

Worker Compensation Claims

October 1 — December 31, 2013

District	# of claims
Del Norte	8
Arcata	6
HCOE	5
Klamath-Trinity	4
McKinleyville	4
Eureka City Schools	1
Ferndale	1
Fortuna Elementary	1
Fortuna High School	1
Mattole	1
Northern Humboldt	1
South Bay	1
TOTAL	34
Job Classification	# of claims
Teacher	9
Special Ed	8
Aide	5
Custodian	4
Maintenance	2
Mechanic	1
Clerical	1
Yard Duty	1
Librarian	1
Bus Driver	1
Special Ed Teacher	1
Type of Injury	# of claims
Caused by Student	13
Strain	5
Fall	3
Slip//Fall	3
RMI	1
Auto	1
Trip	1
Machinery	1

Worker Compensation Claims

January 1 — March 31, 2014

District	# of claims
Del Norte	7
Klamath-Trinity	7
Eureka City Schools	5
HCOE	5
Northern Humboldt	3
Southern Humboldt	2
Blue Lake	1
Bridgeville	1
Fortuna Elementary	1
TOTAL	32
Job Classification	# of claims
Special Ed. Teacher	5
Special Ed. Aide	5
Clerical	4
Aide	3
Maintenance	3
Admin	3
Custodian	2
Food Service	2
Bus Driver	2
Teacher	2
Mechanic	1
Type of Injury	# of claims
Strain	7
Stress	5
Caused by Student	5
RMI	3
Fall	2
Struck By	2
Trip	2
Slip	1

If you have any ideas or recent projects you would like to share, please contact Kim Comet at kcomet@humboldt.k12.ca.us or (707) 445-7067

If you do not wish to receive the Safety Zone, please send an email to kcomet@humboldt.k12.ca.us with your name and district.

Safety ZONE

NEWSLETTER FOR BUS DRIVERS



Volume 13, Number 3

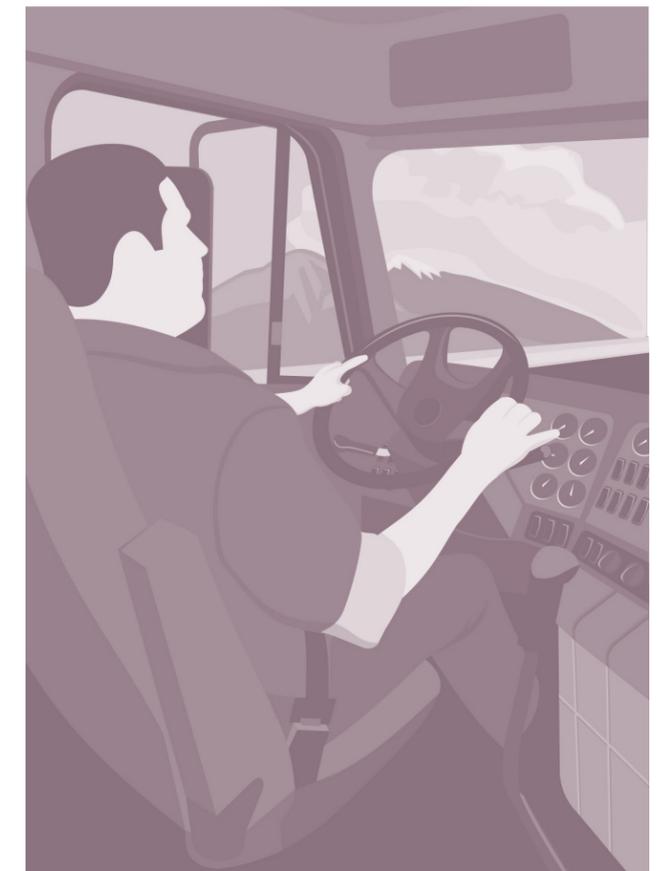
Drowsy Driving and Driving While Under the Influence – What is the difference?

ANSWER – NOT MUCH

Falling asleep at the wheel is clearly dangerous, but being sleep affects your ability to drive safely even if you don't fall asleep.

