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**Preventing Bullying is discussed in this week's Blog** from Safe-Wise Consulting. Over half, about 56 percent, of all students are exposed to bullying on a regular basis at school according to the National Crime Prevention Council. This week's Blog offers ideas on how organizations can look at youth protection in broad terms. The [Safe-Wise Consulting Blog](#) is published weekly and provides first-person commentary of risk management issues organizations face on a regular basis. Sign-up for notifications of new postings [HERE](#).

**Shoveling snow can cause injury.** Knowing safe shoveling techniques can help to avoid injury. Many people shovel snow, but many also do it the wrong way. The most important element of shoveling snow is proper mechanics. By keeping your snow loads light and utilizing leverage, you'll be able to avoid injury. Remember to have plenty of water; the combination of exertion and the cold weather will dehydrate you more rapidly than normal. Wear the proper clothing, layers are best, and use the correct shovel. When it comes to shovels, bigger is not better. Most shoveling injuries are caused by twisting, so remember to be cautious and use your legs and feet. Read more about shoveling safety [HERE](#).

**Aquatic safety takes constant attention.** Safe-Wise recently published [15 Quick Tips for Aquatic Safety](#) that outlines some practical suggestions for keeping your program safe and preventing drowning. More information on aquatic safety is available in the [Online Resource Library](#).

**Managing safety at skate parks can be challenging.** A recent article in [Recreation Management magazine](#) discusses the evolution of skate parks and things to consider from design through operations. The discussion of encouraging greater helmet use with incentives and access to safety gear is highlighted along with a "less is more" approach to supervision. Practical suggestions for enforcing rules on safety gear through the use of clearly posted signage that outlines rules, safety recommendations and liability law are pointed out. Read more [HERE](#).

**Standing for long periods of time or sitting at a desk all day can take a toll on your neck.** Workplace injuries are not limited to maintenance workers. Workers with more stationary responsibilities should take time throughout the day to stretch or for a break. [Simple neck stretches](#) can help to prevent or reduce stiffness and pain.

**New regulations under the Americans with Disabilities Act (ADA) require compliance by March 2012.** In an effort to help members determine how to be in compliance with the new ADA rules, [the Association of Pool and Spa Professionals](#) (APSP) has prepared a [Q & A sheet](#) with background information to help determine how to be in compliance. More information about the ADA is available [HERE](#).

**This Month's Topics:**

*Preventing Bullying*  
*Safe Snow Shoveling*  
*Aquatic Safety Lists*  
*Skate Parks*  
*Preventing Staff Injury*  
*ADA Compliance*