

Suicide Prevention Awareness



September is Suicide Prevention Awareness Month:

- ✓ A time to raise awareness
- ✓ Promote hope
- ✓ Normalize seeking help

Suicide affects millions of people every year, yet too many struggle in silence.

Your voice matters. Whether you are:

- ✓ Facing challenges
- ✓ Supporting a friend or loved one
- ✓ Looking for help

This month is dedicated to:

- ✓ Recognizing the warning signs for suicide
- ✓ Encouraging open conversations about mental health
- ✓ Connecting people to proven treatment and resources

When we stand together in strength, dignity, hope, and purpose, we can make a difference – we can help save lives.

How you can help:

When we educate and inform ourselves, we can make a life-saving difference:

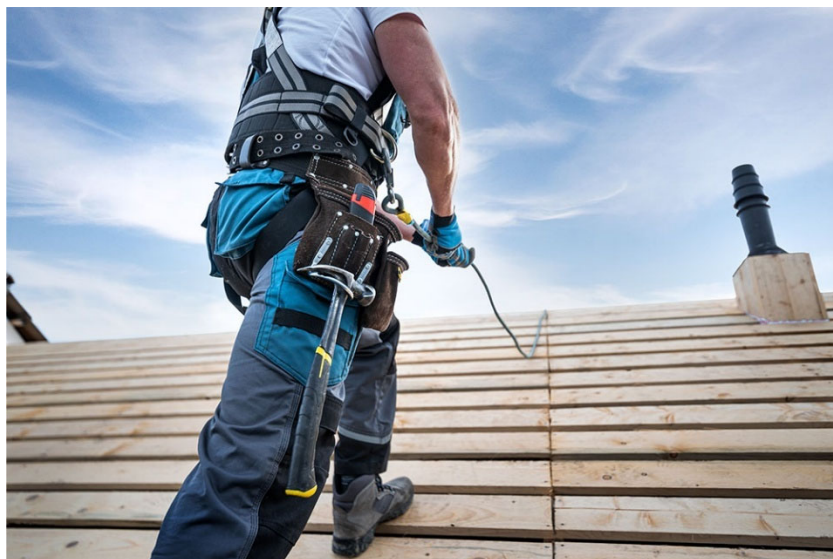
[Learn the warning signs and risk factors for suicide](#)

[Access information about suicide and suicidal behavior](#)

[Deepen your understanding of the 988 Suicide & Crisis Lifeline](#)

[Learn about SAMHSA's suicide prevention initiatives](#)

Rooftop Safety



For custodians who must access rooftops for tasks like cleaning gutters or maintaining HVAC systems, safety depends on strict adherence to Cal/OSHA regulations, using proper protective equipment, and taking precautions for a specific work environment. Custodians who provide services in schools face a variety of tasks and associated hazards. It is important to be prepared with formal instruction and training. Below are helpful safety tips for custodians.

Before accessing the roof:

- **Comply with Cal/OSHA regulations:** For any work at heights of four feet or more, employers must provide fall protection. This may include guardrails, safety nets, personal fall arrest systems (harnesses), or designated work areas.
- **Get training:** All workers, including custodians, must receive proper training on the fall protection systems and other safety protocols before working on a roof.
- **Check weather conditions:** Never work on a wet, icy, or snowy roof, as it significantly increases the risk of falls. Strong winds or lightning also pose a serious hazard. If thunder is heard, work should be paused for 30 minutes after the last clap.
- **Follow safe ladder practices:** Use a sturdy, inspected ladder for access. Maintain three points of contact (two hands and one foot, or two feet and one hand) while ascending or descending. Place the base of the ladder one-quarter of its working length away from the wall.

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Smoke and Air Quality



Wildfire smoke can significantly degrade air quality.

Follow these guidelines to help safeguard the well-being of students and staff:

- Examine your district's policies and procedures to poor air quality.
- Continuously monitor local air quality and PM2.5 levels via: www.airnow.gov
- Conduct a full maintenance check on your HVAC system, addressing any necessary repairs and reviewing the filter replacement schedule.
- Optimize HVAC system settings to minimize smoke infiltration.
- Secure indoor spaces and ensure doors and windows remain closed during smoke events.
- Prepare alternate plans for outdoor activities such as lunch, recess, PE, and sporting activities.
- Modify work schedules and outdoor projects to protect employees from exposure.
- Additional resources:

[Guidance for Schools During Wildfire Smoke Events\(ca.gov\)](http://www.ca.gov)

[School Air Quality Activity Recommendations – Air Quality \(CDE\)](#)

[California Code of Regulations, Title 8, Section 5141.1 Protection from Wildfire Smoke](#)

(Rooftop Safety continued)

- **Check electrical lines:** Before going on the roof, identify any power lines and maintain a safe distance. Consider using wooden or fiberglass ladders instead of metal ones to reduce the risk of electrocution.

While on the roof:

- **Wear appropriate footwear:** Use high-traction, non-slip rubber-soled shoes or boots that provide good ankle support.
- **Use proper safety equipment:** Depending on the job and the roof's configuration, you may need a personal fall arrest system, which includes a full-body harness, a lanyard with a shock absorber, and an anchorage point.



- **Establish a clean work area:** Clear the area of debris, loose tools, or materials that could cause a trip. Keep tools in a belt or container to prevent them from becoming a hazard.
- **Be aware of roof openings:** Watch for and cover or guard skylights, hatches, and other roof openings. These are serious fall hazards.
- **Work with a partner:** To the extent possible, work with a partner who can provide an extra set of eyes for hazards and assist in an emergency.
- **Stay hydrated and take breaks:** On hot days, roofs can become extreme heat traps. Take regular breaks in a shaded area and drink plenty of water to prevent heat exhaustion.
- **Follow communication protocols:** If working alone, have a clear communication plan and keep a charged phone accessible to call for help in an emergency.

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