

# Safety Matters

## Should I worry about my kid's exposure to cell phone radiation?



Parents: you probably don't have to worry about the effects of cell phone radiation on your kid. But you should take some precautions against overexposure. Cell phones emit a kind of electromagnetic radiation (EMR) called "non-ionizing." This kind of EMR has not been shown to cause cancer in humans. "Ionizing" EMR, the type used by X-ray machines, is a very high-energy frequency that has been shown to cause cancer.

That doesn't get cell phones off the hook, though. The effect of electromagnetic radiation on the human body is the subject of several studies. While a few studies have shown an association between cell phone use and brain tumor risks, most studies have not found a relationship. Researchers are especially concerned about kids' vulnerability, because their skulls are thinner than adult skulls. Partial findings from a study released in May 2016 showed that some rats developed tumors after being exposed to cell phone radiation. While that is cause for concern, the dose that the rats got was extreme -- and a lot more than people get from holding their cell phones.



Scientists have calculated the amount of electromagnetic radiation that's safe. It's called the specific absorption rate (SAR). In the United States, the Federal Communications Commission requires that phones have an SAR level at or below 1.6 watts per kilogram of body weight. You can look up your cell phone's SAR level on the FCC website. However, the SAR level is the subject of debate, so use it as one of many factors to consider.



Reasonable precautions should be enough to protect your family. While several companies offer cell phone covers that claim to protect users from electromagnetic radiation, it's not clear that they work or are even necessary. The American Academy of Pediatrics suggests parents make sure kids reduce their exposure by texting instead of talking, not keeping their cell phones on their bodies, and using headphones.



While we wait for more research to come in, our advice for families applies to device use across the board: find a balanced lifestyle, which includes setting limits; establish device-free times and zones (such as Device Free Dinner); and model appropriate usage. *Source: Common Sense Media.com, 2020*

## Random drug testing rates set to increase



Workers who perform safety-sensitive functions in the trucking, warehousing, and other motor carrier transport-related industries should watch for an increase in occupational random drug testing. The Federal Motor Carrier Safety Administration (FMCSA) announced in December 2019 that it will double the minimum annual percentage rate of random drug testing for commercial motor vehicle (CMV) drivers from the current 25 percent to 50 percent for calendar year 2020.

That means, for example, a covered employer with 100 safety-sensitive employees will have to ensure 50 or more random drug tests are conducted during the 2020 calendar year. The reason for the increase is FMCSA found that the positive rate for controlled substances in random testing in the agency's 2018 Drug and Alcohol Testing Survey is on the rise from previous years. The minimum random alcohol testing rates are not expected to change.

In related developments, positive drug test results for transportation and warehousing workers increased by double digits over a 2-year period, according to testing firm Quest Diagnostics. Quest reported that positive results for transportation and warehousing workers increased by 21 percent between 2015 and 2017. Marijuana was the most commonly detected substance in all the tests.

There is also growing concern by employers in all industries about worker impairment as more states adopt medical and recreational marijuana laws. However, marijuana use is still illegal under federal law. *Source: Safety National, 2020*

## Avoiding Overexertion



Often, employees experience workplace injuries from overexertion, which is when you strain yourself from pushing your body too hard. This can happen by lifting, pushing, or pulling something too heavy for you.

Overexertion can lead to a “musculoskeletal disorder,” which can include these symptoms: swelling, numbness, stiffness, chronic pain, or the permanent loss of mobility in muscles, tendons, ligaments, and joints.

Overexertion can lead to long-term consequences for health, so preventing overexertion is important and can be accomplished by simple practices:

- Use correct lifting techniques when lifting a heavy object. For example, when you lift, face the load with your feet shoulder-width apart and your back straight, squat by bending at the hips and knees, and then use your leg and stomach muscles to power the lift.
- Use material-handling aides, like a cart or hand truck, to lift and carry heavy or awkward objects.
- Ask for help instead of trying to “muscle” your way through a job alone.
- Don't add an extra package or box to an already full load; instead, make an extra trip or ask someone to help.
- Don't overextend or reach to grab that item on a shelf; climb down the ladder, reposition it, and climb again.
- Arrange your work and your workstation to minimize reaching, bending, twisting, and awkward postures.

Take short breaks when doing strenuous tasks so that you can stretch and relax tense muscles, giving them a chance to recover. *Source Safety National, 2020*

# 25 Amazing Sources for Free Teacher Resources



Who doesn't love free? Well, good news! We've done the research for you and here are 25 of our top sources for free teacher resources. Happy hunting!

**1. Amazon Inspire** - is an open collaboration service that allows K-12 teachers to easily discover, gather, and share quality educational content with their community.

**2. Arts Edge** - sponsored by the Kennedy Center, Arts Edge provides arts-centered, standards-based resources for K-12.

**3. Common Lit** - Free collection of reading passages in all literary and non-fiction genres for grades 3-12.

**4. Common Sense Media** - is a nonprofit dedicated to providing educators and students with resources to harness the power of technology for learning and life.

**5. Discovery Ed** - offers a broad range of free classroom resources that complement and extend learning beyond the bell.

**6. Education World** - Education World is a complete online resource for teachers, administrators and school staff to find high-quality and in-depth original content.

**7. Everfi** - offers free digital courses that are interactive and standards-based. The focus is on real-world learning, with courses offered in financial literacy, STEM, social-emotional learning, health and wellness, and more.