Drowsiness:

- Makes drivers less attentive
- Slows reaction time
- Affects a driver's ability to make decision



Although it may be difficult to attribute a fatal vehicle crash to drowsy driving, the National Highway Traffic Safety Administration estimates that 2.5% of fatal crashes and 2% of injury crashes involve drowsy driving. These estimates are probably conservative though, and up to 5,000 to 6,000 fatal crashes each year may be caused by drowsy drivers.

IN-SERVICE CLASSES

Original/Renewal Classes Available

Contact your state certified or delegated trainers for additional training dates and activities

Northern Humboldt Union

Sarah Goodwin
(707) 825-2434

Arcata

Carol Grimes
(707) 822-2614

Fortuna High School

Barbara Lake
(707) 752-4461 ext 3097

Del Norte Unified

Derrick Campbell
Carlina Horn
Linda Horton
(707) 464-0250

Klamath-Trinity Joint Unified

Tiffany James
(530) 625-5600 ext 2404

Humboldt County Office of Ed.

Tom McGinnis
(707) 445-7089

McKinleyville Union

Scott Oilar
(707) 839-2584

Eureka City Schools

Linda Wilson
(707) 441-2503

Southern Humboldt Unified

Karl Terrell
(707) 943-3648

**DTAC –
Driver Trainers
Advisory
Committee**

**Kelly Clark
Fortuna Union
High School District**

**Sarah Goodwin
Northern Humboldt
Unified School District**

**Carol Grimes
Arcata School District**

**Carlina Horn
Del Norte Unified
School District**

**Linda Horton
Del Norte Unified
School District**

**Tiffany James
Klamath-Trinity Joint
Unified School District**

**Barbara Lake
Southern Humboldt
Unified School District**

**Tom McGinnis
Humboldt County
Office of Education**

**Scott Oilar
McKinleyville Union
School District**

**Linda Wilson
Eureka City Schools**

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**Editor:
Kimberly Comet
Risk Manager**

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Who is more likely to drive drowsy?

- Commercial drivers.
- Shift workers (work the night shift or long shifts).
- Drivers with untreated sleep disorders such as sleep apnea.
- Drivers who use sedating medications.
- Drivers who do not get adequate sleep.

Prevent drowsy driving, before taking the wheel

Get enough sleep! According to the National Institutes of Health adults need 7 or 8 hours of sleep each night. If you have a sleep disorder, make sure to seek treatment. Refrain from drinking alcohol or taking sedating medication before driving.

Drowsy Driving and Alcohol

Cognitive impairment after approximately 18 hours awake is similar to that of someone with a blood alcohol content (BAC) of 0.05%. After 24 hours awake, impairment is equivalent to a BAC of 0.10%, higher than the legal limit in all states. In addition, lower levels of alcohol (below the legal limit) amplify the effects of inadequate sleep.

The warning sign of drowsy driving

- Yawning or blinking frequently.
- Difficulty remembering the past few miles driven.
- Missing your exit.
- Drifting from your lane.
- Hitting a rumble strip.

Do not report to work if you are not able to drive safely!!!!!!

Source: Centers for Disease Control and Prevention, Drowsy Driving: Asleep at the Wheel

Risk Management Ramblings

THIS WAS FIRST PUBLISHED IN 2010 AND IS STILL RELEVANT

The economic situation is taking its time before it starts improving. Times like these undoubtedly cause stress. Even though eliminating all stress is impossible, do not allow stress to build up and negatively affect your health and relationships. Remember or discover the small things that give you joy and make time to do them.

You can significantly affect a child's life. Being a constant in a child's life can influence them. You see them when they may be very raw at the very start of the day and at the end of their school day. Something as little as a smile and good morning every day could be a positive role model for them.

The world is constantly changing. The way that you have driven the bus for the last 5, 10, 20 years may not be the way to drive it now; new laws are initiated or old laws are updated, newer buses drive differently, updated ways to drive are taught, and we hopefully learn from our own and other's mistakes. Network, attend trainings, attend the CASTO workshop and stay current in your professional field.

Public schools are having a lot of pressures placed on them currently. When a change is made, usually due to budgets (or lack there of) if you are frustrated, give the administration the benefit of doubt. Rarely do we know the entire picture from which they had to base their decision on.

