



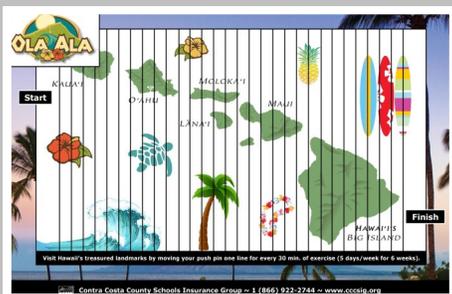
**A CCCSIG Health & Safety Publication for CCC Member School Districts
November 7, 2018**

OLA ALA FITNESS CHALLENGE

This 6-week fitness program takes you on a tropical journey with Ola Ala, which means well-being path in Hawaiian, visiting more than 50 of Hawaii’s most treasured outdoor attractions and landmarks along the way. Imagine taking a trip (at least mentally) to one of the world’s most beautiful and tropical locations during each work day. Not only will this help you to make fitness a normal part of your day, it also is a mental break from the challenges of the work day.

The goal of the program is to complete at least 30 minutes of activity, 5 days per week for the entire 6 weeks. The program, which can be tracked online or using a poster, kicked off on November 5th. With over 600 participants registered for the online and/or poster formats, the Ola Ala Fitness Challenge is on track to be one of CCCSIG’s most successful yet!

Registration is still open through November 9th!! To register for the online program, visit cccsig.myolaala.com. To register for the poster program, email Denise Schreiner at dschreiner@cccsig.org.



LOCAL FITNESS CLUB DISCOUNTS

For those of you participating in the Ola Ala Fitness Challenge, a perfect way to help meet the program goal is to join a local fitness club.

CCCSIG partners with In-Shape Fitness, Planet Fitness, Diamond Hills Sports Club & Spa (Oakley) and 24hr Fitness to offer discounts specially designed for member district employees.

Visit our website at www.cccsig.org and click on the [Local Health Club Discounts](#) tab to take advantage of these specials!

WCCUSD SHOES FOR CREWS

Slip, Trip and Fall incidents are the number one injury and incident type among most occupations in our member school districts. West Contra Costa USD found a great way to mitigate this risk when they implemented the program “The Shoes for Crews® Slip Resistant Shoe Program”, which provides slip-resistant shoes for its Food Service and Custodial staff. Eligible employees select and get fitted for two pairs of district-approved, slip-resistant shoes.

Darlene Thompson, WCCUSD’s Employee Health, Safety and Training Coordinator summarized the success of the program, “The West Contra Costa USD is in its 3rd year of partnering with The Shoes for Crews® Slip Resistant Shoe Program and has seen overall improvement in its Workers’ Compensation injuries related to slip, trip and fall injuries.”



SLIP TRIP AND FALL PREVENTION

In addition to wearing proper slip-resistant footwear, there are other ways that YOU can help reduce the risk of Slip, Trip and Fall incidents. Every occupation has environmental and other factors that may contribute to painful and costly injuries, but one thing that can be used across the board for all occupations, is common sense and awareness. It is important that you take ownership of your safety by watching for slip, trip or fall hazards and reporting those to your supervisor, being aware of your surroundings and taking an extra few moments to think through the mechanics of a task that may seem simple, but could potentially cause a slip, trip or fall.

Your district has resources available to encourage you to make safe decisions every day. One of those resources is the 2 minute and 58 second video put together by Mike Griffith, CCCSIG’s Sr. Health & Safety Services Specialist. To view this funny and informative video, visit our website at www.cccsig.org and click on the [Slip, Trip and Fall Prevention](#) link on the [On Demand Videos](#) page.

ROAST CHICKEN & ROOT VEGETABLES



Ingredients:

- 3 to 4 pound free-range or organic whole chicken
- 1 yellow onion
- 1 lemon
- 5 to 6 sprigs rosemary, divided
- Olive oil
- Freshly ground black pepper and sea salt, to taste
- 4 to 6 ounces vermouth, white wine or chicken stock
- 3 pounds roots and tubers (potato, parsnip, sweet potato, turnips)
- 1 red onion
- 8 to 10 cloves garlic

Directions:

1. Preheat oven to 425 degrees.
2. Rinse chicken and pat dry.
3. Slice yellow onion into eighths and place half in cavity of chicken, along with 2 lemon wedges and one large sprig of rosemary.
4. Coat chicken with olive oil, pepper and salt. Place in roasting pan with breast facing up. Add vermouth to cover bottom of pan and add remaining onion to vermouth.
5. Roast at 425 degrees for 20 minutes, then turn heat to 375 degrees and roast for 40 minutes (or to 160 degrees. Remove from oven and let cool 10 min. Carve on cutting board.
6. While chicken is roasting, chop roots and tubers into cubes, slice red onion into half-moons and peel garlic cloves. Spread onto two baking sheets. Season with rosemary, pepper and salt, drizzle with olive oil and toss to coat. Bake at 375 degrees for about 40 minutes or until tender and caramelized.

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COMPANY NURSE & TELEMEDICINE

Unfortunately, no matter how safe an environment is, work-related injuries may still occur. In the event you are injured on the job, it is critical that you immediately notify your Supervisor. Your supervisor will direct you to contact Company Nurse, at 1 (888) 375-9779 (using the code 'CSIG') where you will speak with a Registered Occupational Nurse. The Nurse will assess your injury and either recommend at-home care, direct you to a medical panel facility, or use a new feature called "Telemedicine". Whether you qualify for a Telemedicine visit depends on the type of injury you sustained. The program is designed to assist CCCSIG and your Employer in focusing on getting you healthy and productive in a way that is most convenient for you.

For more information, visit our website at www.cccsig.org and click on [How to Report New Claims](#) in the [Workers' Compensation](#) section.



BUILDING BLOCKS OF COMMUNICATION—QUICK TIPS

A fundamental principle of effective communication is tailoring the message to the audience. Understanding the different ways in which we as humans process information can help us to better deliver messages that can be easily understood by the listener. For example, you may be an analytically-inclined **Thinker** type, who focuses on the facts of a statement and responds well to clear, detailed messaging. Others may lean towards the **Sensor**, trusting more in their intuition and how the speaker makes them feel rather than the factual content of the message. **Feelers** are invested in human relationships, listening for cues in the message that relay some information about the speaker's disposition and the emotional tone of their words. **Intuitors** are more concerned with big picture implications, rather than minutia and may quickly lose interest when bogged down with details.

If you take time to focus on how your "audience" processes information and tailor your conversation towards that, your everyday communications can become easier and more effective. These quick tips can be used not only with co-workers, but also with family and friends! Practice makes progress!

CROSSROADS TRIVIA

As we welcome the new Crossroads, what better way to say goodbye to the old format than with some trivia! The answers to the questions below are contained in prior Crossroads issues available on the Publications page of our website at www.cccsig.org.



1. What muscles should you use to protect your back when lifting?
2. How many points of contact should you always maintain when working on a ladder?
3. (Fill in the Blank) breathing is a simple exercise that can balance your nervous system and help you relax.
4. To be ergonomically correct, what distance away should your monitor be?
5. What should you always do when walking on stairs in rainy or wet weather?

To be entered into a drawing for a \$25 health, safety or wellness-related gift card, email your answers to ewilliamson@cccsig.org by January 5, 2019. The winner will be announced in the next issue!

CCCSIG promotes a safe and healthy working environment for Contra Costa County School District employees. For more information visit us at www.cccsig.org!

The information in this publication is intended for general education only and is not a substitute for professional medical advice.