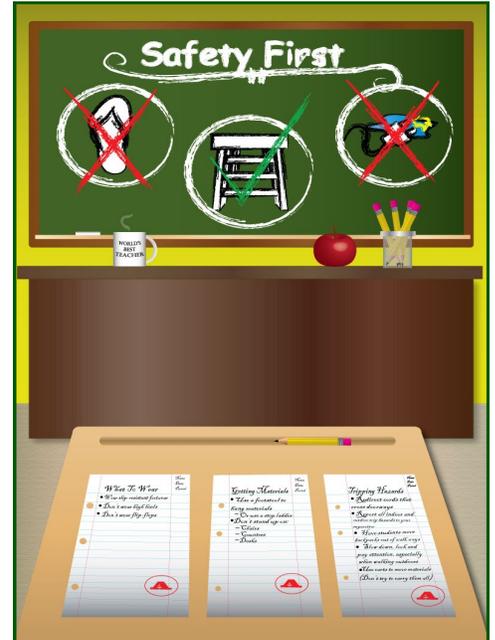
Starts March 13th!

**What:** An 8-week fitness challenge to assist district employees in maintaining/increasing physical activity levels.

**Goal:** To complete 100 miles by the end of the program (any physical activity counts).

For more information click [here](#).

To sign-up for the online program, click [here](#). For questions, please email [Denise Schreiner](#).



**2014/15 Student Poster Entry**  
by James Liem, Acalanes High/AUHSD

## Ten Common Classroom & Office Hazards

Following are the ten most noted hazards observed in schools and office areas, along with suggestions on how to correct them:

**Storage Accumulating (fire hazard):** Maintain at least an 18" clearance

**Safety Data Sheets (SDS) not available:** Maintain a SDS listing of products and chemicals so users can identify safety factors prior to use or in the event of a spill.

**Spray bottles, etc. not labeled:** Label containers to identify contents.

**Fire Extinguishers not inspected monthly:** Inspect monthly and sign off on tag.

**Electrical panels blocked:** Maintain clear access to electrical panels.

**Cabinets/furniture not earthquake braced:** Brace any furniture or cabinets over five feet high to the wall to prevent toppling.

**Power Strips connected to one another:** Ensure only one power strip per outlet.

**Power cords create trip hazard** Tape down cords to prevent trip or fall hazard.

**Interior walls covered excessively with materials:** Reduce covering to no more than 20% of total wall area unless room has a sprinkler system.

**AND THE #1 MOST NOTED HAZARD IS....**

**Poor housekeeping and excessive clutter: EASY FIX!** Clean up and maintain an orderly work environment....staff and students will thank you!



## Wellness Tip of the Month: *Spend Time with Friends and Family!*

Spending time with friends and family can help you to relieve stress, laugh more and relax—all of which can help increase your well-being.

### Spinach & Cheese Omelette

#### Ingredients

- 2 cups baby spinach, firmly packed
- 2 Tbsp. Parmigiano-Reggiano cheese
- 2 large eggs
- 1 Tbsp. cold water
- 1 tsp. canola oil
- 1 tsp. unsalted butter
- Freshly ground pepper
- Canola cooking spray



#### Directions

- In medium skillet over medium-high heat, cook spinach, stirring often until leaves collapse and spinach is tender (about 4 minutes). Cool spinach on plate, then squeeze out most of its moisture. Finely chop spinach and place in small bowl. Place cheese in another bowl.
- Using fork, beat eggs, water and 4 grinds pepper just until egg yolks and whites are combined. Set aside.
- Set omelette pan or skillet with 7-inch bottom over medium-high heat for 1 minute. Coat pan lightly with cooking spray. Add oil/butter, lifting and swirling pan to coat lower sides. When butter stops foaming, pour in eggs. Using spatula, push edges of egg toward center of pan so unset eggs flow out. When omelette still has some unset egg in center, slide pan off heat. Sprinkle on cheese. Arrange spinach on omelette.
- Returning pan to heat, use spatula to fold third of omelette over center. Lift, jerk sharply and tilt pan away so omelette slides forward. Using spatula, roll omelette over and slide it onto plate with seam side down. Serve immediately.

Source: [www.aicr.org](http://www.aicr.org). Reprinted with

### Communication Basics: Active Listening

Listening is one of the most important skills you can have. How well you listen has a major impact on your job effectiveness, and on the quality of your relationships with others. For instance:

- We listen to obtain information.
- We listen to understand.
- We listen for enjoyment.
- We listen to learn.



Clearly, listening is a skill that we can all benefit from improving. By becoming a better listener, you will improve your productivity, as well as your ability to influence, persuade and negotiate. What's more, you'll avoid conflict and misunderstandings. All are necessary for workplace success! Read the full article and become a more active listener by [clicking here!](#)

Source: [www.mindtools.com](http://www.mindtools.com). Reprinted with permission.

### Are You Active Enough?



Moving more helps you to feel healthier, manage your weight and lower your risk of cancer and other diseases. What matters is the amount and type of physical activity you do. Aim to build some time into every day for fun activities that use up calories, tone your muscles, flex joints and strengthen your body.

Is there enough physical activity in your life to promote good health? Read the article and take the quiz [here!](#)

Source: [www.aicr.org](http://www.aicr.org). Reprinted with permission.

### Free Mediterranean Diet Webinar (March 24th): Steps to Eating the Med Way, Rethink Your Sweets

The Mediterranean-style eating pattern has been shown to promote health and decrease risk on many chronic diseases. Eating the Mediterranean way is not only healthy, it is delicious and satisfying. Foods that you once thought of as too high in fat or unhealthy, including nuts, olive oil, olives, and whole grains, become an everyday part of your diet.

For more information and to register, click [here!](#)



Steps to Eating the Med Way: Rethink Your Sweets