

SCHOOL PLAN FOR THE AVIAN FLU EPIDEMIC

As fears of a global avian flu pandemic build, many Massachusetts schools are now planning how they will feed thousands of college students stranded on campuses and educate students who can not attend classes. In the past few weeks educators have held crisis simulations, emergency equipment has been purchased, and have considered warning systems to detect disease outbreaks.


There have been statewide flu planning efforts during the past two years, which have been concentrated on institutions that will have a difficult task of controlling any flu outbreaks, such as hospitals, nursing homes, and emergency service agencies; school plans have lagged.

Disease specialists fear that the avian flu could sweep across the world, causing millions of deaths. If this outbreak were to occur, up to 40% of workers could be forced to stay home, affecting many industries. The current strain of the avian flu is not easily transmitted from human to human; researchers warn that it could eventually have the ability to do so however.

Many schools and universities are now looking into backup systems regarding food supplies for their students. Boston University has recently bought an emergency notification system this month that could contact 250 employees and executives within minutes if there were to be a flu outbreak. Many students live far away from their schools and their homelands. Some colleges are trying to determine their responsibility to pay if students need to return home, assuming that transportation is even available.

At elementary and secondary schools, students and parents are being reminded of the importance of covering their mouths and noses when they cough and sneeze. Medical director, Dr. Linda Grant for Boston Public Schools, says that students will be receiving a check list when returning from summer vacation to take home on prevention tips about the spread of flu. The Boston schools are also deciding upon purchasing an early warning system to detect a flu outbreak, and what should be done if students develop early warning signs of the disease.

The State Department of Education is also leading discussions of when schools should close due to a pandemic that could last for months. If schools do in fact need to close, parents are going to have to stay home and take care of their children. The closing of schools would have a great effect on the education of students as well as the economy. Superintendents throughout Massachusetts plan to begin school closing policies in May.

(Source: *The Boston Globe*, April 10, 2006) 

STRETCHING EXERCISES RELIEVE PENT-UP STRESS

Employees who are experiencing high levels of work-related stress often have poor postures, which can result in muscle tightness. Periodic stretching exercises can help employees relieve this pent up stress before it leads to a musculoskeletal disorder.

Here are some stretches to practice:

Hand and wrist stretch: Stretch your arm forward with your palm up. With one hand gradually apply downward and backward pressure against the fingers. Reach over the top of the hand and gently pull the thumb straight back. Repeat with the hand palm down.

Wall slide: Lean against a stable surface and flatten your lower back. Slowly slide down the wall until your thigh is roughly at a 45 degree angle. Hold this position for as long as possible.

Shoulder rolls: Roll shoulders forward in three large circles; then repeat backwards.

Neck stretch: Push the chin and head straight back. Hold for a few seconds, and then repeat three times.

Source: *PREVENTION—Supplement to CTDNews* 

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ACCIDENT REVIEW – WOOD SHOP SAFETY

Recently one of our facilities had a serious hand injury while using a wood- jointer incorrectly.

Here are the facts

An employee was using a wood-jointer to trim down an odd shaped piece of wood that had been recently glued. In the process of putting the piece of wood thru the machine using a hand guide, the glue on the piece of wood heated up and congealed with the wood providing friction/resistance as the piece of wood went thru the machine. Once this friction/resistance occurred, the left hand of the operator slipped off of the piece of wood and came in contact with the spinning blades of the machine. The employee severed and cut the tip of his finger. This accident resulted in emergency medical care for the injured work and lost time away from work.

In reviewing the injury with the employees of this facility, the following conclusions were made:

- The wood jointer should only be used for wood that is square or has several square edges; it should not be used for odd shaped pieces.
- Wood that has been recently glued should be completely dried if you decide to run it thru a machine
- You should be using two hands/hand guides as you guide the piece of wood thru the machine
- If you must use one hand on the piece of wood make sure you use a guide to assist you when using the machine
- Never rush thru this process
- As usual make sure that your are wearing appropriate PPE
- Make sure that the area is free to clutter and debris and that you have a clean workspace that is well lit
- Whenever possible, use hand saws on unique pieces of wood to trim them down. ☞

Please learn from this injury and take the necessary steps to prevent this type of injury from occurring at your facility!

**SUPERVISING FOR SAFETY**

As an employee you have a legal duty to take reasonable care for the health and safety of yourself and others. As a supervisor you have a legal duty to cooperate with your employer in providing necessary supervision for Health and Safety.

Supervisors are a vital link in the chain for effective management of Health and Safety. Good supervisors lead by example; they get good results and develop a motivated, safety-conscious workforce. You are paid to supervise and this includes supervising for Safety.

Supervisors are expected to be Management's "eyes and ears". Several surveys have shown that supervisors are often unaware of the full range of responsibilities they have as part of the management team. Your manager must ensure that you know your responsibilities and carry them out.

