



June 2011

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3 Simple Steps to an Injury-Free Summer Break



The weeks and days leading up the last day of school are an exciting time for students and staff. Although it may be easy to become distracted during this period, thinking and acting safely will keep you on track to have an enjoyable break.

If you only do 3 things to make this time safer, pick these:

- ✓ Use a step stool or ladder to access overhead materials. **Do not stand on tables or chairs.**
- ✓ Use proper body mechanics when lifting and carrying materials. Bend your knees and squat to lift materials from ground level. Use a hand truck or cart if you need to move items across campus.
- ✓ Be aware of slip and trip hazards. Make sure your path is clear and prop open doors. Many injuries occur in the parking lot when employees trip and fall on parking blocks or off curbs when carrying items that block their view



Athletic Liability

“Protect Students, Yourself and Your District”

August 9, 2011

Time TBD

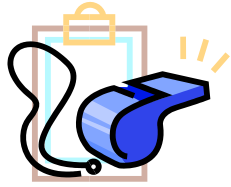
RSVP by June 30

380A Chadbourne Road, Fairfield, CA

Who should attend:

Athletic Directors, Sports Coaches, Walk-on and Volunteer Coaches, Principals, Cheerleading Coaches

Campus Monitor Training



August 11, 2011
9:00 am- 4:00 pm

RSVP by June 30

380A Chadbourne Road, Fairfield, CA

This training is designed to instruct campus monitors and other campus staff in advanced conflict management strategies, basic safety and control tactics.

Hands-on demonstration and participation will teach attendees basic self-defense and non-injuring safety control techniques.



2010-2011 SUPERVISORS ACADEMY GRADUATES CONGRATULATIONS!

Front row: Cathy Siegel, Lisa Pimentel, Rebecca Boyd, Kevin Lindsey, Jerry Grant, Sandy Sigafos, and Kenneth Fitro

Back row: Maria Deleon Foster, Vinnie Lass, Joey Glazier, Larry Pearl, Jon Spence, and Dr. Paul Porter

Not pictured: Becky Cruz and Ray Weisner

For more information regarding the information in this bulletin, please contact Heather Eichen, at:
(707) 428-1830 ext 104 or HeatherE@nbsia.org

Please send RSVP for training sessions to:

AmandaQ@nbsia.org