



Spring Issue

Safety - The Only Thing More Important Than the Job Itself!



EH&S - Time Capsule (Jan- April)

- January - Radon Action Month, No Texting and Driving - No More Warnings
- February: Black History Month , American Heart Month
- "Shout-Out" to KCW 's Security & Facilities Staff
- March: Workplace Eye Health Month
- Playgrounds- What's the Danger? - submitted by Sandra Kanner

- Stranahan HS Under New Lights - submitted by Gianet Puma
- April Distracted Driving Awareness - submitted by Stephanie Alami - source National Safety Council
- It's May ! - National Physical Fitness & Sports Month
- BE Positive
- Contact Us

Time Capsule 2020- The Months Before Covid-19



It was the first day, of the first month in a new year, 2020. We woke up with plans, new goals and set determination to stick to new resolutions. And for most of us, we accepted the self-imposed challenges and moved forward. Calendar events were planned and executed as they have always been. Who knew, that by March 2020, our world as we have know it, would fundamentally CHANGE...again!

January: National Radon Action Month

The Environmental Protection Agency has designated January as National Radon Action Month. Radon is the second-leading cause of lung cancer in the United States, which results in 20,000 deaths annually. Risk for lung cancer is especially high for smokers exposed to high radon levels. Radon is a radioactive gas that comes from the natural decay of uranium found in most soils. It typically moves up through the ground to the air and enters your home through cracks and other holes in the foundation. Your home traps radon inside, where it can build up. Any home — new or old — may have a radon problem. High radon levels have been found in every state. Testing is the only way to know if you and your family are

at risk. You can perform a test on your own or hire a radon test company. For homes or facilities found to have high radon levels, a qualified contractor should be consulted.

For more information, go to www.epa.gov/radon/whereyoulive.com

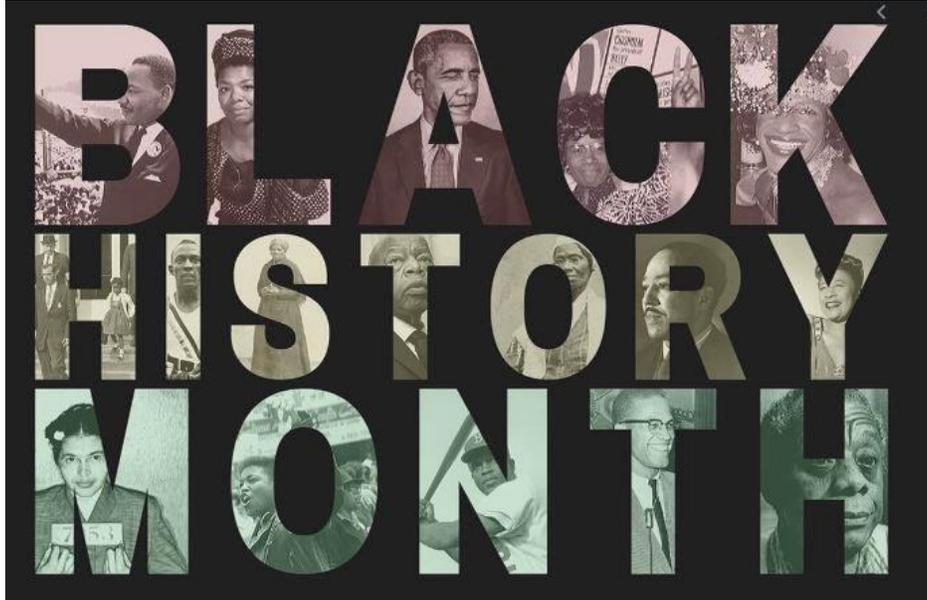
www.scouting.org › Scouting Safely › Health and Safety Alerts



1 - January - Texting and Driving - Ticketed action!

Florida to Issue Citations for Texting while Driving

"Choose to BE optimistic, it feels better." - *Dalai Lama*



February: Black History Month

In Acknowledgement of Black History Month- African American Achievements in Safety

The following safety pioneers had a vision and made life safer for others. Their inventions in rail and traffic safety, chemical and electrical safety, aerospace safety, communications and health, greatly improved how we work and live today. American History books may not have included them BUT, they were innovators and inspirations—and they made a difference. In recognition of Black History Month, we would like to acknowledge a few of these men and women.