WHERE DO YOU GO FROM HERE?

- Find out what your health and safety responsibilities are, and their limits. How do these link with the responsibilities of Operators and Managers?
- You cannot supervise effectively for health and safety unless you have been properly trained.
- Once you are sure what your health and safety responsibilities are, you will be able to supervise confidently. The employees who report to you will know that you are doing your job well, and are helping them to do theirs safely.
- LOOK! Identify the hazards including employee behaviors in your workplace.
- IDENTIFY! Write down your ACTION PLAN, take it to management and get it endorsed.
- ACT! Supervise for safety.

Remember, you are a vital link in providing a safe workplace and you are expected to supervise for safety, as well as for quality and/ or quantity of output. You need Management support to help you do this!

**MOVABLE SOCCER GOAL SAFETY**

As we get to the time when we start thinking about Summer Camp Safety, it is probably a good time to talk about a hidden hazard at many of our facilities, Portable Soccer Goal Safety.

Nation-wide there are many injuries and fatalities occurring from goals tipping over on top of people, individuals falling off of the crossbars of the goals and injuries from improperly transporting the goals. Research has indicated that often times "home-made" goals, goals made by high schools shop classes, your maintenance staff or local welders and those that are not professionally manufactured, have a high incident of injuries and fatalities.

Here is a brief overview of some guidelines you may want to follow at your organization:

- At all times movable goals should be anchored or equipped with counter-weights.
- Remove the nets from a goal when not in use.
- Check all anchoring material, counter weights and connecting hardware before being used. This will include before games and practices.
- Replace all damaged material immediately.
- When not in use, all goals should be anchored or secured to a nearby fence, dugout or a structure. If this can not be done the goal should be turned over or secured to one another.
- You should never climb on the net or the framework of a goal.
- All safety labels should be visible.
- Follow the recommendations of the manufacture.
- Once the season is over the goals should be dismantled for off-season storage.
- Use caution when moving the goals and provide enough help to move the goals.

We recommend that your refer to the following web sites for additional information:

<http://www.cpsc.gov/cpsc/pub/pubs/soccer.pdf>

<http://www.cpsc.gov/cpsc/pub/pubs/326.html>

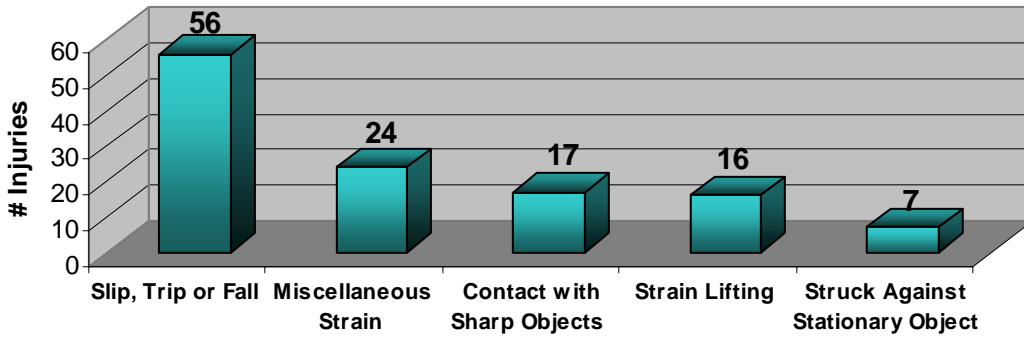


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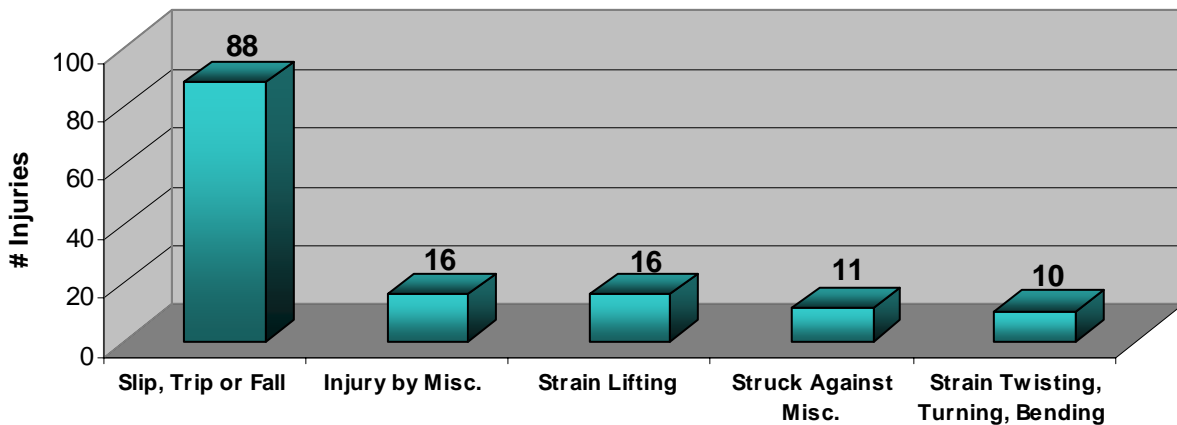
QUARTERLY REVIEW

