

Congratulations to the 2024-2025 Facility Follow- Up Inspection Award Winners

K-8 School District
**Sonora Elementary School
District**

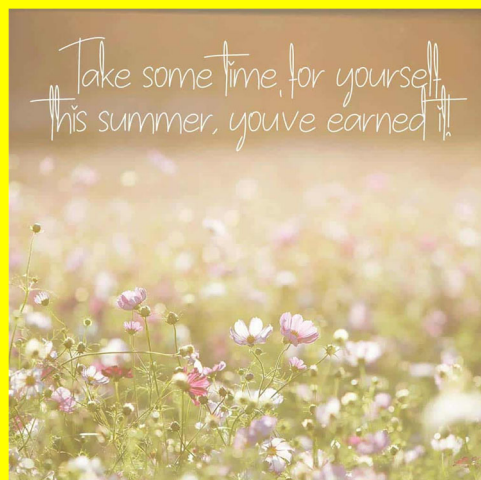
High School District
**Bret Harte Union High
School District**

Multi-Site School District
**Jamestown Elementary School
District**

Unified School District
**Calaveras Unified School
District**

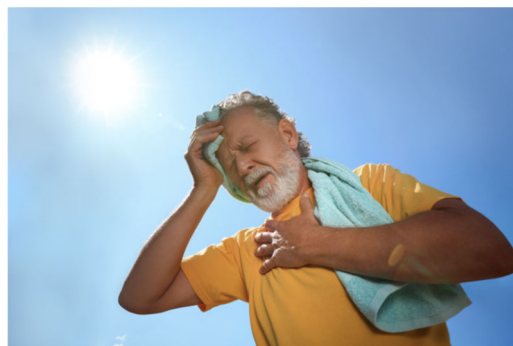
Office of Education
**Tuolumne County
Superintendent of Schools**

The Tuolumne JPA recognizes and appreciates the hard work and dedication from each and every one of you. You have all done a tremendous job at keeping your district sites safe. Keep up the good work!



**The 2025-2026 Full Facility
Inspections will begin in September.**

Heat Illness Safety



OBJECTIVE To be able to recognize the various kinds of heat illness and know what to do for:

HEAT RASH

Areas of the skin itch intensely and often feel prickly and swollen due to overheating. Sweat glands get plugged due to too much heat, humidity, and sweat.

Treatment:

- Keep skin clean and dry
- Rest in a cool area
- Drink water
- Change clothes frequently to stay dry

HEAT CRAMPS

Painful muscle cramps, usually in the legs or near the stomach (abdomen), are caused by losing too much salt through sweating. This is a warning that more serious heat illness can develop.

Treatment:

- Take rest breaks in a cooler environment
- Drink water
- Remove any personal protective equipment (PPE) and loosen tight-fitting clothing
- If possible, have the person lie down

HEAT EXHAUSTION

When fluids are not replaced, excessive loss of water and salt occurs through sweating. The person may become tired, weak and dizzy, and have damp or clammy skin. This is a serious condition.

Treatment:

- Have the person rest in a cool area and drink water if he or she is not nauseous
- If possible, have the person lie down with knees raised
- Loosen tight-fitting clothing
- Seek medical aid
- Notify your supervisor

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Ways to Care for Your Whole Self



1. Identify your feelings.

- Staying emotionally healthy means being aware of your inner experiences.
- Learn to recognize your feelings as they arise, noting where you feel them in your body. Instead of pushing them down, practice naming emotions – sadness, anxiety, frustration – and identifying their triggers. This can help you process and cope with your emotions.

2. Practice being grateful.

- Gratitude is associated with many physical benefits, such as a strengthened immune system and a decreased risk of depression, anxiety and substance use.
- By paying attention to and expressing thanks for the good things in your life, you can gain and nurture a sense of satisfaction, contentment, fulfillment and humility.
- Being grateful also can help you build resilience and cope with adversity.
- It offers a positive way to deal with stress by giving you a way to draw your focus away from the stressor and toward positivity.

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(Heat Illness Safety - continued)

HEAT STROKE

This is a life-threatening condition in which the body's core temperature rises above 105°F (41°C) and vital functions begin to break down, including a person's mental functions. Without immediate medical help, heat stroke may result in permanent brain damage or death.

Treatment:

- **MEDICAL EMERGENCY: Seek immediate medical help!**
- Move the person to a cool area
- Loosen clothing; put a cool, wet cloth under the person's armpits and on the groin; and use a fan to create air movement
- Avoid extreme cold because the body can go into shock
- Do NOT take the person to the hospital in a hot car; call an ambulance

It is important to recognize the symptoms of heat illness during its early stages to avoid more serious illnesses. Please be aware that not all of these signs and symptoms may be present or occur in any particular order, and that individuals may react differently to excessive heat.