Most people have heard about famous inventions like the light bulb, the cotton gin and the iPhone. But there are countless other, often overlooked inventions that make our daily lives easier. Among the creative innovators behind these devices are African-American inventors. From the traffic light to the ironing board, see a list of products that have sprung from the minds of black inventors.

Public Domain & AV Icons/Getty Images

Home Security System, Co-Invented by Mary Van Brittan Brown in 1966

Before security systems became a fixture in homes, an African-American nurse Mary Van Brittan Brown, devised an early security unit for her own home. She spent many nights at home alone in Queens, New York while her husband was away, and felt unsafe with high rates of crime in her neighborhood. On top of that, police were unreliable and unresponsive. So she created a device that would help put her mind at ease.

In 1966, Brown invented a system that used a camera that could slide into and look through four peepholes in her front door. The camera's view would then appear on a monitor in her home so she could survey any potentially unwanted guests.

She added other features to the system, including a microphone to speak to anyone at the door, a button to unlock the door, and a button to contact the police. She and her husband took out a patent for the system in the same year, and they were awarded the patent three years later in 1969. Home security systems commonly used today took various elements from her design.



Public Domain & AV Icons/Getty Images

Carbon Light Bulb Filament, Invented by Lewis Latimer in 1881

The light bulb itself was invented by Thomas Edison, but the innovation used to create longer-lasting light bulbs with a carbon filament came from African-American inventor Lewis Latimer. Latimer, the son of runaway slaves, began work in a patent law firm after serving in the military for the Union during the Civil War. He was recognized for his talent drafting patents and was promoted to head draftsman, where he co-invented an improved bathroom for railroad trains.

Read More: [When Edison Turned Night into Day](#)

His successes would garner him further attention from the the U.S. Electric Lighting Company, putting him at a company in direct competition with Edison, in 1890. While there, Latimer patented a new filament for the light bulb, using carbon instead of more incendiary materials, like bamboo, that were commonly used for filaments. The addition of the carbon filament increased the life span and practicality of light bulbs, which had previously died after just a few days. In 1884, he went on to work with Edison at the Edison Electric Light Company.



Ed888888/Getty Images & Arin Y38888/Getty Images

The Three-Light Traffic Light, Invented by Garrett Morgan in 1923

With only an elementary school education, black inventor (and son of an enslaved woman), [Garrett Morgan](#) came up with several significant inventions, including an improved sewing machine and the gas mask. However, one of Morgan's most influential inventions was the improved traffic light. Without his innovation, drivers across the nation would be directed by a two-light system.

Read More: [How an enslaved African \[in Boston\] Helped Save Generations from Smallpox](#)

Thanks to the successes of his other inventions, Morgan became the first black person in Cleveland, Ohio to own a car. As a motorist, he witnessed a severe car accident at an intersection in the city. In response, he decided to expand on the current traffic light by adding a "yield" component, warning oncoming drivers of an impending stop. He took out the [patent for the creation in 1923](#), and it was granted to him the following year.



B888888, Archive/Getty Images & Marisa E888888/Getty Images

Refrigerated Trucks, Invented by Frederick McKinley Jones in 1940

If your refrigerator has any produce from your local grocery store, then you can credit African-American inventor [Frederick McKinley Jones](#). Jones took out more than 60 patents throughout his life, including a patent for the roof-mounted cooling system that's used to refrigerate goods on trucks during extended transportation in the mid-1930s. He received a patent for his invention in 1940, and co-founded the U.S. Thermo Control Company, later known as Thermo King. The company was critical during World War II, helping to preserve blood, food and supplies during the war.



Public Domain & [iStock/Getty Images](#)

Automatic Elevator Doors, Invented by Alexander Miles in 1887

The use of elevators in everyday life keeps people from committing to long and grueling climbs up several flights of stairs. However, before the creation of elevator doors that close automatically, riding a lift was both complicated and risky.

