



North Coast Schools'
Insurance Group

Worker Compensation Claims

July 1 - September 30, 2012

District	# of claims
Del Norte	9
Eureka City Schools	6
Arcata	2
Northern Humboldt	2
HCOE	1
McKinleyville	1
Peninsula	1
Total	22

Type of Injury	#
Strain	13
Caused by student	3
Fall	1
Trip	1
Slip	1
Hearing Loss	1
Puncture	1

Job Classification	# of claims
Teacher	6
Custodian	5
Special Ed Aide	4
Maintenance	2
Clerical	1
Food Service	1
Bus Driver	1
Administration	1
Yard Duty	1

Safety ZONE

NEWSLETTER FOR BUS DRIVERS



Volume 12, Number 2



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

Bus Driver – Brian Turner

Brian Turner has driven school bus for McKinleyville Union School District for the past 12 years. He was a substitute driver until last year when he filled a vacant position for the entire school year.

What makes Brian a great bus driver? First of all, Brian is an outstanding employee. He's been recognized several times as a person deserving special recognition for his outstanding job performance. Secondly, Brian wants to drive a school bus. He doesn't do it because he has to; he chose to drive bus in addition to his other duties because he actually likes the job. He likes kids and he likes interacting with other people. And of course he like to drive the bus.

Brian somehow maintains a positive attitude and always remembers why it is that he comes to work each day. "I have a lot of things to do and I just like getting in and getting them done".

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	Carlina Horn/Linda Horton (707) 464-0250
Klamath-Trinity Joint Unified	Tiffany James (530) 625-5600 ext 2
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

His primary job duties are to maintain the grounds at all three of the schools sites and do most all of the maintenance repairs as well. He is the district's locksmith and even substitutes as a custodian when called upon, which he is quite often. Brian is easy to talk to and friendly.

The qualities that Brian possesses are many. He sets a good example for fellow employees and is always willing to help anyone trying to be their best as well.

Thanks Brian! We bus drivers are proud and thankful for your dedicated service. Thanks for always being there when we need you.



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.

**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**

Healthy Sleep Advice

If you are troubled by excessive daytime sleepiness or have problems getting or maintaining sleep, try the following sleep tips:

- ☺ Go to sleep and wake at the same time every day, and avoid spending more time in bed than needed.
- ☺ Use bright light to help manage your “body clock”. Avoid bright light in the evening and expose yourself to sunlight in the morning.
- ☺ Use your bedroom only for sleep to strengthen the association between our bed and sleep. It may help to remove work materials, computers and televisions from your bedroom.
- ☺ Select a relaxing bedtime ritual, like a warm bath or listening to calming music.
- ☺ Create an environment that is conducive to sleep that is quiet, dark and cool with a comfortable mattress and pillows.
- ☺ Save your worries for the daytime. If concerns come to mind, write them in a “worry book” so you can address those issues the next day.
- ☺ If you can’t sleep, go into another room and do something relaxing until you feel tired.
- ☺ Exercise regularly, but avoid vigorous workouts close to bedtime.
- ☺ If you are experiencing excessive daytime sleepiness, snoring or “stop breathing” episodes in you sleep; contact your health care professional for a sleep apnea screening.



Driving with her elbows...

Arlington, Wash – An Arlington school bus driver has been disciplined for texting behind the wheel.

Andrew Cunningham discovered the texting driver as he rode the school bus to a friend’s hour for a Halloween Party.

“My friend tapped my shoulder and said ‘Andrew, look the bus driver is texting,’” he said. “So I looked and she was texting, pulling out phone and trying to drive with her elbows.”

Andrew’s friend snapped a photo on his phone.

“It’s hard to see because the bus is moving but as you can see she’s texting,” Andrew said.

Andrew’s mom took her concerns and the photograph to the Arlington School District, contending the driver played Russian Roulette with children’s lives by deliberately making the choice to text while driving.

“I was absolutely appalled and horrified,” Kim Cunningham said.

The district’s drivers aren’t allowed to use phones while driving unless it’s a 911 emergency – a policy they’re reminded of yearly. Administrators placed the drive of Bus 29 on leave immediately while they conducted an investigation.

“As a result of investigation, we acted swiftly with the maximum allowable action for her,” said Andrea Conley with the Arlington School District.

What that is, the district won’t divulge but the driver with two decades in good standing was back on her bus this week, much to Kim Cunningham’s dismay.

“An accident didn’t happen but does a few days’ suspension justify her being back on the job?” she wondered. ‘Absolutely not.’

The district wants to make sure parents know student safety is top on their agenda and that this is the first time they remember a bus driver being punished for texting on the job.

Source – komonenews.com

What could the other drivers be doing??

Distracted driving is any activity that could divert a person’s attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include:



Texting



**Using a cell phone
or smartphone**



**Talking to
passengers**



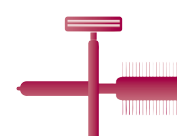
**Reading,
including maps**



**Watching
a video**



**Eating and
Drinking**



Grooming



**Using a
navigational system**



**Adjusting a radio,
CD player or MP3 player**

But, because text messaging requires visual, manual and cognitive attention from the driver, it is by far the most alarming distraction.

Key Facts and Statistics

- 🔊 In 2010, 3092 people were killed in crashes involving a distracted driver and an estimated additional 416,000 were injured in motor vehicle crashes involving a distracted driver.
- 🔊 18% of injury crashes in 2010 were reported in distraction-affected crashes.
- 🔊 In the month of June 2011, more than 1956 billion text messages were sent or received in the US, up nearly 50% from June 2009.
- 🔊 11% of all drivers under the age of 20 involved in fatal crashes were reported as distracted at the time of the crash. This age group has the largest proportion of drivers who were distracted.
- 🔊 40% of all American teens say they have been in a car when the driver used a cell phone in a way that put people in danger.
- 🔊 Driver who use hand-held devices are 4 times more likely to get into crashes serious enough to injure themselves.
- 🔊 Text messaging creates a crash risk 23 time worse than driving while not distracted.
- 🔊 Sending or receiving a text takes a driver’s eyes from the road for an average of 5.6 seconds, the equivalent –at-55 mph-of driving the length of an entire football field, blind.
- 🔊 Headset cell phone use is not substantially safer than hand-held use.
- 🔊 Driving while using a cell phone reduces the amount of brain activity associated with driving by 37%.

For more information, visit www.distraction.gov