EMERGENCY MEDICAL RESPONSE (911) SHOULD BE CONTACTED IF:

- An employee is showing symptoms of possible heat illness and no first aid/CPR-trained person is available
- An employee is showing symptoms of possible heat exhaustion (such as dizziness or pale, clammy skin) or heat stroke (like convulsions, seizures and mental confusion)
- Loosen clothing; put a cool, wet cloth under the person's armpits and on the groin; and use a fan to create air movement
- An employee does not improve with cooling and hydration, or if changes in mental state are observed

Also please remember to:

- Notify your supervisor
- Call 911
- Make sure to provide medical emergency personnel with the right address and directions to locate the sick worker within the facility
- Have one person stay with the sick worker while another calls for help

RESOURCES

[Occupational Safety and Health Administration: Heat Illness Prevention](#)

[The National Institute for Occupational Safety and Health](#)
[CA Department of Industrial Relations](#)

[CA Department of Public Health: Extreme Heat Guidance for Schools](#)

3. Eat nutritious food.

- Consider ways to help yourself steer toward nutrient-rich foods.
- For example, prepare and store nutritious meals and snacks in advance.
- Making one-pot meals like stews, soups and casseroles can also be a great way to pack in nutrients, while saving yourself cleanup time and hassle.
- Consider introducing small changes to improve your diet – cook one more meal at home every week instead of eating out, skip dessert or add another serving of vegetables to a meal.

4. Move your body.

- Activity releases feel-good hormones, like endorphins, which boost mood and reduce stress.
- Whether it's a brisk walk, home workouts, yoga, sports or simply taking the stairs, find activities that you enjoy and fit them into your day-to-day life to keep your body and mind active and fit.

5. Relax and rest.

- Schedule time to do things you enjoy.
- When you have small breaks, try deep breathing, stretching or giving yourself a quick neck and shoulder massage.
- These small moments of self-care can add up, easing tension and calming your mind.
- It is also crucial to get enough sleep. Good rest helps your brain process emotions and improves your overall well-being.



MOWING SAFETY



Mowing your grounds doesn't have to be a dangerous task. In fact, it can be quite safe. No matter how many times you have mowed the lawn and how many different pieces of equipment you have used, you should consider all the risks associated with mowing your grounds so you can take measures to protect yourself from a mishap.

- ✓ Now is the time to familiarize yourself with your mowing equipment. Read your operators' manual. Pay close attention to keywords, such as "Caution" and "Danger."
- ✓ If you're new to the equipment, be sure to receive hands-on training with it before proceeding with your mowing task. Items to become familiar with include:
 - How the blade operates.
 - How to steer the equipment.
 - How to stop and start the equipment.
 - How the safety guard(s) protect you.
 - How to determine the limitations of the mowing equipment.
- ✓ Prepare for mowing by selecting and wearing appropriate Personal Protective Equipment (PPE). PPE could include a long-sleeved shirt, long pants, safety glasses, hearing protection, a sun hat and sunscreen.
- ✓ Familiarize yourself with the risks and controls regarding heat illnesses; and refrain from mowing when you are physically ill.
- ✓ Grounds survey:
 - Take a survey of your grounds and be on the lookout for rocks, wire/cable, glass or any other object that could suddenly propel from the mower and cause injury or property damage.

Rodent Infestations – What Employees Need to Know



Rodents, such as rats and mice, are known to carry a variety of diseases and tend to group in areas such as storerooms, personal service rooms, storage facilities, exteriors, the surroundings of buildings, and garbage since it is a food source. They have been responsible for more human illnesses and deaths than any other group of mammals.

The Hazards Disease:

- Some diseases can spread from rodents to people through direct contact with infected rodents (including their skin flakes, urine, and feces), such as breathing in contaminated air, touching contaminated materials and then touching eyes, nose, or mouth, being bitten or scratched by an infected rodent, or eating food contaminated by an infected rodent.
- Other diseases can spread from rodents to people through indirect contact. This can occur when people are bitten by ticks, mites, fleas, and mosquitos that have fed on infected rodents.

Hazard Prevention and Control Employers are required to:

- Keep workplaces, storerooms, personal service rooms and passageways clean, orderly and in a sanitary condition, to the extent the nature of the work allows.
- Ensure the interiors, exteriors and surroundings of buildings that contribute to a hazard are cleaned and maintained in such conditions that will not give rise to harmful exposures.

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- Even a wire/cable can find its way on your grounds. If run over, it can wrap around the mower's rotating blade and act as a whip, striking the operator.
- Inspect for holes in the ground—especially those that aren't obvious from a distance. Driving into a hole can cause a sudden “jolt” injury—and maybe worse, a rollover accident.
- Inspect for poisonous plants. After all, wouldn't it be better to discover these plants before you mow instead of mowing them and later breaking out with contact dermatitis and feeling miserably itchy for the next week of your life?