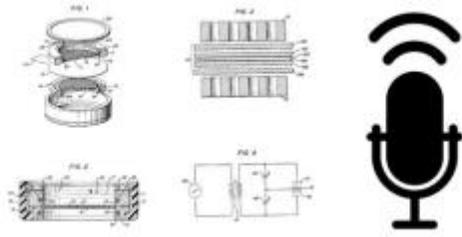
Before automatic doors, people had to manually shut both the shaft and elevator doors before riding. Forgetting to do so led to multiple accidents as people fell down elevator shafts. When the daughter of African-American inventor Alexander Miles almost fatally fell down the shaft, he took it upon himself to develop a solution. In 1887 he took out a patent for a mechanism that automatically opens and closes elevator shaft doors and his designs are largely reflected in elevators used today.



Image courtesy of Dr. Mark Dean & [Sergel Kozlov/Getty Images](#)

Color IBM PC Monitor and Gigahertz Chip, Co-Invented by Mark Dean c. 1980 and 1999

Before flat screens and hi-definition LCD monitors were the norm, PC displays were limited to screens with no color that were tethered to computers with limited processing power. That all changed thanks to black inventor and engineer [Mark Dean](#). Dean began working for IBM as a chief engineer in the early 1980s, making up a team of 12 people who would develop the first IBM PC. In addition to helping create IBM's original machine in his early years with the company, he also worked to develop the color monitor and led the team that developed the first gigahertz processor. The massive chip, built in 1999, would allow for [10x](#) higher processing rates at faster speeds within PCs.



Public Domain & [Muzlab](#)/Geddy Images

Electret Microphone, Co-Invented by James E. West in 1964

Even for those who aren't quick to pick up the mic during karaoke, microphones are used every day to communicate over distances far and wide. And more than 90 percent of the microphones used today, including the microphones used in phones and cameras, use a microphone co-invented by a black man. Dr. [James E. West](#) was tasked with creating a more sensitive and compact microphone while working at Bell Labs in 1960.

Along with his German colleague Gerhard Sessler, West invented the foil electret microphone, which was considerably less expensive to produce than the typically used condenser microphones. Two years after it was invented, the final model of the microphone was developed and in 1964 they patented the landmark invention. Only four years later, the new microphone was in wide production was used in hearing aids, tape recorders, most telephones and baby monitors.

February - American Heart Month



<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/american-heart-month/about>

"The **heart** is a muscular¹ organ² in most animals, which pumps blood³ through the blood vessels⁴ of the circulatory system⁵. Blood provides the body with oxygen⁶ and nutrients⁷, as well as assisting in the

¹<https://en.wikipedia.org/wiki/Muscle>

²[https://en.wikipedia.org/wiki/Organ_\(anatomy\)](https://en.wikipedia.org/wiki/Organ_(anatomy))

³<https://en.wikipedia.org/wiki/Blood>

removal of metabolic wastes⁸." **In other words, we can't live without it!** Each February, the National Heart Lung & Blood Institute (NHLBI) and The Heart Truth[®] celebrate American Heart Month by motivating Americans to adopt healthy lifestyles to prevent heart disease. Research shows that we're more successful at meeting personal health goals when we join forces with others. The same is true of organizations. Organizations such as the American Heart Association and others are working together; their combined efforts have resulted in millions of people enjoying longer, healthier lives. But despite all the progress, heart disease remains the single largest health threat to Americans.

Do what you need to do to keep this organ working as it should: eat nutritious food, exercise and rest.

"Shout - out" to KCW Security and Building Facilities Staff's *Saturday* CPR Training.



