

Classroom calling for Ware

Christa McAuliffe's Birthday	Sept. 2	Citizenship & Constitution Day	Sept. 17
Labor Day (Staff Holiday)	Sept. 7	Rosh Hashanah Begins (sundown)	Sept. 18
Patriot Day	Sept. 11	Texian Navy Day	Sept. 19
Texas First Responders Day	Sept. 11	Rosh Hashanah Ends (sundown)	Sept. 20
Grandparents' Day	Sept. 13	Peace Day	Sept. 21
Cowboys Super Bowl Run Starts	Sept. 13	First Day of Autumn	Sept. 22
National Arts in Education Week	Sept. 13-19	End of First Six Weeks	Sept. 25
Hispanic Heritage Month Begins	Sept. 15	Yom Kippur	
Stepfamily Day	Sept. 16		



New look everywhere at Gunn

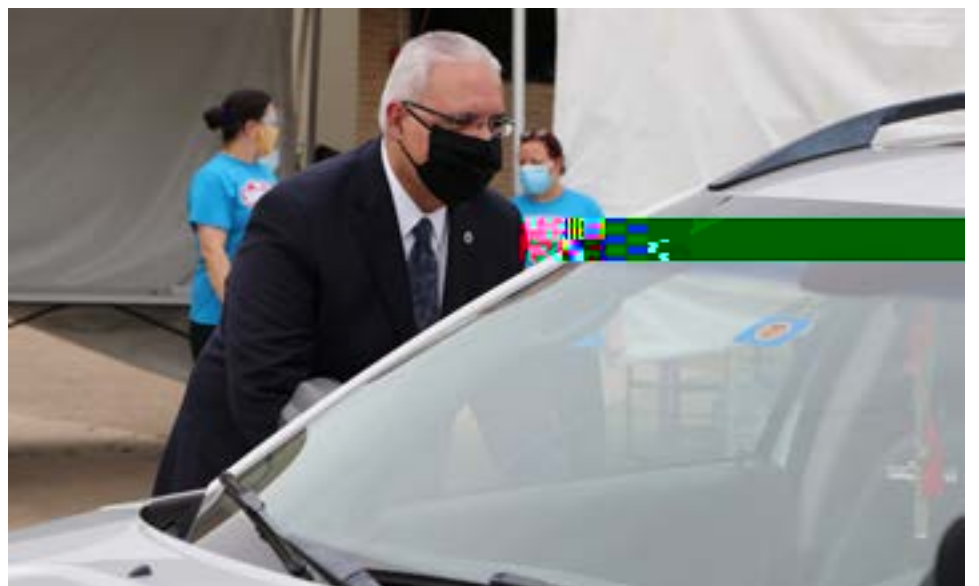


**CONSTRUCTION
PROGRESS**

**INSTRUCTIONAL
PROGRESS**

ways to engage with the

Zooming Along with Dr. C



RISK MANAGEMENT REVIEW

SAFETY SPOTLIGHT

Tina Baze, Specialist
Risk Management
Arlington ISD
1203 W. Pioneer Pkwy.
Arlington, TX 76013
Office: 682-867-7649
Fax: 682-867-4682

*** Accident ***

What to do next?

Contact supervisor.
If an emergency
response professional
is needed call 911.

Contact the risk
at 682-867-7649.

[comp packet.](#)

Completed packet
should be sent to the
in the administration
building.

**Whatever you want to
do, if you want to be
great at it, you have
to love it and be able
to make sacrifices for
it.**

Maya Angelou

Preventing sprains and strains at work

Sprains and strains are common injuries for employees. Sprains result from stretches or tears to a ligament (tissue that connects multiple bones at a joint), while strains are caused by stretches or tears to a muscle or tendon (tissue that connects muscle to bone). Both sprains and strains can happen suddenly or over an extended period of time. The likelihood of an employee like you experiencing a sprain or strain injury largely depends on the nature of your



tasks that require excessive force, frequent repetition or awkward positioning can elevate your risk of

strain injury can lead to it worsening into a long-lasting, painful problem. Nevertheless, there are several precautions that you can take to help lower your risk of experiencing a sprain or strain injury at work. Consider the following guidance:

- **Practice healthy habits.** Maintaining a healthy lifestyle can help keep your bones and muscles strong, reducing your risk of injury. Be sure to take care of your body by eating a balanced diet, getting regular exercise, drinking plenty of water and keeping a proper sleep schedule.



- **Stretch it out.** Tightened muscles are increasingly vulnerable to strain injuries. Try to loosen up before your work shift with some light exercise, followed by a full-body stretch session. Consider spending extra time stretching out muscles that you use frequently during work tasks.

- **Follow workplace protocols.** Be sure to follow all workplace health and safety protocols regarding ergonomics, body mechanics, machine usage and lifting techniques to help minimize your risk of injury.

- **Know the signs.** By recognizing the early symptoms of a sprain or strain injury, you will be able to detect the injury sooner and make necessary workplace adjustments before it becomes a serious concern.

Common signs of a sprain and strain injury include excessive fatigue, discomfort, swelling, tenderness and limited range of motion. If you are experiencing any symptoms of a sprain or strain injury, make sure you inform your supervisor and talk to a doctor.



Remember: practice safety. Don't learn it by accident.