Nevada Joint Union High School District

District Name

INJURY AND ILLNESS PREVENTION PROGRAM (IIPP)

Place Logo Here	

Nevada Joint Union High School District

District Name

11645 Ridge Road, Grass Valley, CA 95945

District Address

530-273-3351

District Phone

GENERAL INDUSTRY SAFETY ORDER 3203 State Standard Title 8, Chapter 4 (As of February 2013)

3203. Injury and Illness Prevention Program

- A. Effective July 1, 1991, every employer shall establish, implement and maintain an effective Injury and Illness Prevention Program. The Program shall be in writing and shall, at a minimum:
 - 1. Identify the person or persons with authority and responsibility for implementing the Program.
 - 2. Include a system for ensuring that employees comply with safe and healthy work practices. Substantial compliance with this provision includes recognition of employees who follow safe and healthful work practices, training and retraining programs, disciplinary actions, or any other such means that ensures employee compliance with safe and healthful work practices.
 - 3. Include a system for communicating with employees in a form readily understandable by all affected employees on matters relating to occupational safety and health, including provisions designed to encourage employees to inform the employer of hazards at the worksite without fear of reprisal. Substantial compliance with this provision includes meetings, training programs, posting, written communications, a system of anonymous notification by employees about hazards, labor/management safety and health committees, or any other means that ensures communication with employees.

Exception: Employers having fewer than 10 employees shall be permitted to communicate to and instruct employees orally in general safe work practices with specific instructions with respect to hazards unique to the employees' job assignments as compliance with Section A.3

- 4. Include procedures for identifying and evaluating work place hazards including scheduled periodic inspections to identify unsafe conditions and work practices. Inspections shall be made to identify and evaluate hazards:
 - a. When the Program is first established:

Exception: Those employers having a place on July 1, 1991, a written Injury and Illness Prevention Program complying with previously existing Section 3203.

- b. Whenever new substances, processes, procedures, or equipment are introduced to the workplace that represents a new occupational safety and health hazard: and
- c. Whenever the employer is made aware of a new or previously unrecognized hazard.
- 5. Include a procedure to investigate occupational injury or occupational illness.

Exception No. 1: Employers with fewer than 10 employees can substantially comply with the documentation provision by maintaining a log of instructions provided to the employee with respect to the hazards unique to the employees job assignment when first hired or assigned new duties.

Exception No. 2: Training records of employees who have worked for less than one (1) year for the employer need not be retrained beyond the term of employment if they are provided to the employee upon termination of employment.

Exception No. 3: For Employers with fewer than 20 employees who are in industries that are not on a designated list of high-hazard industries established by the Department of Industrial Relations (Department) and who have a Workers' Compensation Experience Modification Rate of 1.1 or less, and for any employers with fewer than 20 employees who are in industries on a designated list of low-hazard industries established by the Department, written documentation of the Program may be limited to the following requirements:

- A. Written documentation of the identity of the person or persons with authority and responsibility for implementing the program as required by subsection (a)(1).
- B. Written documentation of scheduled periodic inspections to identify unsafe conditions and work practices as required by subsection (a)(4).
- C. C. Written documentation of training and instruction as required by subsection (a)(7).

Exception No. 4: Local governmental entities (any county, city, city and county, or district, or any public or quasi-public corporation or public agency therein, including any public entity, other than a state agency, that is a member of, or created by, a joint powers agreement) are not required to keep records concerning the steps taken to implement and maintain the Program.

Note 1: Employers determined by the Division to have historically utilized seasonal or intermittent employees shall be deemed in compliance with respect to the requirements for a written Program if the employer adopts the Model Program prepared by the Division and complies with the requirements set forth therein.

Note 2: Employers in the construction industry who are required to be licensed under Chapter 9 (commencing with Section 7000) of Division 3 of the Business and Professions Code may use records relating to employee training provided to the employer in connection with an occupational safety and health training program approved by the Division, and shall only be required to keep records of those steps taken to implement and maintain the program with respect to hazards specific to the employee's job duties.