⁴https://en.wikipedia.org/wiki/Blood_vessel

⁵https://en.wikipedia.org/wiki/Circulatory_system

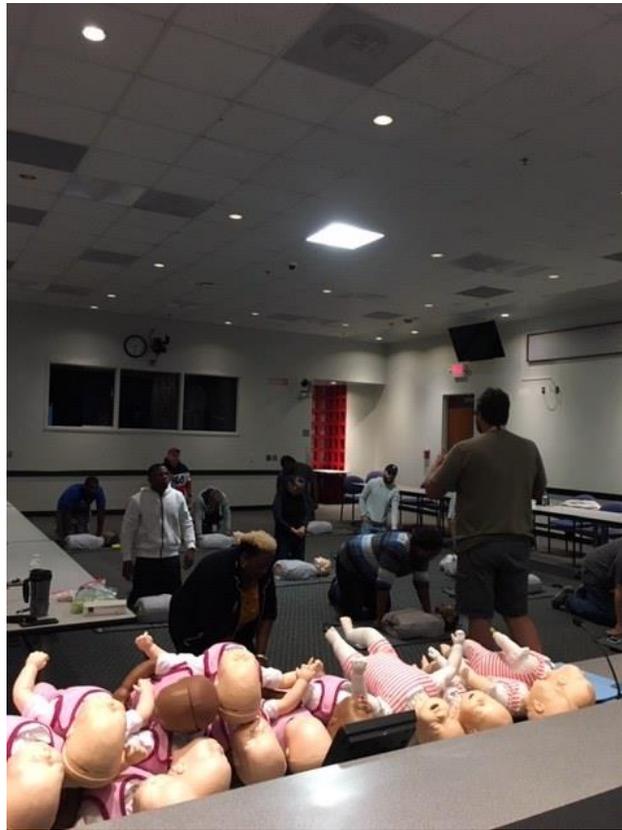
⁶<https://en.wikipedia.org/wiki/Oxygen>

⁷<https://en.wikipedia.org/wiki/Nutrient>

⁸https://en.wikipedia.org/wiki/Metabolic_waste





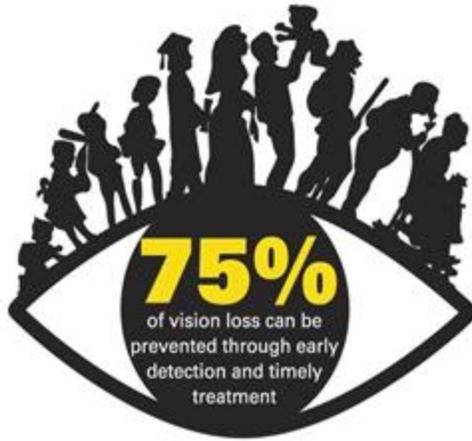


"Never stop learning, because life never stops teaching." - *unknown*

March: Workplace Eye Health Month



Vision and eye health enables many aspects of daily living no matter your age, racial and ethnic background, or socio-economic circumstances. With healthy vision, we can engage with the world around us, learn in school, earn a living, and age independently with a high quality of life. Yet, vision and eye health are often an afterthought until changes to eyesight become noticeable and lost vision is gone forever. The most serious diseases and vision disorders can lead to permanent and irreversible damage to our eyes and loss of sight.



<https://www.preventblindness.org/prevent-blindness-advocacy->⁹

[alerts?vvsrc=%2fCampaigns%2f73913%2fRespond%3fvvsn%3dBtCAGpfAC5CSApLjOW7EAA](https://www.preventblindness.org/prevent-blindness-advocacy-alerts?vvsrc=%2fCampaigns%2f73913%2fRespond%3fvvsn%3dBtCAGpfAC5CSApLjOW7EAA)^{10 11}

March is Workplace Eye Safety Awareness Month. During this time, safety organizations take this opportunity to remind you of a few tips to help protect your eyes while on the job. **Always wear the appropriate safety eyewear for your job site or role, even if you are just passing through a hazardous area. This advice is not just for your work environment, it also applies when working around your home.**

According to the Centers for Disease Control and Prevention, each day, about 2,000 U.S.

workers sustain a job-related eye injury that requires medical treatment. Common causes for eye injuries in the workplace are:

- Flying objects (bits of metal, glass)
- Tools
- Particles
- Chemicals
- Harmful radiation
- Any combination of these or other hazards

