Pre-Season Checkup
Preparing for Driving in Inclement Weather

- **Brake System** - Check brakes for proper operation. Pulling to one side, a taut pedal, or an unusual squealing or grinding could indicate the need for brake repair. Don’t delay!

- **Tires** - Traction is the key to good movement, good turning, and ability to stop on wet surfaces. Good tire tread allows water to escape from under the tires, preventing loss of traction. Consider changing to tires designed for increased traction on wet surfaces. Make sure tires are properly inflated to the pressure shown in the owner’s manual or on the doorframe.

- **Windshield wipers and washer fluid** - Are wipers functioning properly? Blades that streak or don’t clear the water away should be replaced. Fill the washer reservoir bottle with a washer solvent.

- **Emergency Kit or “Go Bag”** - Keep these items in your vehicle in case of an emergency:
  - Flashlight
  - Mats that can be placed under tires to increase traction
  - Small bag of sand, salt, or kitty litter
  - Shovel
  - Roll of paper towels
  - Blanket
  - Jumper cables
  - Window-washing solvent
  - Flares or triangles

- **Vehicle Maintenance** - It is very important to stay current with your vehicle’s manufacturer recommended maintenance schedule such as regular oil changes, tire rotation & alignment, and overall inspection(s).

**Quick Tips**
- Keep tires properly inflated.
- Drive at a speed appropriate for the weather – 70mph on a slick freeway is not safe for you, your passengers, or surrounding drivers.
- Buckle up, **ALWAYS**.
- Do not use the cruise control setting during wet weather conditions. What is safe during dry weather is NOT necessarily safe in wet weather. Always look and steer in the direction you want the vehicle to go.

*Source: AAA’s “Get a Grip” A Guide to Wet Weather Driving Techniques*

**Questions?**
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On October 18, the San Bernardino Community College District joined over 23 million people around the world in participating in the “Great ShakeOut” earthquake drill. Prior to the event, faculty, staff and students were reminded to “Drop, Cover, and Hold On” as if an earthquake were actually to occur. The District sites (District Office, ATTC, PDC, Airport Facility, and Annex) were the first to participate at 9:00 AM on 10/18, followed by Crafton Hills College and San Bernardino Valley College at 10:18 AM. After the drill exercise, many sites participated in an evacuation; participants met at the designated evacuation areas where building captains guided evacuees and discussed what actions should be taken in the case of a real emergency.

A special thank-you goes to Jeremy Sims and the TESS team for their help in making sure e-mail, text, and office phone notifications went out at the appropriate times; as well as to Chief Al Jackson, Emergency Manager Paul Walker, and the SBCCD Police Department for their logistical support and outreach efforts.

Thank you to all the faculty, staff and students who helped make this a successful ShakeOut drill! Stay tuned for the next District-wide emergency response drill, which will occur in April 2019.
Santa's Ergonomic Workout

1. **Stretch to a point where you feel a mild tension and relax as you hold the stretch.**
   - The feeling of stretch tells you whether you are stretching correctly or not.
   - If you are stretching correctly, the feeling of stretch should slightly resemble as you hold the stretch.
   - Do not bounce.
   - The long sustained, mild stretch reduces unwanted muscle tension and tightness.
   - Stretch should be held generally for 5-30 seconds, depending on what stretch you are doing.

2. **Breathe slowly, rhythmically and under control.**
   - Relax your mind and body as much as possible.
   - Always stretch within your comfortable limits, never to the point of pain.
   - Do not compare yourself with others. We are all different. Comparisons only lead to overstretches.
   - Any stretch feeling that grows in intensity or becomes painful as you hold the stretch is an overstretched.
   - Note: If you have had any recent surgery, muscle or joint problem, please consult your personal health care professional before getting a stretching or exercise program.

3. **Raise your eyelids and open your eyes as wide as possible.**
   - At the same time, open your mouth and stretch the muscles around your nose and chin and abduct your tongue.
   - Hold this stretch for 5-10 seconds.
   - Cautions: If you hear clicking or popping noises when crossing your mouth, choose with your dentist before doing this stretch.

4. **Shoulder Sweep:**
   - Raise the tip of your shoulder towards your ear.
   - Hold your shoulders down. Do this 3-10 times.

5. **To stretch your calves:**
   - Stand with your feet hip-width apart.
   - Point your toes forward.
   - Gently push your heels forward to create an extension in the lower back.
   - Hold a comfortable stretch for 3-10 seconds. Repeat 3-5 times. Use this stretch after sitting in an extended period of time.

6. **Shoulder Stretch:**
   - Stand with your feet hip-width apart.
   - Bring your hands up to your shoulders and interlace your fingers.
   - Gently pull your hands down to the sides of your face.
   - Hold for 5-10 seconds. Repeat 2-3 times.

7. **Back Stretch:**
   - Lie on your back with your knees bent and your feet flat on the floor.
   - Gently lift your head forward to stretch the back of your neck. Hold for 5-10 seconds. Repeat 2-3 times.

8. **Arm Stretch:**
   - Stand with your feet hip-width apart.
   - Bring your arms up to your shoulders and interlace your fingers.
   - Gently pull your hands down to the sides of your face.
   - Hold for 5-10 seconds. Repeat 2-3 times.

9. **Shoulder Stretch:**
   - Stand with your feet hip-width apart.
   - Bring your hands up to your shoulders and interlace your fingers.
   - Gently pull your hands down to the sides of your face.
   - Hold for 5-10 seconds. Repeat 2-3 times.

10. **Arm Stretch:**
    - Stand with your feet hip-width apart.
    - Bring your arms up to your shoulders and interlace your fingers.
    - Gently pull your hands down to the sides of your face.
    - Hold for 5-10 seconds. Repeat 2-3 times.

11. **Arm Stretch:**
    - Stand with your feet hip-width apart.
    - Bring your arms up to your shoulders and interlace your fingers.
    - Gently pull your hands down to the sides of your face.
    - Hold for 5-10 seconds. Repeat 2-3 times.

12. **Arm Stretch:**
    - Stand with your feet hip-width apart.
    - Bring your arms up to your shoulders and interlace your fingers.
    - Gently pull your hands down to the sides of your face.
    - Hold for 5-10 seconds. Repeat 2-3 times.

13. **Arm Stretch:**
    - Stand with your feet hip-width apart.
    - Bring your arms up to your shoulders and interlace your fingers.
    - Gently pull your hands down to the sides of your face.
    - Hold for 5-10 seconds. Repeat 2-3 times.

14. **Arm Stretch:**
    - Stand with your feet hip-width apart.
    - Bring your arms up to your shoulders and interlace your fingers.
    - Gently pull your hands down to the sides of your face.
    - Hold for 5-10 seconds. Repeat 2-3 times.

15. **Arm Stretch:**
    - Stand with your feet hip-width apart.
    - Bring your arms up to your shoulders and interlace your fingers.
    - Gently pull your hands down to the sides of your face.
    - Hold for 5-10 seconds. Repeat 2-3 times.

16. **Arm Stretch:**
    - Stand with your feet hip-width apart.
    - Bring your arms up to your shoulders and interlace your fingers.
    - Gently pull your hands down to the sides of your face.
    - Hold for 5-10 seconds. Repeat 2-3 times.