

SAFE WORK PRACTICES for BUS DRIVERS

Contra Costa County Schools Insurance Group
Workers' Compensation/Health & Safety Services & Health Benefits Program Provider



When lifting, keep load close to body, bend knees, lift with legs & keep your back straight



SLIPS, TRIPS & FALLS

- Keep bus steps and floor clean and dry.
- Pay special attention to height and condition of bus steps when getting on/off the bus, as well as the condition of the ground or asphalt surface.
- Watch for spilled fuels around fueling island.
- When washing bus and windows, pay special attention to slippery conditions caused by water and soap.
- Wear closed-toe, rubber-soled shoes with no heel (or low block heel).
- Keep aisles/exits free of backpacks, baggage, equipment, and people.
- Use handrails when entering and exiting the bus. Make sure handrails are in good condition.

ERGONOMIC

- Adjust seat to proper position and height prior to starting bus. Pay particular attention to amount of air in an air-ride seat to prevent "bottoming out".
- Use lumbar support pillow to reduce strain on back.
- Avoid twisting when getting into and out of the seat. Adjust your equipment when possible to minimize any twisting.

FIRE

- Know fire extinguisher location and operation.
- No open flames or smoking should be allowed in fueling area.
- Use proper procedures to operate fueling equipment.
- Do not top off tanks.
- Clean up any spills and properly dispose of cleaning material prior to starting the bus.



SAFETY AT THE CENTER OF IT ALL

As school bus drivers, you work hard every day to be sure that the students on your bus get to school and back home safely. When you take care of your own health and safety at work, you avoid disruptions in your life and on the bus, and can continue providing this important service to students.

Did You Know?

- The most common musculoskeletal complaint of bus drivers is lower back pain. This can be caused by sitting for long periods of time, by the vibration of the bus, or by lifting students with disabilities. Other problems include sciatica, neck, and shoulder pain.
- Slips, trips and falls are the most common accidents that happen on school buses. Slippery walks, cluttered aisles, and climbing up and down the stairs can lead to accidents.

Keep yourself safe and healthy on the job by following the tips in this flyer on how to identify and avoid potential hazards.

CONTRA COSTA COUNTY SCHOOLS INSURANCE GROUP

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SAFE WORK PRACTICES for BUS DRIVERS

VEHICLE ACCIDENTS

- Follow all rules and regulations required by CHP for safe operation of the bus.
- Do not operate a bus that does not meet CHP requirements.
- Conduct red light crossings only at approved CHP stops and follow proper procedures.
- Be particularly attentive and cautious in inclement weather or changed road conditions. Slow down when the weather is bad.
- Alcohol, drugs and/or medications should never be consumed at any time that may affect the ability to operate the bus.
- Pay particular attention to hazardous locations on the route.
- Alert other drivers to hazardous road conditions.
- Do not talk on a cell phone, eat, drink or smoke when operating a bus.



OTHER

- Establish and consistently enforce bus rules for student behavior.
- Provide waste container for students to place used facial tissues, etc.
- Eliminate unnecessary engine idling, especially at school bus yards in the morning and at school loading zones.
- Increase the amount of distance between your bus and the vehicle in front of you, especially when following large commercial motor vehicles.
- Wash your hands as frequently as possible.
- If you come into contact with blood or other bodily fluids:
 - Wear disposable gloves
 - Wash your hands with soap and water
 - Disinfect any equipment or work areas that are affected

INJURY PREVENTION THROUGH PHYSICAL CONDITIONING

Three Easy Steps (5-10 min. total!)

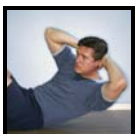


WARMING YOUR BODY

This involves gradually increasing your heart rate, body temperature and breathing rate. The main purposes of warming up are to raise both the general body and deep muscle temperatures and to stretch connective tissues to permit greater flexibility. This reduces the possibility of muscle tears and ligament sprains.

STRETCHING YOUR MUSCLES

Stretching permits a greater range of movement within the joint, the ligaments and other connective tissue are not so easily strained or torn. It also permits greater freedom of movement in all directions.



DEVELOPING YOUR CORE

The "core" is the torso, extending from the shoulders to the pelvis. It is the body's center of power. Training the muscles of the core will help correct postural imbalances, prevent injuries and develop efficient, functional movement patterns.