INJURY AND ILLNESS PREVENTION PROGRAM

The	e following written injury and illness Prevention F	rogram, combined with the basic safety policies
of_	Nevada Joint Union High School District	, document that it is the District's
	District Name	

policy to fully comply with Labor Code Section 6401.7 and General Industry Order Section 3203, Injury and Illness Prevention Program.

III Identification, Evaluation and Prevention 8 CCR 3203 A.2

Nevada Joint Union High School District	will use the following system
District None	

for identifying, evaluating, and preventing occupational safety and health hazards.

- 1. There shall be periodic and scheduled inspections of the facility and all workstations. Frequency of inspections shall be based on need, but all areas will be inspected at least yearly.
- 2. There shall be investigations of all occupational accidents, injuries, illnesses and other potentially hazardous events.
- 3. There shall be a review of applicable General Industrial Safety Orders and other Safety Orders that apply to the District's operations.
- 4. There shall be a review of industry and general safety information related to occupational safety and health hazards found in office environments.
- 5. There shall be evaluations made of other information or hazards reported by employees.

IV Communication 8 CCR 3203 A.3

The following methods shall be used to effectively communicate with the employees to meet the required standard.

1. Nevada Joint Union High School District

has established a

District Name

labor-management safety committee which meets quarterly. Minutes are prepared and posted in the committee's shared Google folder.

Enter Appropriate Location

Additional means of safety communication consist of:

EXAMPLE

- The suggestion box located on the table opposite the fax machine adjacent to the entrance to the file room.
- Contacting any member of the Safety Committee or
- Contacting your Supervisor

(Please delete SIG example above upon completion of Communication.)

Staff have access to and can be directed to the Confidential Reporting of Safety Hazards or Concerns form, located on the district website (https://forms.gle/agorfM8Dz6Wdq8RB6)

VII

Methods and Procedures for Correcting Unsafe and Unhealthy Conditions and Work Practices 8 CCR 3203 A.6

The following methods and/or procedures will be used to correct unsafe or unhealthy conditions, work practices and work procedures in a timely manner based on the severity of the hazard:

- Imminent hazard.
 Personnel not needed for corrective action will be removed from the area.
- Less severe hazards.
 Problems will be dealt with in a timely manner as determined by the <u>Don Anderson, Director of Maintenance and Operations</u>

 Responsible Party & Title
- 3. Activities such as training and/or retraining of employees on safe work practices and hazard problems will be practiced to reduce unsafe or hazardous conditions.
- 4. Procedures such as safety work order system, inspection reviews, and monitoring of employees and conditions will be standard operating procedures.

VIII Inspections

Inspections will be conducted to verify compliance with safe work practices and other safety requirements, to identify any new or additional hazards, and to monitor basic safety operations. Inspections shall also be part of investigation procedures related to any occupational incident, injury or illness occurrences.

Frequency and responsibility for inspections:

- Frequency of Scheduled Inspections: Minimum Annually
- Person Responsible Don Anderson, Director of Maintenance and Operations
 or designated representative

 Responsible Party & Title

<u>IX</u> Inspection Documentation

Documentation of Inspections:

- 1. Periodic scheduled inspections are documented in writing and include methods of correction of hazards identified.
- 2. Documentation is maintained by the ______ Don Anderson, Director of Maintenance and Operations

Responsible Party & Title

XI Employee Safety Training 8 CCR 3203 A.7

Employee Safety Training shall be provided under the following guidelines:

- 1. Initial training shall be provided for all current employees and substitutes as soon after the establishment of the District's program as possible.
- 2. New employees shall be provided initial safety training upon hiring and prior to assignment.
- 3. Employees shall be provided safety training when assigned to a new task or job for which training has not been received.
- 4. Supervisors shall be trained on hazards and safe practices in their area of responsibility.
- 5. Training shall include general and specific job safety category training.
- 6. Documentation of training shall be maintained in writing by individual and/or group training sessions. Documentation is maintained by the Lesa St. Germain, HR Coordinator

Responsible Party & Title

7. Refresher training is provided at the following frequency: as needed but not less than annually. Specific designated trainings may be made available through PublicSchoolWORKS.