FIGURES & STATISTICS

ISCC 1Q 2006
Top 5 Injuries by Cause



ISCC 1Q 2005
Top 5 Injuries by Cause

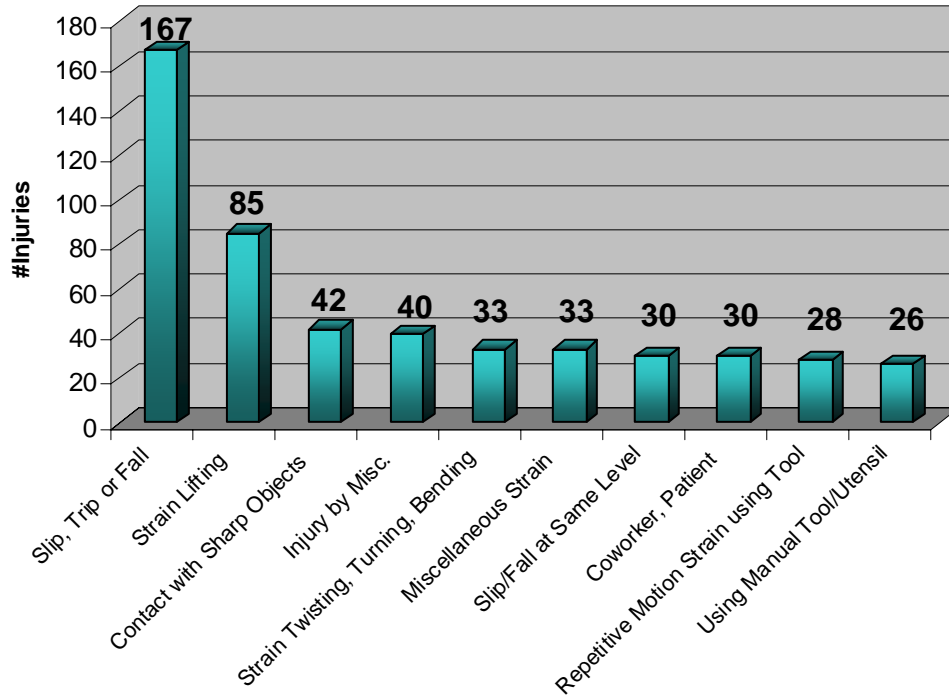


YEAR IN REVIEW

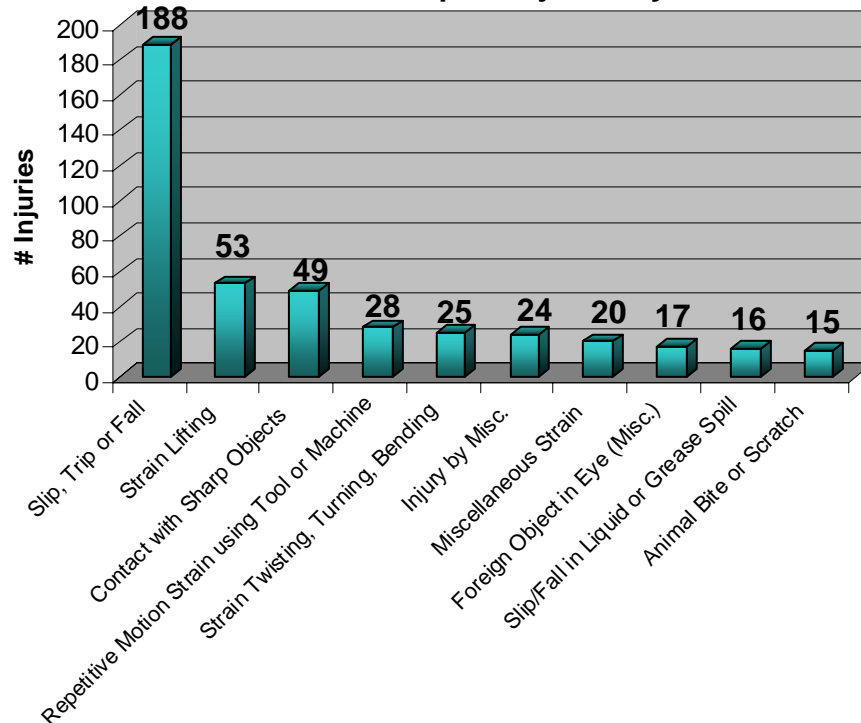
QUARTERLY REVIEW

FIGURES & STATISTICS

ISCC 2004 Top 10 Injuries by Cause



ISCC 2005 Top 10 Injuries by Cause





HOW TO BEAT THE HEAT ON HOT SUMMER DAYS

As the summer season approaches it is perhaps a good time to talk about preventing heat related injuries when working outdoors. According to the CDC – Center for Disease Control, 318 Americans die every year from heat-related illnesses or injuries. One of the most common heat related illness of injury is *dehydration*.

