



# CROSSROADS

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

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

## SPOTLIGHT: New Hire & CPI Trainings at CCCSIG!

CCCSIG provides recurring, in-person (and online) safety trainings to assist districts in preventing employee injuries and maintaining CalOSHA compliancy. Two of these trainings are featured below:

### New Hire Training for Custodial, Building and Grounds Maintenance

This training is held the second Tuesday of each month at CCCSIG from September through May and includes these topics:

- Injury & Illness Prevention Program (IIPP)
- Bloodborne Pathogens (BBP)
- Hazard Communication
- Heat Illness Prevention
- Control of Hazardous Energy (Lock Out/Tag Out)
- Portable Ladder Safety
- Accident Prevention—Signs & Tags
- Compaction Equipment
- Job Hazards
- Personal Protection Equipment (PPE)

In 2016/17, CCCSIG conducted 14 trainings (214 employees; 13 districts)

### CPI Nonviolent Crisis Intervention

This training (available for all occupational groups) includes a combination of lecture and instructor-led group activities which provides opportunities for participants to discuss and practice key concepts while learning proven, practical skills to de-escalate disruptive or assaultive students.

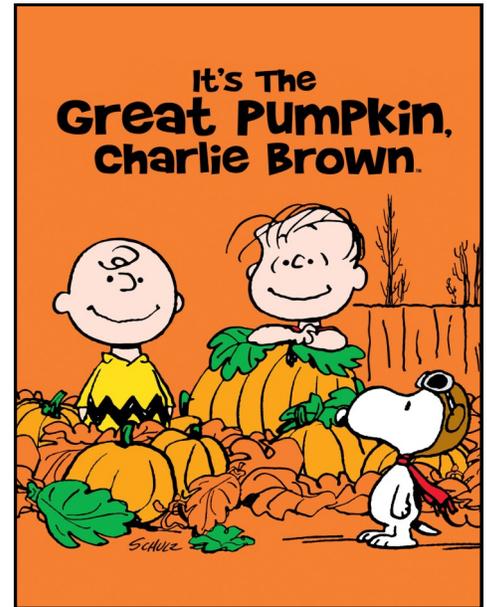
In 2016/17, CCCSIG conducted 55 trainings (586 employees; 15 districts).

## CCCSIG's Partnership with 24Hour Fitness—Offers New Promotions!!

It's not a trick! We are excited to announce that our continued partnership with 24 Hour Fitness just added a treat!

Between 10/16—11/15, district employees and their families can access a free 7-day pass, versus the 3-day pass previously offered, AND their first month free with enrollment. Please click [here](#) for more information.

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



Have a Happy, Safe & Healthy Halloween!

## Chemical Safety in the Classroom

Bringing household chemicals from home into the classroom not only increases risk for injury if a student or co-worker accidentally comes in contact with an unapproved and/or hazardous chemical in the classroom, but it also places the district at risk of noncompliance with several regulations. Although consumer products used in the home are not specifically regulated, they are if they are brought into the workplace. Specifically, the regulations require training for product use and include provisions specific to wearing personal protective equipment (PPE). In addition, the district must have a safety data sheet (SDS) for each one and must train employees on how to read and understand a SDS.

**Bottom Line:** Before bringing a chemical from home into the classroom, please consider having it thoroughly reviewed by district administration for safety prior to use. Other tips to consider for all approved classroom chemicals:

- Store in locked cabinets or containers inaccessible to students
- Label them
- Obtain the Safety Data Sheet (SDS) for each one
- Use only after school hours/ventilate the room



CCC Community College District employees: for information on Chemical Safety in the Academic Classroom, please click [here](#).



Let's  
Kick  
Butts!

## Wellness Tip of the Month: *Be Smoke Free!*

Make a plan for the challenges you will face and keep trying your best. Seek support and talk to your doctor about medications that can double your chances of quitting for good.

## Pumpkin Mac & Cheese

### Ingredients

- Canola oil cooking spray
- 1/2 cup panko bread crumbs
- 1/3 cup grated Parmesan cheese
- 1 Tbsp. canola oil
- 8 oz. whole-wheat rotelle pasta
- 1 cup low-fat milk
- 1 Tbsp. unsalted butter
- 1 Tbsp. all-purpose flour
- 1 1/2 cups sharp light cheddar cheese
- 1 cup canned unsweetened pumpkin
- 1/2 tsp. mustard powder
- 1/4 tsp. ground black pepper
- Pinch of cayenne pepper
- 1/8 tsp. ground nutmeg (optional)



### Directions

- Preheat oven to 375 degrees F. Coat 6 cup baking dish with cooking spray.
- To breadcrumbs, add 2 tablespoons Parmesan cheese and toss. Add oil and toss to coat breadcrumbs; set aside.
- In pot, boil 4 quarts of water. Add pasta and cook for 10 min. Drain and set aside.
- While pasta cooks, heat milk until it steams, and set aside.
- In saucepan, melt butter over medium heat. Whisk in flour and cook for 1 min., whisking slowly. Off heat, gradually add milk while whisking. Return pot to medium-high heat and simmer sauce until it thickens to consistency of yogurt, 3 min. Add cheese, Parmesan cheese, pumpkin, mustard, peppers and nutmeg, and stir until cheddar melts. Mix in pasta. Spread mac and cheese in baking dish. Sprinkle seasoned breadcrumbs over top.
- Bake 15-20 minutes. Serve immediately.

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

## You Need More Fruits & Veggies: 5 Easy Ways to Get There

Most Americans understand the importance of including a variety of fruits and vegetables into their diets, but finding inspiration and fresh ideas for incorporating them into everyday meals can be challenging.



Research shows that only 10 percent of Americans are meeting the MyPlate recommendations for daily intake of fruits and veggies, according to the Centers for Disease Control and Prevention. As a rule of thumb, half the foods you eat for any given meal should be made up of fruits and veggies. Click [here](#) for five easy ways to fit more fruits and veggies into your day.

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

## How to Gain Control of Your Free Time



There are 168 hours in each week. How do we find time for what matters most? Time management expert Laura Vanderkam studies how busy people spend their lives, and she's discovered that many of us drastically overestimate our commitments each week, while underestimating the time we have to ourselves. She offers a few practical strategies to help find more time for what matters to us, so we can "build the lives we want in the time we've got." Learn how to gain control of your free time by clicking [here](#).

Source: [TED talks](http://TED talks). Reprinted with permission.

## Anywhere Fitness

Summer travel brings images of the seashore or the mountains and all the activities of the great outdoors; swimming, boating, hiking, biking and fresh air. In reality, travel isn't always so picture-postcard perfect, so if you're taking a trip that doesn't include physical activity, a little creativity and resourcefulness will be necessary to stay on top of your game. Click [here](#) for fitness you can fit in anywhere.



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