XII Documentation 8 CCR 3203(a)(2)

Recordkeeping requirements of General Industry Safety Order 3203 shall be documented in writing and maintained for at least three years, except for specified job safety categories which have longer periods for certain activities under other code sections.

Employee Injury and Illness Prevention Standard

Notice to Employees:	
The Nevada Joint Union High School District	has complied with General
District Name	
Industry Safety Order #3203 by establishing an Injury and Ill	ness Prevention Program.
A copy of the written program is available at the following lo District Website, District Office, Bear River HS, Nevada Union HS, Silver	
Enter Applicable Information – Physical Sites	s and/or Electronic
Employees have the following rights under this program:	
To be advised of occupational safety and health haz conditions, practices and personal protective equipm	
To provide information to the employer on safety safety suggestions without fear of reprisal.	hazards, request information to make
Employees have a duty to comply with the following require themselves and fellow employees:	ements to make the workplace safe for
Know the safe work practices for the general work	area and for your job.
Comply with working conditions, safe work practic requirements for your job.	es and personal protective equipment
Report unsafe conditions and injuries/illnesses to	your supervisor.
Employees must comply with the requirements listed abo actions:	ve or face the following disciplinary
Progress employee discipline, depending on the severity of the lack of co	ompliance; including and up to dismissal.
Enter Applicable Document or Refer	ence
The employer will conduct inspections to identify unsafe co	nditions and violations of safety rules.
	m, ask your supervisor or the y information may be confidentially
Responsible Party & Title	
reported using the Confidential Reporting of Safety Hazards or Concerns	s form.
Signed Dan Friscle, Assistant Signature of Responsible Party & Title Some and the second seco	(2(17)21 Date

Injury and Illness Prevention Program Forms

ATTACH APPLICABLE APPENDICES AND FORMS

EXAMPLES:

- Documentation of Employee Safety Training Sign-in Sheet
- Employee Safety Reporting and Near Hits/Misses
- Occupational Incident, Injury and Illness Investigation Form
- Annual Site Inspection Form
- Any additional safety form currently in use.

GENERAL SAFE WORK PRACTICES

JOB CATEGORY:

ALL EMPLOYEES

TYPE OF FACILITY:

ALL FACILITIES

POTENTIAL

HAZARD:

SAFE WORK PRACTICE

Slips and Falls On Same Level

- Clean up all spills immediately.
- Report slick floors as a hazard.
- Reduce tripping hazards through good housekeeping and safety awareness.
- Unplug and roll up long electrical cords and extension cords when not in immediate use.
- Wear appropriate shoes for job classification.
- Use alternate routes when floors are wet or being mopped.
- Ensure floor mats are being used at all entrances/exits to the buildings.
- Turn on lights when entering an unlit area.
- Use tread guards across walkways where it is not possible to re-route cords.
- Maintain clear aisle ways.
- Be especially cautious when walking during wet or icy weather conditions.
- Be aware of gravel, sand or other debris on walkways.

Falls From High Places

- Never use a broken ladder or step stool.
- Use stepladder rather than chairs or tables.
- Use appropriate ladder for the situation.
- Make sure ladders and step stools are in good repair and are properly set before use.
- Report any potentially hazardous condition, including missing or broken guardrails or other hazards.
- Limit the amount of high storage and other reasons for needing ladders.
- Secure help on high work or unusual circumstances.
- Keep ladder area clear of obstructions.
- Use handrails on ascending and descending stairs.

JOB CATEGORY:

ALL EMPLOYEES

TYPE OF FACILITY:

ALL FACILITIES

POTENTIAL

HAZARD:

SAFE WORK PRACTICE

Cuts, Abrasions, Burns And Other Bodily Injuries

- Use proper carrying techniques for sharp objects.
- Store sharp, pointed objects flat and pointed away from user.
- Clean/store sharp utensils individually, do not mix with other materials in a sink or drawer.
- Safety devices, such as finger guards and blade locking devices should be used on paper cutters.
- Understand proper use techniques for each tool before using.