In office settings, computer use combined with personal use of digital devices such as tablets and smart phones, increases the risk of digital eye strain. Symptoms may include blurred vision, dry eyes or headaches. The Vision Council reports that more than 87 percent of individuals ages 18 to 39, more than

⁹<https://www.preventblindness.org/prevent-blindness-advocacy-alerts?vvsrc=%2fCampaigns%2f73913%2fRespond%3fvvsn%3dBtCAGpfAC5CSApLjOW7EAA>

¹⁰<https://www.preventblindness.org/prevent-blindness-advocacy-alerts?vvsrc=%2fCampaigns%2f73913%2fRespond%3fvvsn%3dBtCAGpfAC5CSApLjOW7EAA>

¹¹<https://www.preventblindness.org/prevent-blindness-advocacy-alerts?vvsrc=%2fCampaigns%2f73913%2fRespond%3fvvsn%3dBtCAGpfAC5CSApLjOW7EAA>

82 percent of individuals ages 40 to 59, and 76 percent of individuals ages 60 and up use digital devices for more than two hours per day. Blue light exposure received from digital screens is small compared to the amount of exposure from the sun. And yet, there is concern over the long-term effects of screen exposure because of the close proximity of the screens and the length of time spent looking at them. Be cognizant of how we are “treating” our eyes. To date, there is no procedure that returns your ability to see once it is lost.

It's a Play Ground- What's the Danger?



<https://www.cdc.gov/safechild/playground/index.html>¹²

¹²<https://www.cdc.gov/safechild/playground/index.html>



Playgrounds are a place of fun and excitement where children can physically challenge themselves and develop social skills, but they also present risks and hidden dangers. According to the Centers for Disease Control and Prevention (CDC), each year hospital emergency rooms treat more than 200,00 children age fourteen and younger for playground-related injuries. Of those playground injuries, the vast majority occur at schools and day care facilities.

<https://www.cdc.gov/safekid/playground/index.html>^[1]

Any number of factors can play a role in causing playground injuries, but there are some elements that are more common than others. Let's take a look at some of them.

Equipment Maintenance

Check the playground for hazards like rusted or broken equipment and dangerous surfaces.

Playgrounds must be maintained in good condition. Broward County Public Schools Physical Plant Operations (PPO) does an excellent job with repairing damaged playground equipment when notified. However, they must be made aware of any issues. Routine visual inspections by school personnel is the most effective means for ensuring equipment safety.



The **BROWARD COUNTY SCHOOL BOARD PLAYGROUND HANDBOOK, PRE-SCHOOL THROUGH ELEMENTARY SCHOOL, 2019 – 2020** ([click here to download](#)), requires inspection of each piece of equipment at the **beginning of each day** to assure that it is safe and ready for use. Defective equipment shall be discontinued from use until repaired. Close the playground or portions of the playground until repaired. (Partial closing of composite equipment is not acceptable.) Request a Work Order immediately by calling the Physical Plant Operations Zone for the location of the school.

Debris

Daily, before each use, make sure the entire playground is free from debris or litter such as tree branches, soda cans, bottles, glass, etc.



Sand

Exposed footings and insufficient depth of sand will contribute to the severity of injuries.

Rake sand to evenly distribute below and around equipment. Remove all sand from rubber surfaces on a daily basis to elongate the life of the flooring and reduce tripping. Sand will also affect the softness of the rubber surface. Remove sand from the surrounding walks to prevent slippage.



Supervision

Simply being present is not enough. Because all playgrounds present some challenge and because children can be expected to use equipment in unintended and unanticipated ways, adult supervision is required. Staff supervising playgrounds should not be distracted by conducting other activities, and must maintain eye contact on the playing children. **DO NOT** become distracted talking to students.



According to the National Program for Playground Safety, "In the school environment, playground related injuries are the leading cause for injuries to students ages 5 – 14. It is estimated that more than forty percent (40%), of these injuries are RELATED TO INADEQUATE SUPERVISION".

