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Room setup makes a difference in Violent Intruder situations. The folks at the ALICE Training Institute ([ATI](#)) suggest that one of the most basic ways to increase safety in schools is to set up classrooms in a safer way. Classroom safety becomes an utmost priority for an ALICE Certified teacher. ATI offers training and tips on how to maximize safety and support ALICE strategies through specific environmental changes to the standard classroom layout. Keep in mind that the application of these suggestions depends on the physical layout of your classroom, the resources that you have available, and the level of authority that you have to make changes in your classroom. So as you get your classroom ready and prepare for the upcoming school year, keep these important ALICE school security tips in mind: Know the layout of your school and the nearest exit to your classroom; Place your natural teaching position as far from the door as possible; Consider arranging a low bookshelf to create a path into the class; Pre-plan how you will barricade your room in case of a violent intruder; Observe the type of door on your classroom; Know how to utilize your classroom windows; and Consider keeping your door locked at all times you have students in your room. Download the full text of these tips [HERE](#).

What are the risks of chemical interaction? In a recent article from Aquatics International ([AI](#)) magazine, Harold Evans the possibility of potentially hazardous chemical issues in aquatic venues. Evans writes: "As an industry, do we comprehend the risks and contradictions that we may be creating and allowing our customers to swim in? If you depend on product labeling, SDS sheets, EPA registration or NSF listings for this information, think again. There are some potentially hazardous chemical combinations you might not be aware of. It is highly likely that, without warning labels or proper education, professionals are creating combinations that are unsafe, harmful, or at a minimum contradictive. The EPA, NSF, and current labeling laws do not mandate disclosure of interactive risk with other known additives in pool water. But if you combine certain chemicals, the byproduct reactions become your professional responsibility." Read more [HERE](#).

OSHA poster now available in 10 languages. OSHA's free Job Safety and Health: It's the Law! poster is now available online in [French*](#), [Arabic*](#) and [Vietnamese*](#). This is in addition to the versions that were already available in [English*](#), [Chinese*](#), [Korean*](#), [Nepali*](#), [Spanish*](#), [Polish*](#) and [Portuguese*](#). The poster informs workers of their rights under the Occupational Safety and Health Act. All covered employers are required to predominantly display the poster in their workplaces where workers can see it. For more information about the poster and how to get copies in the various languages, visit OSHA's [workplace poster webpage](#).

The Red Cross and Y-USA look to clarify Shallow Water Blackout. The two organizations worked together to issue a joint statement that reads (in part): “The practices of hyperventilation preceding underwater swimming and extended breath-holding in the water are dangerous and potentially deadly activities. These activities can put the body in a state of hypoxia—a condition in which the body is deprived of adequate oxygen supply. It is our goal to educate those that we teach about the risks of hypoxia in the water and help ensure that they do not engage in behavior that could result in loss of consciousness and death. The result of these activities is referred to by some as “shallow water blackout.” The use of this terminology in these cases is misleading since water depth is not a factor in the body’s response to hyperventilation and extended breath-holding. Shallow water blackout is the medical condition that can result in unconsciousness in water that is typically less than 15 feet (5 meters) deep either from diving equipment failure or as a breath-hold diver returns to the surface. There are specific precautions and prevention strategies for this condition.” Read more [HERE](#).

Did you see this in the last E-news:

Is it Halloween in your fitness center? Elevation training masks grow in usage when they are popularized by professional athletes or by popular movies. The masks have been marketed to suggest that they can simulate exercise in high-altitude elevations or provide the benefits of hypoxic training. There is limited research on the effectiveness of these devices and almost no research available that is not funded by one of the manufacturers. These devices can restrict oxygen to the user, can increase rebreathing expired CO₂ trapped in the users’ mask and even limit hydration during workouts. These are very real concerns for users and facility operators to consider. From a risk vs reward review there seems to be little evidence that the benefits outweigh the concerns and support the use of these devices among the mainstream population. Organizations are encouraged to review the use of these devices and take appropriate action to restrict or ban their use until strong evidence is available to support their use in the public/private fitness environment.

Does social media have a role in Crisis Management? Twitter, Facebook, Instagram, Tumblr and so many more social media platforms are intertwined with people's daily lives. People turn to them as a first source for news and information, a fact that organizations can use to their advantage during an emergency situation. Vivian Marinelli discusses how to effectively utilize social media during a crisis in a recent article from [Athletic Business](#) magazine. Marinelli writes: “In recent crises, we have seen the digital environment as an immediate outlet for information. The speed by which pictures and videos can be uploaded and shared is almost instantaneous. Every facility should have an emergency preparedness plan.” She goes on to outline a step by step process for adding social media as a crisis communication element to your emergency response plan. Read more [HERE](#).

Safe-Wise Consulting wishes you and yours a joyous Holiday Season that continues into a New Year filled with health and prosperity.



Please remember that joy is a wonderful thing and is meant to be shared with others.

This Month's Topics:

Preparing for Violent Intruders
Managing Chemical Interactions
OSHA Workplace Posters
Shallow Water Blackout
Elevation Training Masks
Social Media and Crisis Management
Season's Greetings