Cuts, Lacerations And Eye Injuries From Power Equipment

- Do not operate machines or equipment until instructed in proper use.
- Follow manufacturer's recommendations for safe use of tool.
- All electrical equipment should be turned off and unplugged when cleaning, repairing or changing parts.

Fire Injury

- Know fire extinguisher location and operation.
- Know evacuation routes and alternatives.
- Know bell or alarm system at work locations.
- Know location of electrical and gas controls for work area.
- Know contingency plans for various emergencies.
- Practice specific role in emergency plan.
- Store combustible materials away from heat sources.
- Make sure portable heaters have tip over switches and are U.L. approved.
- Maintain good housekeeping practices.
- Do not risk your life trying to extinguish a fire which could get out of control.
- Storage of duplication/ditto fluids should be limited to 2 gallons, plus one in use, at a single location.
- Unplug all electrical appliances (such as space heaters, coffee pots, etc.) at the end of each workday.

 Unusual conditions such as extra high or low steps, low ceilings, or unclear exiting should have special signs and/or be highlighted with paint to draw attention to the condition.

JOB CATEGORY:

ALL EMPLOYEES

TYPE OF FACILITY:

ALL FACILITIES

POTENTIAL HAZARD:

SAFE WORK PRACTICE

Misc. Injuries cont.

- Keep file drawers closed except during immediate use.
- Maintain moderate noise levels (i.e., dance music, loud speakers, etc.).
- Report all accidents/injuries at work.
- Become familiar with emergency/disaster plan for your site and participate in practice drills.
- Learn to recognize potential hazards from earthquakes and set up your work area to minimize those hazards.

Stress

- Prioritize the tasks that you are to accomplish.
- Mix tasks you like to do with those that are more difficult.
- Take breaks and relax muscles.
- Work on developing good conflict resolution skills and effective communication skills.
- Increase level of exercise.
- Add humor and relaxing activities to the workday.
- Take vacation time regularly.
- Make friends at work and develop a support system.
- Attend stress workshops and practice the stress reducing suggestions.
- When you feel overloaded with work, ask for help either administratively or from a co-worker.

Infectious Diseases or Health Conditions

- Report infectious diseases and other health conditions to appropriate supervisor.
- Practice good personal hygiene and wash hands as needed.
- Use non-latex rubber gloves when contact is likely with human body fluids (blood, vomit, feces, urine, etc.).
- Blood or other bodily fluids should be cleaned up with soap and hot water.
- Keep work areas well ventilated.
- Dispose of contaminated materials properly.
- Learn first aid and CPR.
- Contact local health professionals for additional health information.

SPECIFIC SAFE WORK PRACTICES

General and specific safe work practices are integrated. Review the general safe work practices in conjunction with these specific safe work practices.

Special Caution

- This employee classification may experience a high rate of injuries due to trips, slips and falls. To minimize exposure, practice good housekeeping, always watch where you are walking, watch for cords or other tripping hazards, be particularly cautious during rainy or icy weather, and watch for gravel, rocks or other debris on walkways.
- Always follow ergonomic guidelines to prevent repetitive motion injuries such as carpal tunnel syndrome. Alternate tasks throughout the day, adjust your workstation and do simple stretching exercises.

JOB CATEGORY:

ADMINISTRATION/CLERICAL

TYPE OF FACILITY:

OFFICE SITE

POTENTIAL

HAZARD:

SAFE WORK PRACTICE

Slips and Falls On Same Level

- Keep all passageways clear.
- Do not run, particularly when carrying files, papers, etc., on stairs, in halls or in corridors.
- Report worn or warped chair mats, floor mats and runners to supervisor.
- Do not lean or tilt back or sit on the edge of a chair.
- Position cables, phone and electrical cords to prevent tripping.
- Use tread guards across walkways where it is not possible to re-route cords.

Falls From High Places

- Use a ladder or step stool to reach high items. Never stand on chairs or desks. (See Appendix – "Safe Work Practices for Stepstool & Step ladder")
- Do not place stacks of boxes, papers or other heavy objects on top of file cabinets, desks or window ledges.
- Never use a broken ladder or step stool.

