



Winter Safety

The cold days are here again, with this comes snow and ice. During the next few months of winter it is very important to be careful where we walk and park. The best way to prevent injuries is to make sure the walkways and parking lot areas are clear of snow and ice. This will help with the number of slips and falls every district experiences each year.

Another important factor is to make staff aware of slippery conditions and the dangers of snow and ice. Consider opening late on bad weather days. This gives your maintenance staff time to properly clean parking lots and sidewalks.



Our Loss Control Department is very knowledgeable about slips and falls. Many of the injuries reported are avoidable, but it starts with our districts. Contact your Loss Control Representation if you require training.

If you have any questions, please contact Connie Rogers at 609-386-6060 extension 3015 or Ellen Shaw at extension 3008. ❄️

Connie Rogers
NJSIG Workers' Comp Supervisor





Too Little Sleep Poses Long-Term Health Risks

We all know what it's like to get a lousy or short night of sleep: Tempers shorten, snacks become more tempting, attention gets harder to sustain.

Researchers are just beginning to understand the long-term consequences of a lifetime of those rough mornings — and it doesn't look good.

Poor sleep has been linked to heart disease, diabetes, obesity and depression. Newer research has drawn connections between bad sleep and Alzheimer's. A study released last year showed that the better 700 participants slept, the less likely they were to develop Alzheimer's over the next 3.5 years.

Scientists don't understand exactly why we sleep, but every creature does it, so "that tells you there's something really profoundly necessary" about it, Francis Collins, Director of the National Institutes of Health.

A growing body of research suggests that during sleep, the brain appears to flush out harmful chemicals such as the beta amyloid that builds up in Alzheimer's.

"The brain requires a kind of cleanup process that we're beginning to glimpse," Collins said. "Without taking out the trash, you're going to find that the next day, your brain is not functioning at its best."

Other recent research has delved into the physiological problems of shift work.

In a study published in November, Charles Czeisler and his colleagues at Harvard Medical School found extremely high rates of sleep disorders among fire-

fighters, many of whom keep crazy schedules to accommodate shift work.

Lack of sleep clearly undermines diets. In one brain scan study published in September, volunteers were more likely to respond to images of high-calorie "comfort food" if they were tired.

"The emotional response to food is overactive when you're sleep-deprived," said Orfeu Buxton, a sleep specialist at Pennsylvania State University.

"If we want to thrive," he said, "we have to start valuing sleep."

Here are five tips for getting a good night's sleep:

1. Prioritize adequate sleep. Most adults need seven or eight hours of sleep a night; performance starts to fall off precipitously at six hours. Teens need at least nine hours a night.
2. Go to bed at a consistent time every night. Consider setting an alarm to help you go to bed early enough to get adequate rest.
3. Talk to your doctor if you think you have a sleep disorder, such as insomnia, apnea or restless leg syndrome. Behavioral changes have been shown to be equally or more effective than medication in treating insomnia over the long term.
4. Exercise to help improve sleep, and avoid alcohol and caffeine - especially after noon - because they can undermine a good night's sleep.
5. Taper off electronics at least an hour before bedtime. The blue light in screens mimics the early morning sun and can disrupt the body's cues for sleep.

USA Today



Safety Training

2015 Train the Trainer Seminars Claims Coordinator

This class will provide a step by step instruction on how to properly handle a workers' compensation claim from its inception to its conclusion. Discussion topics will include proper claim reporting, accident investigation, employee follow-up, the duties of the claim coordinator, claimant, doctor, managed care company and insurance claim adjuster.

Date: January 9, 2015
Location: Ocean Township Board of Education
163 Monmouth Road, Oakhurst, NJ 07755
Time: 9:00 a.m.—noon

Or

Date: January 16, 2015
Location: Black Horse Pike Regional Highland High School
LMC Classroom, 450 Erial Road, Blackwood, NJ 08012

Reservations:

Please contact Sue Williams at 609-386-6060 extension 3005 or via email at swilliams@njsig.org.

Cost per person: NJSIG Member District: \$20.00 Non-Member District: \$30.00

Please make checks payable to New Jersey Schools Insurance Group (NJSIG).

CPR & Defibrillator Training

The NJSIG Loss Control team has recently become certified as CPR/AED instructors by the American Heart Association. We will be offering training to member districts at regional locations throughout the state. To comply with C.18A:40-41a, also known as "Janet's Law", districts must train at least five employees in each school in CPR/AED use and develop an emergency action plan to respond to cardiac emergencies.

Date: February 6, 2015
Location: Ocean Township Board of Education
163 Monmouth Road, Oakhurst, NJ 07755

Time: 9:00 am until noon
Cost: \$25.00 per person (NJSIG Member District)

Reservations:

Contact Sue Williams, NJSIG, at 609-386-6060 extension 3005 or via email at swilliams@njsig.org.

Class size is limited.

Please make checks payable to New Jersey Schools Insurance Group (NJSIG).