Equipment Operation

Now that you have read the operators' manual, received hands-on training and have taken a grounds survey, here are some additional safety tips to consider:

- Fueling. Fuel your mowing equipment only when it is cool. Spillage of gasoline onto a hot motor or hot muffler can have bad consequences. Use a safety container for dispensing gasoline.
- Grading. When using a riding mower, mow up and down grades, never across. But when using a push mower, mow across grades, and never up and down grades. These actions can increase the stability of the mowing equipment.
- No mowing in reverse. Mowing in reverse should be avoided, especially in areas where young children may be present, since you may not be able to see or hear an unsuspecting child behind you.
- Engine stalls—now what? Because some riding mowers steer and brake only when the engine is running, it's important to know how to steer the equipment and safely bring it to a complete stop should the engine suddenly stall.
- Clean equipment. Safety does not end when the job is finished and the machine is shut down. Be sure to clean your equipment of grass clippings that may have accumulated on the equipment—otherwise, a fire may break out.

Gasoline Safety Containers

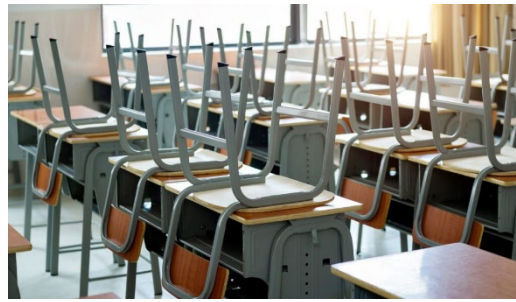
- Aim for purchasing and using “approved” portable gasoline containers for dispensing gasoline.
- An approved safety container should be designated as complying with Factory Mutual (FM), Underwriters Laboratories (UL) and the National Fire Protection Association, (NFPA) Code 30.
- The safety container should have a D.O.T. designation if you transport the container in your vehicle or on a trailer.

(Rodent Infestations – What Employees Need to Know – continued)

- Cleaning and sweeping must be done in a manner that minimizes contamination of the air and, to the extent feasible, avoid harmful employee exposures.
- Prepare and maintain, to the extent feasible, every enclosed workspace and personal service room to prevent the entrance or harborage of insects, rodents or other vermin.
- Ensure rotting waste is stored in receptacles that do not leak and can be thoroughly cleaned. Receptacles must be maintained in a sanitary condition, with a tight-fitting cover if they cannot be maintained in a sanitary condition without one.
- Ensure all sweepings and waste are removed to avoid creating a nuisance, and removed as often as necessary to avoid unsanitary conditions.
- Ensure employees are trained on and made aware of the hazards of any cleaning chemicals they are required to use, and provided the necessary hazard control measures such as eye, skin, and respiratory protection, where needed. This includes ready access to Safety Data Sheets (SDS) corresponding to the chemicals they may be exposed to.
- Provide personal protective equipment and training to employees who manage, capture, or dispose of rodents.
- Implement an effective written injury and illness prevention program (IIPP), as well as other safety & health programs, to reduce your risk of exposure to these hazards and prevent injuries and illnesses in the workplace. This includes:
 - Identifying and evaluating workplace hazards and correcting unsafe or unhealthy working conditions.

The material in this newsletter should be part of your Injury & Illness Prevention Plan (IIPP).

End-of-Year School Safety Checklist



Taking a few extra moments to prioritize safety during your end-of-year breakdown can significantly reduce the risk of injuries and ensure a healthy and happy start to your well-deserved time off.

Heavy lifting? Team up!

- Team lifting is crucial for all those substantial items like furniture, bookshelves, and stacks of boxes. Avoid the risk of back strains and other musculoskeletal injuries by teaming up with a co-worker. Coordinate your movements and lift with your legs, not your back.

Navigate stairs with caution!

- When carrying items on stairs, always use the handrail. Ensure your vision isn't obstructed by what you are carrying. Take your time and maintain a secure footing to prevent falls.

Elevate heavy loads safely!

- If your school provides an elevator, utilize it to transport bulky or heavy items between floors. This simple step can significantly reduce the strain on your body and prevent potential injuries.

Reaching new heights safely - Use proper equipment for elevated tasks!

- When reaching for items on high shelves or taking down decorations, always use a stable footstool or ladder.
- Never stand on chairs, desks, or makeshift supports. Remember the three-point contact rule – keep two feet and one hand in contact with the ladder to maintain balance and prevent falls.

Maintaining a safe environment

- **Keep emergency exits clear!** Before locking up for the summer, conduct a thorough check to ensure all fire exits, fire extinguishers, and alarm pull stations are completely clear, unobstructed, and easily accessible.

Thank you for your incredible dedication throughout the school year. We wish you a happy, healthy, and safe summer break!