Back Injuries

- Call custodian or maintenance staff to assist in rearranging furniture, moving desks, file cabinets or other heavy items.
- Always use proper lifting techniques and good body mechanics.
- Position regularly used items within easy reach to avoid leaning/twisting motion while lifting.

JOB CATEGORY:

ADMINISTRATION/CLERICAL

TYPE OF FACILITY:

OFFICE SITE

POTENTIAL

HAZARD:

SAFE WORK PRACTICE

Electrical Shock Injuries

- Use only U.L. approved appliances (coffee makers, radios, lamps, etc.)
- If office equipment gives a shock, appears defective, sparks/smokes, turn off, unplug and report it to supervisor.

Sit/Stand Workstations

- Use in the seated and standing position intermittently. Sitting or standing for too long may cause increased lower back pain. Try to adjust from the sitting to standing position and vice versa at least once per hour.
- Adjust your monitor levels to ensure a balance vision level while sitting and standing.
- Adjust keyboard tray to a neutral position allowing shoulders to fully relax at sides. Ensure you aren't reaching or shrugging to type comfortably. Elbows should be bent at approximately at a 90 degree angle, never less.

Repetitive Motion Injuries (Cumulative Trauma)

- Attend ergonomic safety training.
- Keyboard should be positioned so wrists and hands are in a neutral position.
- Adjust backrest of chair to maintain natural curve of lower back.
- Keep feet flat on floor or use footrest to help maintain good posture and leg circulation.
- Shift position frequently.
- Periodically perform exercises designed to relax muscle tension/stiffness, stress and general fatigue.
- If possible, alternate different tasks throughout the day.
- Consider computer software that periodically reminds user to do other activities/exercises.
- Be aware of the early warning symptoms of carpal tunnel syndrome:
 - undue fatigue in hands;
 - tingling in fingers especially in thumb and first two fingers;
 - aching in wrist and hands;
 - hands falling asleep at night;
 - difficulty in handling small objects;
 - loss of feeling in finger tips.

APPENDIX

Safe Work Practices for Stepstool & Stepladder in an Office Environment

Ladders can be used to perform a variety of tasks in many different applications particularly if the ladder is accessible and used by different people. For this reason the ladder should always be inspected prior to use (see procedures regarding Proper Set-Up). Common hazards associated with ladder use consist of slips and falls, ladder tip-over, electric shock, ladder failure due to defects, damage and overloading. Examples of improper ladder use in an office environment are: using a ladder that's too short, not using a ladder when one should be used, not using barricades or warning devices when setting up the ladder and/ or reaching too far from the sides of the ladder.

NJUHSD		provides Stepstools and Ladders	
	District	Tool	
to_	Classified Staff Members	Maghilland add as his any a say formate a	
100	Classification		

The following are general and specific safe work practices for using a stepstool or stepladder.

INSPECTION

- Inspect before each use. Never climb a broken or bent ladder. All parts must be in good working order.
- Make sure all rivets, joints, nut and bolts are tight; step spreader and braces are secure, no bends or cracks, spreaders and work shelf function properly.
- Ladder should not be used if there are signs of temporary repairs, damaged or missing parts.
- Withdraw from service, destroy and properly dispose of ladder if broken, worn, exposed to fire or chemical corrosion.

SET UP

- <u>DANGER!</u> Metal conducts electricity! Do not let ladder of any materials come into contact with exposed energized electrical equipment.
- Make sure spreader is fully opened/locked and if a work shelf is provided it is in itsfull opened/locked position.
- Place ladder on a firm, level surface with secure footing. Do not use on slippery surfaces.
 Do not place on boxes or other unstable bases to gain additional height.
- Test ladder's stability.
- Do not place in front of doors opening towards ladder or set-up in other areas i.e. hallways, passageways, sidewalks/ driveways, where it can be displaced by workplace activities or pedestrian traffic.

