



REDWOOD EMPIRE SCHOOLS' INSURANCE GROUP
Serving schools since 1979

RAP

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Wellness Corner

By: *Patty Baumunk, Director of Employee Benefits*



5 work habits that can wreck your teeth

These workplace no-no's can really take a toll on your oral health.

1. Using your teeth as tools

Don't tear off a piece of tape with your teeth, rip open packaging with your incisors or hold pins in your mouth.

Why not? You'll chip away at your enamel and risk breaking your teeth.

Instead, use scissors or other tools.



2. Chewing on pens and pencils

Don't chew on pens, pencils, markers or any writing equipment with your teeth.

Why not? You'll wear down the edges of your teeth, potentially causing a toothache and fractures.

Instead, snack on celery or carrot sticks until you lose the habit.



3. Your daily cuppa joe

Don't nurse your latte throughout the day.

Why not? You'll dry out your mouth, leading to bad breath and cavities. Plus, you'll stain your teeth over time.

Instead, choose green tea for a caffeine boost. If you can't go without coffee, skip the sugar and follow it with a glass of water.

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4. Taking a smoke break

Don't smoke cigarettes or e-cigarettes.

Why not? Besides causing lung cancer, smoking also multiplies your risk of oral cancer, tooth loss, gum disease and even cavities. Even e-cigarettes, which still contain nicotine, can harm gum health.

Instead, ask your doctor for help [quitting](#).

5. Leaving your toothbrush at home

Don't wait till you get home to brush and floss.

Why not? Plaque starts forming on your teeth immediately. The longer you wait, the harder it is to remove.

Instead, keep a toothbrush, some toothpaste and a container of floss in your desk or bag to use after lunch.



MOLD AND WATER

By: Will Davis, CIEC, REPA

Director of Environmental Risk Services

Fungi (molds) are found in virtually every environment, both indoors and outdoors.

Molds, like all living creatures, require three essential elements to live and grow: air, a food source, and available water. In the indoor environment mold growth is based upon the availability of these three elements. Most mold require oxygen in order to live and grow just like humans. Oxygen, of course, is typically readily available in an indoor environment. Mold also consumes food that humans eat but it also digests many types of organic building materials, e.g., wood, paper-faced gypsum **board, cloth, etc.** The **third requirement** for mold growth, water availability, is a factor that can be controlled.



Molds secrete digestive fluids that decompose the material that it is growing on (substrate), thus making nutrients available. Mold can also digest some synthetic materials such as adhesives, pastes and paints. While mold cannot get nutrients from inorganic material such as concrete, plastic, glass and metal, it can grow on the organic dirt/dust layer present on these surfaces.

For mold to begin to grow, a minimum level of water must be present in the indoor environment. The water that is available to support mold growth in building materials is referred to as "water activity" (A_w). Sources of water intruding into an indoor environment include:

- Roof leaks
- Condensation on surfaces due to high relative humidity
- Leaks from plumbing fixtures
- Flooding

It's a scientific fact that, if there's no water intrusion into an indoor space, then, there can be no mold growth occurring in that space.

If you have any questions regarding mold, or other indoor air quality issues, please call RESIG's Loss Prevention Department at (707) 836-0779 ext. 107.





RESQC - A Success Story

By: Steven Fields, Property & Liability Risk Manager
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On July 1, 2001, the Redwood Empire Schools' Care Quest (**RESQC**) Program was established. **RESQC** provides a **24-hour phone line** to record calls from students and community members for crimes against our schools, students, and staff. Since **RESQC's** inception, staff has received hundreds of calls resulting in the authorities learning the identity of parties responsible for damages. This program has served to protect RESIG's member districts and boost RESIG's subrogation efforts.

One of **RESQC's** recent successes involved vandalism to locks at a West Sonoma County School District site. The perpetrators glued locks resulting in damage. A reward was offered and students came forward and reported the identity of the parties responsible resulting in their apprehension by the authorities and restitution to the District.

RESQC provides 11 X 17" posters to schools to display on campus with an overlay of the school name displayed. In addition, posters are available to be made for acts of vandalism, violence, or threats against our schools. Materials may be ordered without charge by completing an Incident Report and faxing it to RESIG at (707) 836-9079 or emailing it to Deborah Fraser at dfraser@resig.org.

Should calls result in the apprehension of those responsible for crimes or conspiracies against Sonoma County Schools, **RESQC** provides rewards of up to \$1,000 to the reporting party. (Rewards are provided through RESIG Safety Funds.)

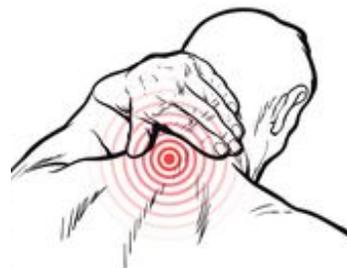
PLEASE NOTE: The **RESQC Hot Line** is monitored **24-7**. Please call **1-877-570-7770** To report a crime or **ANY EMERGENCY** (fire, flood, storm, etc.).

Tech Neck?

By: Kelly Cook, CEAS, CPDM

I was recently catching up on my reading and ran across an article warning of a new health issue, "Tech Neck". This new issue is related to improper body mechanics when using cell phones, laptops, computers, etc. Tech Neck is something we all are susceptible to unless you practice good ergonomics. Whether texting on your cell phone or bending over your computer, you can create big problems for yourself just by the degree you tilt your head subjecting yourself to Tech Neck.

When kept at the normal 90 degree angle your head weighs about 12 lbs. But if you tilt or angle to text, view your computer or laptop your head weight greatly increases and so does the effect of Tech Neck. It actually is the strain that is placed on the neck and back muscles that creates this issue, hence creating improper support is what produces the pain of Tech Neck. We should all be striving for a good ear over shoulder and shoulder over hip posture when performing computer related work and/or texting, etc. The increased distress to your body also can interrupt your sleep and we all know how loss of sleep can affect work performance.



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What to do? Try to minimize the tilt/angle of your head when using tech gadgets, computers, and laptops. You can also minimize **the number of minutes you perform these tasks** and try to build in task rotation throughout your day. Take a pause and stretch, or you might even consider a quick standing pause or walk across the hall instead of using email to converse with co-workers. Don't forget the 20/20/20 guideline....for every 20 minutes of tech type work, take 20 seconds and focus on something 20 feet away. Even better is to stand during this quick micro pause. I'm feeling better already!

The burden of staring at a smartphone

Effective weight on the spine as forward tilt increases

0°	15°	30°	45°	60°
12lb	27lb	40lb	49lb	60lb



GUARDIAN GRAPHIC

SOURCE: SURGICAL TECHNOLOGY INTERNATIONAL



RESIG's Executive Committee and Managers during the Strategic Planning Session on October 20, 2016

Executive Committee Meetings

January 19, 2017
 February 23, 2017
 March 16, 2017
 April 20, 2017
 May 18, 2017
 June 8, 2017