

Congratulations to the 2022-2023 Facility Inspection Award Winners

K-8 School District
Twain Harte 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 2023-2024 Facility
Inspections will begin in
September.**

Heat Illness Prevention



In California, employers must take steps to protect outdoor workers from heat illness with water, rest, shade and training. Heat illness prevention training is required for all outdoor workers and a written prevention plan must be available at all outdoor worksites.

Cal/OSHA's [Heat Illness Prevention regulation](#) applies to all outdoor places of employment such as those in the agriculture, construction, and landscaping industries.

A [heat illness prevention regulation for indoor places of employment](#) is currently being developed.

California employers are required to take these four steps to prevent heat illness:

- 1. Training**
Train all employees and supervisors about heat illness prevention.
- 2. Water**
Provide enough fresh water so that each employee can drink at least 1 quart per hour, or four 8 ounce glasses, of water per hour, and encourage them to do so.
- 3. Shade**
Provide access to shade and encourage employees to take a cool-down rest in the shade for at least 5 minutes. They should not wait until they feel sick to cool down.
- 4. Planning**
Develop and implement written procedures for complying with the Cal/OSHA Heat Illness Prevention Standard.

Public School Works Training Course

M-581 Heat-Illness Awareness-Designed for employees, this training focuses on types of heat illnesses, how to prevent them, and how to treat them should they occur.

Bloodborne Pathogens

If you come into contact with the bodily fluids of another person, the first thing to do is to use utmost care to protect yourself and those around you from contracting bloodborne pathogens from the fluids. Treat all such fluids as if they are contaminated with bloodborne pathogens, even if the person who has secreted the fluid looks healthy.

What are bloodborne pathogens?

Bloodborne pathogens are small organisms including viruses and bacteria that are present in human blood and can cause disease in humans.

How can I be exposed?

Bloodborne pathogens can be passed to you if blood or certain bodily fluids of an infected individual get into your mucous membranes (eyes, nose, mouth) or directly into the bloodstream through skin that is damaged (e.g., scraped, cut) or punctured (e.g., needle stick injury).

What can I do to protect myself?

Protective measures include wearing disposable gloves, washing hands properly, and maintaining clean work surfaces.



Public School Works Training Course

M-292 Bloodborne Pathogens for School Employees – Full / Refresher (Cal/OSHA) English/Spanish

This course provides a basic understanding of the hazards of contact with body fluids. It describes how employees can reduce the risk of contracting a bloodborne disease such as AIDS and Hepatitis B virus. This course contains references specific to California OSHA regulations.

MOVE MORE AT WORK



Science shows that being more physically active has many benefits for your heart, brain and overall well-being. Take advantage of all your opportunities to sit less and move more while you work. Every minute you move adds up, so make it count!

- Make it a habit to take the stairs instead of the elevator, for at least a floor or two. Once it gets easier, add another floor.
- Stuck on a long call or need an energizing break? Stand up and do some basic strength and balance exercises, like squats, desk push-ups, wall sits, calf raises, tree pose and chair pose.
- Keep small hand weights or a resistance band at your desk for bicep curls, lateral raises, rows, and overhead presses. Watch demos online or work with a fitness trainer to make sure you're doing exercises correctly to avoid injury.
- Use a farther break room or restroom, maybe even on another floor – and take the stairs each time you go.
- Form a walking club to walk together at work and participate in local walking events as a team.
- If you drive to work, park farther away from the entrance.

Tips for Success

Wear comfortable shoes and clothing you can move in or keep a pair of sneakers at your desk. Schedule physical activity breaks and reminders on your work calendar – and treat them like any other important appointment.

Ask a coworker to be your “work out at work” partner. Remind and support each other to move more throughout the day. You’ll help keep each other accountable and motivated!

Power Up!

While you're at it, add some intensity for even more health benefits. That means move faster or longer or with more effort so your body has to work a little harder.

Alex's Law

Swimming pool drownings have been identified as the second leading cause of injury death for children ages one to fourteen by the Centers for Disease Control and Prevention. In October 2021, Governor Newsome signed Senate Bill 722 also known as Alex's Law. The law amends section 35179.6 of the Education Code and requires new safety measures and practices to prevent accidental drowning. The law requires school districts or charter schools that sponsor or host an event in or around a swimming pool, or an on campus event that is not part of interscholastic athletic program, to have at least one adult with a valid certification in cardiopulmonary resuscitation training present throughout the duration of the event. **The Tuolumne JPA requires 2 adult lifeguards at all water events.**

The presence of an adult with cardiopulmonary resuscitation training, as mandated by the California Interscholastic Federation Coaching Education program requirements would satisfy this requirement.

Full text of the law can be found at [Bill Text - SB-722 Pupil safety: swimming pools: adult presence: cardiopulmonary resuscitation training.](#)



In addition: [Bill Text - AB 1766 Swimming Pools: Public Safety](#)

This bill requires all public swimming pools to have an Automated External Defibrillator ("AED") onsite. Currently, public agencies are required to provide lifeguards during pool operations.

Agencies will now be required to also provide AEDs, which are portable electronic devices used to deliver an electrical shock, or defibrillation, during life-threatening cardiac arrest.

Please contact the JPA for a CPR/First Aid/AED Training Instructors List

PHISHING



Phishing emails and text messages often tell a story to trick you into clicking on a link or opening an attachment. You might get an unexpected email or text message that looks like it's from a company you know or trust, like a bank or a credit card or utility company. Or maybe it's from an online payment website or app. The message could be from a scammer, who might:

- **Say** they've noticed some suspicious activity or log-in attempts — *they haven't*
- **Claim** there's a problem with your account or your payment information — *there isn't*
- **Say** you need to confirm some personal or financial information — *you don't*
- **Include** an invoice you don't recognize — *it's fake*
- **Want** you to click on a link to make a payment — *but the link has malware*
- **Say** you're eligible to register for a government refund — *it's a scam*
- **Offer** a coupon for free stuff — *it's not real*

Protect your accounts by using multi-factor authentication. Some accounts offer extra security by requiring two or more credentials to log in to your account. This is called multi-factor authentication. The extra credentials you need to log in to your account fall into three categories:

- **Something you know** — like a passcode, a PIN, or the answer to a security question.
- **Something you have** — like a one-time verification passcode you get by text, email, or from an authenticator app; or a security key
- **Something you are** — like a scan of your fingerprint, your retina, or your face

Multi-factor authentication makes it harder for scammers to log in to your accounts if they do get your username and password.

Public School Works Training Course-M-701 Email Safety: Phishing, Malware and Ransomware Awareness

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