DISTRICT ADDRESS

TELEPHONE/FAX

STUDENT ACCIDENT BENEFITS AVAILABLE

NAME OF PERSON COMPLETING REPORT

REMARKS CONTINUED

NAME OF COMPANY

SUBMIT TO: **KEENAN & ASSOCIATES**

TORRANCE:

PHONE (800) 654-8102 FAX (310) 212-6847

OAKLAND:

PHONE (800) 344-8507 FAX (510) 986-6756 CONFIDENTIAL - ATTORNEY/CLIENT WORK PRODUCT PRIVILEGE

This report is to be completed by school district employees. This form is a confidential, internal, document; its contents are not to be shared or copied for any persons who are not school district employees and/or their legal representatives.

TELEPHONE NUMBER OF PERSON

CONFIDENTIAL SCHOOL ACCIDENT REPORT

IN CASE OF SERIOUS INJURIES, A TELEPHONE REPORT IS TO BE MADE IMMEDIATELY

NOTE: The school employee either witnessing the accident or supervising at the time should complete and submit this form within 24 hours. Please type or print using ball point pen. NAME OF SCHOOL DATE OF REPORT ADDRESS OF SCHOOL (NUMBER, STREET, CITY AND ZIP CODE) NAME OF INJURED PERSON (LAST, FIRST, M.I.) AGE GRADE TELEPHONE NO. OF INJURED PERSON IS INJURED PERSON A MINOR | NO YES NAME OF PARENT OR LEGAL GUARDIAN ADDRESS OF PERSON INJURED (NUMBER, STREET, APARTMENT NUMBER, CITY, STATE AND ZIP CODE) □_{AM} □_{PM} TIME WHERE DID ACCIDENT OCCUR DATE (MONTH/DAY/YEAR) DESCRIBE HOW ACCIDENT OCCURRED (USE FACTS ONLY; EXCLUDE OPINIONS AND/OR ASSSUMPTIONS) FIRST AND LAST NAME OF PERSON IN TITLE OF PERSON (TEACHER, WAS HE/SHE PRESENT AT THE INJURED VIOLATED CHARGE AT TIME OF ACCIDENT VOLUNTEER, ETC.) SCHOOL RULE? ☐ NO ☐ YES □ NO □ YES NAME OF WITNESS(ES) **ADDRESS** TELEPHONE NO. STATUS (Student/Volunteer, etc.) APPARENT NATURE OF INJURY (PLEASE CHECK) INJURED PART OF BODY (PLEASE CHECK) Fracture Head Arm Abrasion Strain/Sprain Finger Abdomen Neck Cut L Dislocation L Hand Contusion Back Internal Concussion Other (Explain) Other (Explain) FIRST AID PROCEDURES USED NAME OF PERSON WHO ADMINISTERED FIRST AID DISPOSITION OF INJURED AFTER ACCIDENT WHO WAS NOTIFIED RELATIONSHIP TO INJURED Home Doctor L Hospital IF INJURED PUPIL LEFT SCHOOL, TO WHOM RELEASED NAME AND ATTITUDE OF ANYONE CONTACTING SCHOOL

REMARKS

STATUS

NEVADA JOINT UNION HIGH SCHOOL DISTRICT SITE ADMINISTRATORS

Nevada Union High School

Kelly Rhoden - Principal krhoden@njuhsd.com 530-273-4431 x 2004

Tim Reid - Assistant Principal treid@njuhsd.com 530-273-4431 x 2007

Luke Browning - Assistant Principal lbrowning@njuhsd.com
530-273-4431 x 2007

Bear River High School

Chris Roberts - Principal croberts@njuhsd.com 530-268-3700 x 4812

Cathy Peterson - Assistant Principal cpeterson@njuhsd.com
530-268-3700 x 4842

Silver Springs High School

Marty Mathiesen - Principal mmathiesen@njuhsd.com 530-272-2635 x 2600

Scott Mikal-Heine - Assistant Principal smikal-heine@njuhsd.com 530-272-2635 x 2629

Ghidotti High School

Noah Levinson - Principal nlevinson@njuhsd.com 530-274-5270

North Point Academy/Nevada County Adult Education

Michael Hughes - Principal mhughes@njuhsd.com 530-477-1225 x 2302