

SchoolComp Safety



Register Now for March SchoolComp Safety Seminars

Registration is now open for spring OASBO/OSBA SchoolComp Safety Seminars. These free half-day seminars are **open to all school districts, regardless of which Worker’s Compensation Group or Program you participate in.** Seminars are brought to you by OASBO & OSBA’s SchoolComp program, administered by CompManagement.

Each seminar meets the two-hour safety training requirement. BWC’s rules require any public employer who is either "Group Experience Rated or "Group Retrospective Rated" to complete a two-hour training if they had a claim, medical only, or loss time, within the green year period. This requirement must be satisfied during the year of participation. If a district is "penalty-rated" and not, by BWC rules, eligible for a group program, they don’t have this requirement, but can still attend.

Presenters will cover the following topics:

- Violence in Schools
- Ohio BWC Update
- Unemployment Insurance
- Managed Care Organization Update
- The Incident Command System

Seminars are 8 am—12:30 pm. A continental breakfast is provided.

March 1, 2016

Hilton Garden Inn Dayton South
(Formerly Holiday Inn Dayton Mall)
Dayton

[Click here to register.](#)

March 4, 2016

OU Inn & Conference Center
Athens

[Click here to register.](#)

March 15, 2015

Owens Community College Findlay
Findlay

[Click here to register.](#)

March 16, 2016

NEOMED Great Hall
Rootstown

[Click here to register.](#)

April 4, 2016

OSBA Board Room
Columbus

[Click here to register.](#)

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Get Prepared for Winter Weather

The winter season is here and one of the keys to coping with wind, ice and snow is early preparation. The Federal Emergency Management Agency (FEMA) suggests putting together a home emergency winter supply kit that includes:

- A battery powered or hand-crank radio
- Extra flashlights and batteries
- Three day supply of food and water
- Rock salt to melt ice
- Sand for traction
- Snow removal equipment
- Adequate clothing and blankets to stay warm
- Keep an adequate supply of heating fuel
- Store dry wood for wood-burning stoves

Familiarize yourself with winter weather terms and create a plan with your family in the event severe weather strikes.

Freezing rain creates a coating of ice on roads and walkways. *Sleet* is rain which turns to ice pellets before hitting the ground. *Wind chill* is the temperature that it “feels like” outside.

Winter weather advisory means winter weather is expected. *Winter storm watch* means winter weather is possible within the next day or two. *Winter weather warning* advises that winter weather has begun or will begin soon. A *blizzard warning* indicates that sustained winds or gusts up to 35 MPH or above and considerable amounts of snow are expected for at least three hours.

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Winter Got You Down?

Each year, more than half a million Americans experience seasonal affective disorder (SAD) due to the change in seasons. SAD can limit a person’s ability to function well at work and live life to the fullest.

SAD is more common in:

- Women
- People who live far from the equator
- People between the ages of 15-55
- People who have relatives that suffer from SAD

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Get Prepared for Winter Weather

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It is also important to minimize travel during winter weather when possible. Prepare your vehicles prior to the winter season and keep them maintained. Keep an emergency kit in your vehicle and keep your cell phone fully charged.

Check or have a mechanic check items on your car including:

- Antifreeze levels
- Battery and ignition system
- Brakes and brake fluid levels
- Exhaust system
- Fuel and air filters
- Heater and defroster
- Lights and flashers
- Oil
- Thermostat
- Windshield wiper equipment
- Tires.

Knowing what to do during periods of winter weather and after the storm is also important for the safety of you and your loved ones.

During winter storms and extreme cold you should:

- Stay indoors when possible.
- Avoid overexertion when shoveling snow. Take breaks and push snow instead of lifting it.
- Stay dry.
- Bring animals into the house.
- Maintain ventilation when using kerosene heaters.
- Install a carbon monoxide alarm in a central location on every level of your house.
- Leave the heat on no lower than 55 degrees.
- Dress for the weather; wear layers of warm, loose-fitting, lightweight clothing.

If your house loses power for more than a few hours and you do not have adequate supplies to stay warm, consider going to a designated public shelter. Take personal items that you would need to spend the night (medication and toiletries).

To find a shelter near you, text SHELTER + your zip code (SHELTER00000) to 43362 (4FEMA).

Additional information on winter weather may be found at www.FEMA.gov or www.ready.gov/winter-weather.

About Ohio SchoolComp

Ohio SchoolComp is a partnership of the Ohio Association of School Business Officials and the Ohio School Boards Association to offer Workers' Compensation Group programs to our members.

By combining forces, the associations created a single, larger group in order to "maximize benefits and options for school districts.

The SchoolComp program is administered by CompManagement.

SchoolComp's goal is to offer cost-effective group programs and education to help Ohio school districts keep employees and students safe, while minimizing the risk for claims.

Questions about the program? Contact:

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Ohio SchoolComp
A PROGRAM OF OSBA & OASBO

Winter Got You Down?

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Most people who suffer from SAD start experiencing symptoms in September or October and begin to feel better in April or May. Symptoms of SAD may include but are not limited to:

- Feeling sad, grumpy, moody or anxious
- Loss of interest in usual activities
- Crave more carbohydrates
- Weight gain
- More sleep but still feel tired
- Trouble with concentration

Fortunately, there are some ways to fend off a case of the winter blahs.

Light box therapy- mimics sunshine which can help with SAD by stimulating your body's circadian rhythms and suppressing its' natural release of melatonin.

Dawn simulators- these alarm clocks wake you up with light that gradually increases like the rising sun.

Exercise-outdoor exercise or an exercise machine placed near a window will be the most beneficial in helping alleviate SAD.

Sunshine- bundle up and go outside when the sun is shining and open the blinds to let sun in when indoors.

Schedule- maintaining a regular schedule improves sleep as SAD can lead to problems with sleep and getting up in the morning.

Travel-go on a winter vacation to somewhere warm and sunny.

2016 Ohio Safety Congress March 9—11



The 2016 Ohio Safety Congress & Expo will take place March 9 – 11 at the Greater Columbus Convention Center, and registration is now open. The event features more than 200 free educational sessions, over 200 exhibitors, and BWC program credits. [Click here for more information and to register today!](#)

With 36 tracks, attendees are sure to find education that speaks to them. The Schools track, for instance, will feature presentations on:

- Concussion Education from the OHSAA
- Effective School Liability Incident Response and Investigation
- Latest Trends in Drug and Alcohol Abuse, and What Parents and Schools Should Do and
- School Violence and Shootings: The Role of Electronic Security