

**Safety Committee Meeting Minutes
October 25, 2016**

- I. Discussion of September Cheerleading injury issues.** Before we started our discussion Bob Bennett introduced John Forsyth from Field–Waldo Insurance Agency. Bob informed everyone that since our last meeting the cheerleaders have received new mats to practice on as a prevention of injuries. John informed us that cheerleading incidents have not been a targeted issue for insurance companies. John then went over the four points at the bottom of the handout attached stressing these are the most important precautions to prevent cheerleading injuries.

Eric added that if the District allows certain stunts then they are responsible for the results. Another precaution he added is to always have supervision. We want to be able to compete and do well, but we need to be safe while doing so.

- II. Discussion of current reported Employee and Student injury reports.**

A review of all the student and non-student injuries resulted in a decision that none of them were caused by a safety issue, but were the result of normal student interactions and/or things that could be easily resolved.

William said he would check the OHS storage area and see if the storage area just needs to be organized better.

- III. Building Issues Discussion-things that need to be addressed.**

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| 1. Aiken-Need to replace a paper cutter | Jennifer Susuki |
| 2. Alameda-None | Karla Cervantes |
| 3. Cairo-Using the stage for a classroom | Robert Christensen |
| 4. Maintenance-None | Bob Bennett |
| 5. Grounds-Absent | Antonio Corona |
| 6. May Roberts-Absent | Maria Benites |
| 7. Nutrition Service-None | Pam Suyematsu |
| 8. OHS-None | William Derr |
| 9. OMS-None | Laurie Duerr |
| 10. Pioneer-None | Jennifer Susuki |
| 10. Transportation-None | Diana Howarth |

- IV. Safety Demonstration and Presentation-Eric Norton, Stress Management**

Everyone was given a handout and discussed the 10 Simple Ways to Relieve Stress:

- **Listen to Music**
- **Call a Friend**
- **Talk yourself through it**
- **Eat right**
- **Laugh if off**
- **Drink tea**-Green Tea has less than half the caffeine of coffee and contains antioxidants as well as theanine which has a calming effect on the nervous system.



- **Be Mindful**-Do physical and mental exercises that help prevent stress.
- **Exercise**-Getting your blood moving releases endorphins and can improve your mood almost instantaneously.
- **Sleep Better**-Lack of sleep is a key cause of stress-make sure to get doctor recommended seven to eight hours of sleep.
- **Breathe Easy**-Deep breathing oxygenates your blood, helps center your body, and clears your mind.

Stress Management Video - Stress and your health are proven to be related to each other. One treatment of stress is to change our thinking. We have the ability to choose one thought over another. Heart attached patients are given training on where to place their attention in order to lower their stress. Keeping a positive attitude and outlook on life can lower your stress and improve your health level.

V. Safety Inspection Discussion- Go over inspection reports

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| Aiken -Wires hanging for art work, cleaning chemicals were out where students could get them and one hallway needed to be cleared out in order to exit easily. | Bob Bennett |
| Alameda -Paper cutter needs repairs or replaced | Jennifer Susuki |
| Cairo -No Report | Maria Benites |
| Pioneer -Gravel needs to be raked under slides, wires showing in ceiling tile in office, ball rack in front of electrical panel (needs 3 foot area), paper cutter handle was left up. | Robert Christensen |
| May Roberts -Microwave and crockpot in classroom. | Pam Suyematsu |
| OMS -Boxes stacked on top of stove top, cord in lab | Karla Cervantes |
| OHS -Computer wiring hanging, TV cart in doorway, chairs | Laurie Duerr |
| Quest Academy -Items Stored to close to ceiling. | William Derr |
| District Office -internet cord across floor, storage to high | William Derr |
| Warehouse -Everything look good. | Diana Howarth |
| Bus Shop -Everything looks safe. | Antonio Corona |

- VI. Comments**-Bob asked everyone to be aware of the wet leaves, acorns and ice on sidewalks and other concrete areas. Check the entry mats and make sure they are all out.
- VII. Review the dates for completion of inspections.** Just a reminder that all inspections should be completed by the second Friday of each month.
- VIII. Discussion of the topics for presentations.** Everyone has been assigned a topic. See attached list.
- IX. Next Meeting** – November 29, 2016, 1:30 District Office, Board Room.