**8. Jumpstart** - offers free teaching materials (activities, worksheets, lesson plans) for K-5 teachers that have been designed by experts or tried and found useful by other teachers.

**9. Library of Congress** - offers classroom materials and professional development.

**10. Literacy Design Collaborative** - a national community of educators which provides literacy-rich assignments and courses (organized by collection) across content areas.

**11. NASA** - Search hundreds of resources by subject, grade level, type and keyword. These lesson plans and teaching materials support K-12 STEM curriculum.

**12. National Gallery of Art** - The National Gallery of Art is to serve the USA in by preserving, collecting, exhibit-

ing, and fostering the understanding of works of art, at the highest possible museum and scholarly standards.

**13. National Women's History Museum** - The mission of the National Women's History Museum is to tell the stories of women who transformed the history of our nation

**14. New York Times** - Articles and questions, writing prompts and lesson plans that coordinate with The New York Times Learning Network for teens.

**15. Newsela** - is a database of current events stories tailor-made for classroom use.

**16. NSTA** - National Science Teachers Association promotes excellence and innovation in science teaching and learning for all.

**17. PBS Learning Media** - Free, standards-aligned PK-12 instructional resources including lesson plans, videos, inter-actives and more.

**18. ReadWriteThink** - Sponsored by the National Council of Teachers of English, ReadWriteThink provides educators with access to the highest quality practices in reading and language arts instruction by offering the very best in free materials.

**19. Scholastic Teachers** - Free teaching resources by grade including the categories Lessons and Ideas, Books and Authors, Top Teaching blog, Teacher's Tool Kit and Student Activities.

**20. Share My Lesson** - houses over 420,000 free lesson plans and activities including curated collections for early childhood through high school.

**21. Smithsonian's History Explorer** - was developed by the National Museum of American History in partnership with the Verizon Foundation to offer hundreds of free, innovative online resources for teaching and learning K-12 American history.

**22. Storyline Online** - This award-winning children's literacy website streams videos featuring celebrated actors reading children's books alongside creatively produced illustrations.

**23. Teacher.org** - offers a wide range of free teacher tools and resources including standards-aligned cross curricular lessons.

**24. Teacher Created Resources** - Free standards-aligned lessons and interactive whiteboard activities products created by teachers for teachers.

**25. Teacher Vision** - Teacher Vision has equipped a community of over one million educators with certified, expertly curated teaching resources designed to help their students succeed. *Source: Weareteachers.com, 2020*

## How to safely operate Floor Scrubbing Machines



### Start and operating instructions:

1. To attach brush, tilt machine back so that the bottom of the machine is exposed. Position the brushes three slots over the three lugs of the drive plate.
2. Adjust handle height to the correct height for the operator.
3. To start machine, hold handle with both hands and depress start lever.
4. This machine is designed to move from side to side. To guide right, raise the handle slightly. The higher the handle is raised, the faster the machine will move to the right. Conversely, to guide left, lower the handle. The more the handle is lowered, the faster the machine will move to the left.
5. When storing your floor machine, always remove the pad and brush.

6. Cord should be held over shoulder to keep the cord out of the path of the machine.

### Safety Instructions:

1. Never try to attach brush when motor is already engaged.
2. Never turn on machine with handle in locked up-right position.
3. Do not leave a plugged in machine unattended.
4. Never plug machine into wall socket that is not grounded.
5. Never plug power cord in with wet hands.
6. Never plug power cord into wall with the balance of the cord wrapped around the handle and switch lever.
7. Never let an inexperienced person operate the machine without proper instructions.
8. Never use an extension cord that is of a lesser gauge wires than that of the machine cord.
9. Never put weights on the floor machine to increase the scrubbing effect.
10. Never run the machine towards the power cord.
11. Never use a cord that is damaged or taped.
12. Never run scrub machine without a scrub pad or brush.
13. When moving machine from room to room, never rest machine in an upright position with pad in place.
14. Always unplug machine before putting drive block on, or working on machine. *Source: FCMAT.com, 2020*

## Jumbled Word Winner!

Congratulations **Anabel Lopez of Sherman Thomas Charter School**, who won last month's contest! For your chance to win solve the Jumbled Word Puzzle email the answer to Lisa Perez at [lperez@crma-jpa.org](mailto:lperez@crma-jpa.org) A drawing will be held on the 20th of this month. You could be our next winner for a \$25 Starbucks gift card. Good luck!



## Jumbled Word Puzzle

I	Y	E	L	C	T	E	I	R	T	C
---	---	---	---	---	---	---	---	---	---	---

C	N	A
---	---	---

U	R	T	N
---	---	---	---

O	U	Y
---	---	---

F	O	F
---	---	---

# Remember the **PASS** Word

**P**ull

**Pull** the pin (or other motion) to unlock the extinguisher.



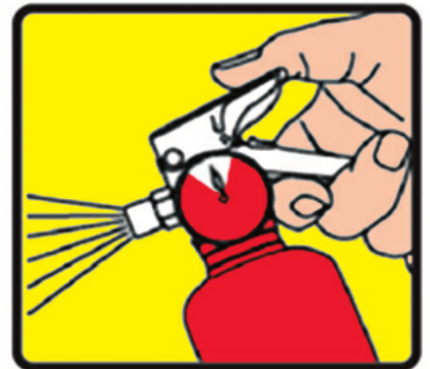
**A**im

**Aim** at the base (bottom).



**S**queeze

**Squeeze** the lever.



**S**weep

**Sweep** the spray from left to right.