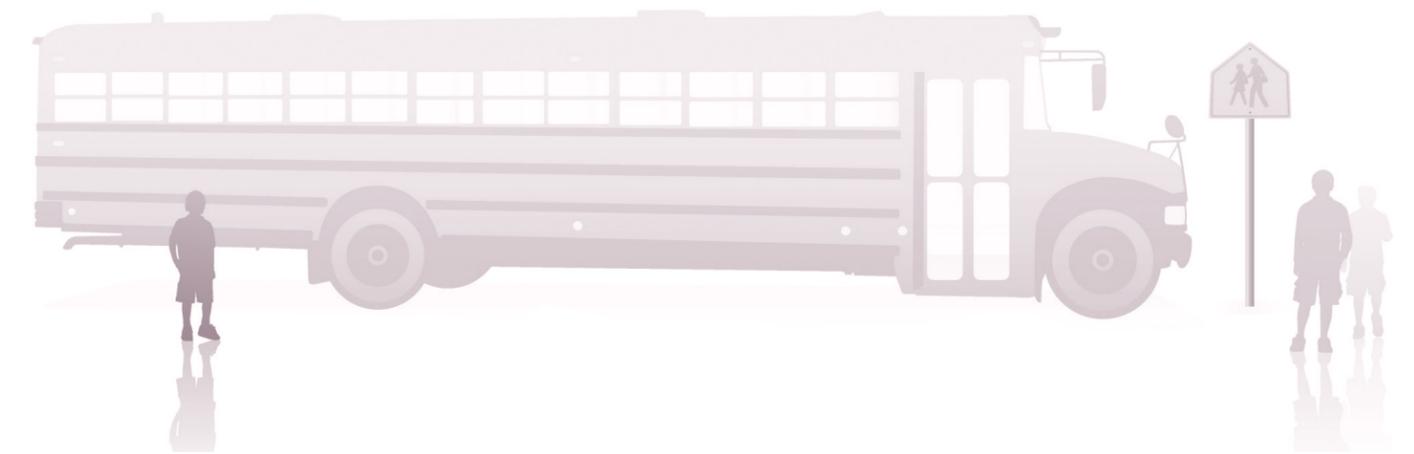
Educate the public regarding what a bus driver's job entails. Many people do not realize the training and expertise that is required for your job. Be a spokesperson for your profession and convince others to join the field, we have a lot of drivers who are retiring and few who are entering the field in Humboldt and Del Norte Counties.

Smile and enjoy the small pleasures of life as they occur.

School Bus Driver Drug Pool

AS A SCHOOL BUS DRIVER YOU ARE ENTERED IN A RANDOM DRUG AND ALCOHOL POOL. BELOW ARE SOME FACTS TO HELP YOU UNDERSTAND THE BIG PICTURE

- There are 25 school districts and 145 drivers in the pool
- Drivers are pulled quarterly.
- Yes, the pull is random. Although there are a few who have been pulled many times in a row who may disagree.
- Drivers are given the drug pool policy when first employed, when the policy is updated and they should review it annually.
- Independent of 49 CFR Part 382, under this policy, employees are specifically required to notify their employer and/or immediate supervisors when they are taking medication with warning labels (i.e.: relating to the operation of a vehicle, heavy equipment, or machinery).
- If a driver is unable to drive more than 30 days, they are taken out of the random pool. When they return to work they need to perform and pass a pre-employment drug test before they can resume their duties. They are that time returned to the random drug pool.
- The random drug and alcohol pool is in compliance with federal regulations. Even if the state of California has medical marijuana regulations, the federal regulations do not. Testing positive for marijuana would result in termination of employment.



In each issue, we will highlight one of our own drivers and their accomplishments.

Bus Drivers – Marsha Allen, Gwen Carlson, Pat Izzat and Lora Toupin

Humboldt County Office of Education is fortunate employ exemplary School Bus Drivers. In August 2013, four of our drivers rose to the top by receiving the CHP award for 100,000 miles driving accident free. Marsha Allen, Gwen Carlson, Pat Izzat and Lora Toupin have a combined 77 years driving for HCOE. We are proud of all our drivers and congratulate our four award recipients for their achievement.

Thank you all for your hard work in safely transporting students in the Humboldt & Del Norte Counties.