FLU PREVENTION TIPS

Take everyday preventative actions to stop the spread of germs.
(http://www.cdc.gov/flu/protect/habits/)
• Try to avoid close contact with sick people.
• If you are sick or have flu-like symptoms, it is recommended that you stay home at least 24 hours after your fever is gone except to get medical care of for other necessities.
• While sick, limit contact with others as much as possible to keep from infecting them.
• Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
• Wash your hands often with soap and water or an alcohol-based hand rub, if soap and water are not available.
• Avoid touching your eyes, nose and mouth.

For additional resources or information on flu prevention, log onto the below websites.
http://www.cdc.gov/flu/protect/preventing.htm
http://www.flu.gov/#
http://www.flu.gov/prevention-vaccination/prevention/index.html#
http://www.cdc.gov/flu/protect/habits.htm
http://www.cdc.gov/flu/protect/covercough.htm
http://www.youtube.com/watch?v=ksEjiDDaLu4

SAFETY COMMITTEE MEETINGS

FEBRUARY 2013

♦ SBVC Safety Committee: 02/04/13, Monday, AD/SS 207, 3PM-4 PM
♦ CHC Safety Committee: 02/11/13, Monday, LADM 161, 1PM-2PM
♦ District-Wide Safety Committee: 02/15/13, Friday, PDC 102, 130PM-3PM
♦ District Sites Safety Committee: 02/01/13, Friday, SBCCCD Conference Room 2, 2PM-3PM

REPORT SAFETY HAZARDS
VISIT EHSS AT:
http://www.sbccd.org/District_Faculty,-a-,Staff_Information-Forms/Environmental_Safety/Forms/
New District Energy Administrator—Maria Elena Diaz

Welcome Maria Elena Diaz, the District’s new Energy Administrator. She is responsible for implementing our new district wide energy conservation program in order to reduce our utility consumption and allow funds to be redirected to student learning and success. Maria Elena has over 15 years of experience working in public education, with 10 of those years within the community college system in both instructional and student services divisions. Most recently, she served as an adjunct faculty member for the communication departments at both SBVC and CHC. Maria Elena earned an AA degree from Riverside City College, a BA degree in Liberal Studies from California Baptist University, and a MA degree in Communication from University of Southern California. She will be working with personnel at all sites to assess and adjust how we use our energy resources while maintaining comfort, safety, and security for all. Maria Elena can be reached at ext. 4032 or via email at madiaz@sbccd.org.

FLU SHOT RESOURCES AVAILABLE

There is no better time than now. Vaccination is safe and effective, and the best way to help prevention of influenza. Flu shots are available through the following resources on campus and the San Bernardino Department of Public Health.

♦ San Bernardino Valley College Student Health Center — $10.00 for Staff/Faculty, No appointments are necessary. While supplies last. Contact X4495 and log onto http://www.valleycollege.edu/student-services/specialized-services/health-services.

♦ Crafton Hills College Student Health & Wellness Center — $10.00 for Staff/Faculty, No appointments are necessary. While supplies last. Contact X3271 and log onto http://www.craftonhills.edu/Current_Students/Health_and_Wellness_Center.

♦ San Bernardino Department of Public Health — For additional information or to make an appointment for the seasonal flu vaccine at a regular Department of Public Health clinic, please call 1-800-722-4777 or log onto http://www.co.sanbernardino.ca.us/pubhlth/programs_services/immunizations/flu_vaccine_recommendation.htm

SAN BERNARDINO VALLEY COLLEGE—SAFETY WORKSHOPS—SPRING 2013

Join Environmental Health & Safety and SBVC Professional Development this Spring for some exciting safety workshops:

♦ SBVC—Safety/Emergency Preparedness Awareness, 02/06/13, Wednesday, 10AM-1130AM, Liberal Arts #208

♦ SBVC—Hazardous Communications in the Office, 02/13/13, Wednesday, 10AM-11AM, Liberal Arts #208

♦ SBVC—Injury & Illness, Slip, Trip & Fall Prevention, 02/20/13, Wednesday, 2PM-3PM, Liberal Arts #208
EXTREME COLD SAFETY TIPS—WINTER SAFETY

Whenever temperatures drop decidedly below normal and wind speed increases, heat can leave your body more rapidly. These weather-related conditions may lead to serious health problems. There are steps you can take for greater wintertime safety at home and in your car.

- Keep a winter survival kit for your home which includes food and water.
- Prepare your home for winter.
- If you have pets, bring them indoors.
- Check your thermometers, smoke detectors and carbon monoxide detectors regularly.
- Have your radiator system checked in your car.
- Keep your gas tank near full to help avoid ice in the tank or fuel lines.

For additional resources on winter safety, log onto:

http://www.bepreparedcalifornia.ca.gov/BeInformed/NaturalDisasters/Documents/cold_guide_CDC.pdf

CHC—REVISED INJURY & ILLNESS PREVENTION PROGRAM

Crafton Hills College has a revised Injury & Illness Prevention Program (IIPP). The IIPP is a safety program that ensures the following:

- Workers are trained in, and comply with, safe work practices on campus and at the District offices.
- Inspections for, and corrections of, unsafe/unhealthy work conditions are conducted as soon as possible.
- That training/inspection documentation is maintained.
- Workers are encouraged to report unsafe conditions (Hazard Reporting Form) without fear of reprisal.
- There is a way to communicate safety issues which is understandable to all workers.
- There is a way to report and investigate all occupational injuries.

For an electronic version of the IIPP, log onto CHC, Injury & Illness Prevention Program. For questions about the program, please contact Mike Strong with CHC Admin. Services at X3210 or Whitney Fields with EH&S X4070.

CRAFTON HILLS COLLEGE—SAFETY WORKSHOPS—SPRING 2013

Join Environmental Health & Safety & CHC Professional Development this Spring for some exciting safety workshops on the following topics:

- **CHC—Stress Mgmt./Healthy Living/EAP Resources**, 02/12/13, Tuesday, 4PM-5PM, LRC 226
- **CHC—IIPP/Slip, Trip & Fall Prevention**, 02/22/13, Friday, 10AM-12PM, LRC 231, Library Auditorium