By using some common sense tips you can reduce your chance of becoming dehydrated when working outside

- When ever possible work in teams to reduce the time spent working outside.
- Try to set up your schedule to reduce working outside during the hours of 11:00 AM – 1:00 PM.
- In the event that you can not work in teams make sure you have the opportunity to stay in communication with your fellow workers or supervisors.

- Wear light clothing
- Build into your work schedule the time to take drinking breaks as well as bathrooms breaks
- Have sunscreen and bug repellent available.
- Become acclimated to working outdoors

It may take as long as 10-14 days of working outdoors for your body to adjust to the heat. This process of becoming acclimated to the heat should be a slow process and not be done all at once or during the first few days your are working outside. This is a process that has to be repeated on an annual basis.

Stay Hydrated!

Listed below are some common signs of being de-hydrated.

- Dry lips and tongue
- Headache
- Weakness, dizziness or extreme fatigue
- Nausea
- Muscle Cramps
- Tingly of extremities

Set up a schedule for drinking fluids when you are working outside.

It is suggested that for every 15-20 minutes working outside you should drink 5-7 ounces of fluids.

What is the best type of fluid to drink?

The best types of drinks are water and some of the common sports drinks. The sport drinks are designed to replace some of the electrolytes that your body will lose use through the sweating process as well as to provide carbohydrates energy to your working muscles, most notable your heart. Please bear in mind that an average person can lose 2-3 gallons of sweat when working out doors for an extended period of time. ☞

Lab Accident Causes Injuries to 8

On January 23, 2006, 6 students, a teacher and the teacher's minor son were injured in a chemistry lab accident at Western Reserve Academy in Hudson Ohio. Three students were treated at the school health center and later released.

The other 3 students, the teacher and the teacher's son were taken to the Akron Children's Hospital for burn treatment. One student was treated and released; the other 4 individuals were admitted with fair to serious conditions.

How did it happen? The high school chemistry teacher in a 3 year old chemistry room was lighting a solution of chemical salts mixed with methanol when the fire occurred. The purpose was to demonstrate how a clear, flammable liquid changes color when heated. This is a "flame test demonstration" conducted yearly at this school and at other high school science departments across the country. The small fires normally burn different colors, depending on the chemical salt used. Fire officials said vapors likely ignited into a flash fire. The flames shot out toward the students standing in front of a lab bench. The flames caught the victims clothing causing serious burns.

Based upon the newspaper photo and articles supplied by Nick Bakker and subsequent follow-ups, it not clear whether or not a fume hood or shield was used. In any event, according to the Methanol Institute, a trade association of methanol producers recommends the use of fume hoods to collect potentially flammable vapors.

The purpose of this article is not to frighten schools away from experiments but to thoroughly and continuously review procedures, materials, etc. before a potentially hazardous demonstration takes place. It is important to make students and any other affected individuals aware of the dangers and appropriate measures to use in the event of an emergency. In this case other students responded quickly and appropriately contain- ing the fire to the 7 affected students and teacher.

Our thanks to Nick Bakker, ISCC President, for the information. ☞

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CERTIFICATES OF INSURANCE

As part of the process of conducting annual premium audits at all our insured's, it has been brought to our attention, that often times facilities are not receiving Certificates of Insurance for Worker's Compensation from various 3rd party vendors who may provide a services to your school.

In the event that you do not obtain a Certificate of Insurance from a 3rd party vendor evidencing Workers Compensation Coverage, your premium may be adjusted to cover that portion of payroll and coverage that can be allocated to your facility, resulting in an increase in additional premium.



- It is extremely important that Certificates of Insurance for workers compensation coverage be obtained from any independent or subcontractors or contracted employees.
- A typical subcontracting exposure for many facilities is the subcontracting of snow/ice removal, water bottle delivery, office/plant cleaning services, chimney maintenance, minor construction projects etc. Failure to obtain Certificates of Insurance may cause your facility to pay significant additional premium for the exposures being subcontracted and to pay claims for injuries of uninsured subcontractors.
- The original Certificate of Insurance should be reviewed once received, to assure it is for workers compensation coverage for the time frame that work is being conducted at your facility.
- In addition, a process should be established within your office to ensure that annual policy renewals are received from each contracted entity that you do business with on an annual basis.
- You should also be listed as a party to be notified in the event of policy cancellation and when ever possible listed as an additional insured.

If you have any questions please contact the Loss Control Department or Underwriting at Meadowbrook/TPA