Trip & Fall Prevention

Trip and fall accidents are a common occurrence, and could lead to serious injury. There a variety of ways you can reduce your chances of being involved in a trip and fall. Being able to recognize high risk areas is important. You should also familiarize yourself with ways to minimize unsafe conditions, and follow safety precautions to help lower the occurrence of such incidents.

Types of Falls

There are two common types of falls. One is from an elevated position such as a ladder, roof, or stairs. The other type of fall occurs from a ground level position such as tripping over carpet, a slippery surface or a cord.

Causes

Some of the most common reasons why trip and falls occur are obstructed views while walking, poor lighting, clutter and debris, uneven walking surfaces, open drawers, loose floor tiles, and wrinkled carpet.

How to Minimize the Hazard

Minimizing hazardous or potentially dangerous environments will help prevent trip and falls. Remove obstacles and clutter from walking surfaces, close drawers and file cabinets, cover or tape down cables and wires, make sure walking areas are properly lit, replace dangerous floor surfaces, secure carpets or floor mats, and fix broken tiles. Also be sure to report unsafe areas on campus or at the District offices by contacting:

- SBVC — Scott Stark, Interim VP of Admin. Services X8985
- CHC — Michael Strong, VP of Admin. Services X3211
- District Sites — Whitney Fields, EH&S Administrator X4070

REPORT SAFETY HAZARDS
VISIT EH&S AT
http://www.sbccd.org/District_Faculty_a-Staff_Information-Forms/Environmental_Health_and_Safety/Forms/
Flu Shots - Student Health & Wellness Center - Crafton Hills College

Faculty & Staff:

No appointments necessary—only $10 while supplies last. Nasal spray is available for those who are fearful of shots and under 50 years old.

Vaccination is safe and effective, and the best way to help prevention of influenza. The vaccine is available now and throughout the flu season. Call X3271 for more information.

SBVC—DECEMBER/JANUARY SAFETY WORKSHOPS

Environmental Health & Safety, working with SBVC Professional Development, is pleased to announce more exciting safety workshops being offered at SBVC. These workshops are designed for employees who want to take advantage of an alternative method of training on specific topics. Join us on February 13th, 2013 at 10AM in LA#208 for Hazardous Communication in the office training presented by District, Environmental Health & Safety. Learn all about Hazardous Communications in an office environment. Please RSVP to wfields@sbccd.cc.ca.us by February 8th, 2013.

Also join us on Wednesday, December 5th, from 2PM-3PM, also in LA#208, for the San Bernardino Department of Public Health workshop where the DHS will present information on vaccine options and disease exposure prevention. Please contact, District Environmental Health & Safety at X4070 or via email at wfields@sbccd.cc.ca.us for additional information.

District Administration Offices - New Safety Mirrors Installed

The District office has recently installed new safety mirrors. Next time you are in the hallway at the District office, take a look at the new dome shaped mirrors installed near the ceiling and in the employee break room. Six mirrors were installed to prevent accidents and injuries from occurring where employees could potentially collide with one another coming around corners or out of doors. This is one of the many accomplishments of the District Sites Safety Committee this year.
KEEAN ANNUAL HAZARDOUS MATERIAL INVENTORY—DECEMBER 2012

Keenan and Associates will be conducting the 2013 Hazardous Materials Inventory (HMI) in December. This process involves a comprehensive assessment and inventory of all District chemicals at the campus and District offices. Keenan will be provided with access to all areas where chemicals are stored and, after conducting the inventory assessment, will subsequently update the District Chemical Inventory Database and Material Safety Data Sheets.

For access to the most current chemical inventory and material safety data sheets, log onto:

http://sbccd.keenan.schoolmsds.com/binders/index.xsp

The new inventory will be updated by Spring 2013. HMI Inspection dates are as follows:

- District Offices/ATTC/ANNEX — Monday, December 17
- Crafton Hills — Tuesday & Wednesday, December 18-19
- San Bernardino Valley — Thursday & Friday, December 20-21

HOLIDAY SAFETY TIPS—HAPPY HOLIDAYS!

The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. **Give the gift of health and safety to yourself and others by following these holiday tips:**

- Wash Your Hands Often
- Cover Your Cough
- Stay Warm
- Travel Safely
- Manage Stress
- Get Check-ups & Vaccinations
- Eat Healthy and Be Active

For additional information on Holiday Safety Tips log onto:  http://www.cdc.gov/family/holiday/