⚠ WARNING	
	<p>Children have died when drawstrings on their clothing caught on slides or other playground equipment.</p> <p>Remove hood and neck drawstrings from children's clothing before children play on a playground.</p> <p>Remove scarves and mittens connected through the sleeves.</p>

Strangulation Hazards

Per the Handbook for Public Playground Safety published by the U.S. Consumer Product Safety Commission, drawstrings on the hoods of jackets, sweatshirts, and other upper body clothing can become entangled in playground equipment, and can cause death by strangulation. Identification badge lanyards could be a hazard on a playground. To avoid this risk:

- Children should not wear jewelry, jackets or sweatshirts with drawstring hoods, mittens connected by strings through the arms, or other upper body clothing with drawstrings.
- Remove any ropes, dog leashes, or similar objects that have been attached to playground equipment. Even drawstring hoods, jewelry or identification badge lanyards could be a hazard on a playground.

Sun/Heat Exposure

The sun is at its highest intensity from 10 a.m. - 2 p.m., which coincides with the time children commonly visit playgrounds. Being active on a playground during this time of day can leave children exposed to high levels of intense sun, increasing the potential of sunburn and other short-term effects of sun exposure (i.e., heat illness).



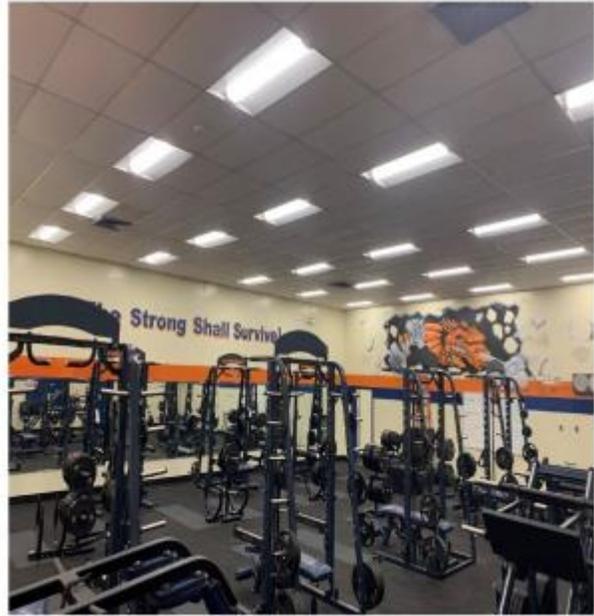
Avoid burns; if playground equipment is hot to the touch, it is too hot for a child's bare skin. Prior to allowing children to play on the playground equipment, touch the equipment with the inside of the wrist. If it burns, it is most probably too hot for the students. Limit playtime at peak sun exposure time. Children are especially susceptible to high-heat conditions because their bodies regulate their temperatures less efficiently than adults. Extreme playground temperatures in the summertime may lead to burns, hyperthermia, and exacerbate issues, such as asthma.

See Stranahan High School Under New Lights!

Before:



After:



As part of our Energy Conservation and Utility Management team's continued efforts to upgrade District Lighting to LED, we can now add Stranahan High School's weight/wrestling room and gym to the list of lighting retrofits now completed. See before and after picture to get a feel for the visual impact of this change. *However, that's just part of the picture, this installations alone will generate an approximate saving of \$5,000 annually.* Just imagine if all our schools could start generating this kind of savings!

Well, that's the goal! We have recently started a 'Performance Contract' with Johnson Controls Inc, and have initiated surveys to nine schools in various parts of the District. This affords us the opportunity to have a properly designed and implemented energy saving solutions for each. This will generate savings in cost and use by implementing the proper energy saving solutions, mainly with lighting upgrades (like Stranahan) and other potential HVAC (air-conditioning) improvements.

Lighting Change

Before:



After:



2 - Stranahan High School Gym

April- Distracted Driving Awareness Month



April is Distracted Driving Awareness Month

Today our lives are busier than ever. Doing other tasks while driving may seem like a good use of our time, but these distractions take our attention away from driving and increase the risk of a crash. Ultimately, it only takes a second for an accident to happen.

Distracted Driving Awareness Month in April is a united effort to recognize the dangers of and eliminate preventable deaths from distracted driving. Driving safely requires your full attention to the road and possible hazards. The key is finding ways to better manage distractions that happen while driving.

District Policy 7015 – Cell Phone, Media Devices & Electronic devices Use and Operational Restrictions on District (Owned and Leased) Property

Policy states . . .



**Focus on
Your Driving**



The use of cell phones and other electronic devices while operating a motor vehicle on school board property is detrimental to the health, safety and security of our students, employees, parents and visitors. The purpose of Policy 7015 is to establish guidelines to restrict the use of cell phones and other electronic devices for all drivers while operating a motor vehicle on district owned and leased property.

To ensure traffic safety at our schools, please remind all staff, parents, students and visitors of the following rules per Policy 7015. Click on the link for the rules governing this policy.
<http://www.broward.k12.fl.us/sbbcpolicies/docs/Policy%207015.pdf>⁽¹⁾

Hands Free is not Risk Free

Drivers talking on cell phones- handheld or hands-free are 4 times as likely to crash. Hands free is not risk free, because the mind is distracted by the conversation and unable to adequately focus on the task of driving



It's May! National Physical Fitness & Sports Month



Celebrate National Physical Fitness & Sports Month

Each May the President's Council on Sports, Fitness & Nutrition encourages Americans to Move in May in celebration of National Physical Fitness & Sports Month¹³. This year, the President's Council on Sports, Fitness & Nutrition is teaming up with the Office of Disease Prevention and Health Promotion's (ODPHP) Move Your Way campaign¹⁴ to promote safe physical activity while practicing social distancing. To make it easy for you to join the conversation, we've provided links to resources you can use to promote National Physical Fitness and Sports Month.

Unsure how to be active while social distancing?

The Move Your Way interactive tool¹⁵ allows users to build a weekly activity plan and find activities they can do at home.

<https://health.gov/news/category/national-health-observances>

Help spread the word and advocate for active lifestyles in your community!

What better time than NOW to improve your physical fitness!

¹³<https://www.hhs.gov/fitness/be-active/npfsm/index.html>

¹⁴<https://health.gov/our-work/physical-activity/move-your-way-campaign>

¹⁵<https://health.gov/MoveYourWay/Activity-Planner/At-Home/>

Travel

Travel Health Tips- Spring Break 2020

This article was compiled and written prior to the Novel Coronavirus (COVID-19) becoming a household term! However, except for the obvious fact that travel – near or far, may now be the farthest thing from your mind; for some, life as planned goes on. For these individuals, it should be helpful to know, that the recommendations captured here for your safety and health under “regular” conditions, coincides with current guidelines to help you stay safe during this new viral outbreak.



<https://wwwnc.cdc.gov/travel/images/beforeyoutravel2.jpg>

Before you Go

Check your destination- for concerns to be aware of before you leave. Depending on where you're going and what you'll be doing, you may need vaccinations, medicines, and destination-specific advice before your trip. For the most current information, visit:

<https://wwwnc.cdc.gov/travel/destinations/list>^[1]



Pack smart- Pack enough medicine for your whole trip plus a little extra just in case. See the list below to prepare for your next trip:

- Your prescriptions
- Glasses and contacts
- Cough drops & decongestants
- Hand Sanitizer (containing at least 60% alcohol)
- Sunscreen
- First aid kit

Be considerate of other people's health. **If you are sick do NOT travel.**

During Travel

- **Wash your hands with soap and water often, especially before eating.**
- **If soap and water aren't available, clean hands with hand sanitizer containing at least 60% alcohol.**
- **Don't touch your eyes, or nose, or mouth.**
- **Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.**
- **Try to avoid contact with people who are sick**
- **If you are sick, stay home or in your hotel room, unless you need medical care. If ill During this time, contact the CDC if in the US, or contact the visited country's Health Agency.**



**"Everything is ENERGY, Your thoughts begin it. Your emotions
amplifies it, and your actions increases its
momentum."**

CONTACT INFO:

*During the Covid-19 Shelter-in-Place, you can reach all staff members via email and cell numbers.
Physical office is open Monday - Friday 7 AM – 11 AM.*

Stay Safe, BE Well.
