



Extreme Heat: Don't Get Burned!

San Bernardino and the Inland Empire are known for being a little hotter in the summer than most surrounding areas. While we can't change the weather, we can take precautions to protect ourselves and loved ones from succumbing to extreme heat. In extreme heat, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

IF YOU ARE UNDER AN EXCESSIVE HEAT WARNING

(several days of 105°+ heat index and/or high humidity):

- Find air conditioning. Community cooling centers may be available.
- Avoid strenuous activities until the heat subsides.
- Watch for symptoms of heat illness.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids (water and electrolytes).
- Never leave people or pets in a closed car.

KEEP YOUR HOME COOL:

- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors, such as aluminum foil-covered cardboard, to reflect heat back outside.
- Add insulation to keep the heat out.
- Use attic fans to clear hot air.
- Insulate around window A/C units, if you have them.

RESPOND TO SIGNS OF HEAT-RELATED ILLNESS:

Heat Cramps: muscle pains or spasms in the stomach, arms or legs.

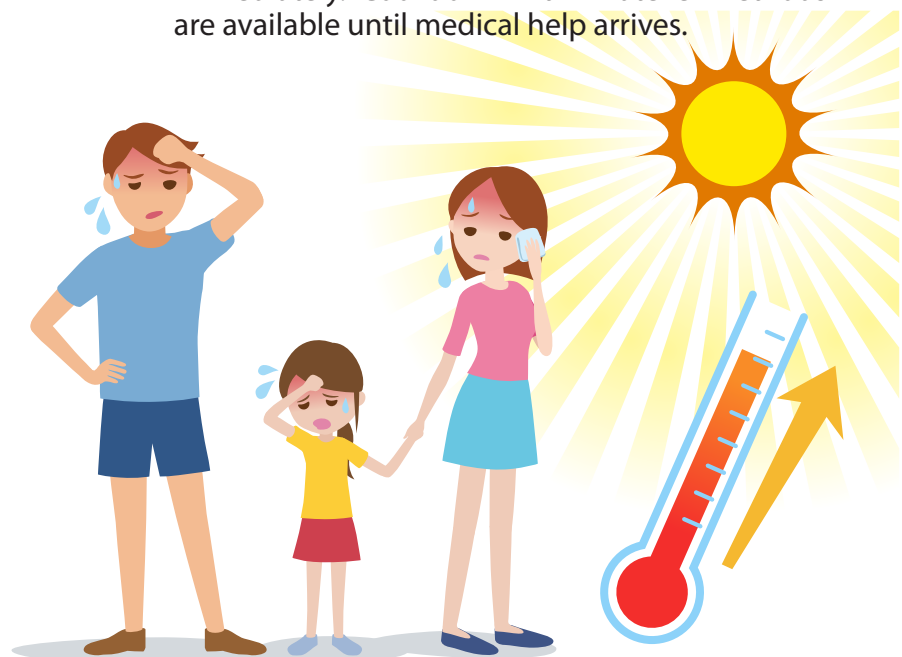
Actions: Go to a cooler location. Remove excess clothing. Take sips of cool drinks with salt and sugar. Get medical help if cramps last more than an hour.

Heat Exhaustion: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, or fainting

Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

Heat Stroke: extremely high body temperature (above 103° oral); red, hot and dry skin with no sweat; rapid, strong pulse; dizziness, confusion, or unconsciousness

Actions: Call 911 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.



On the Menu: Hamburgers, Hot Dogs... and Salmonella?

Nothing beats going to the beach or the mountains with the company of your family and friends and great food. However, it is what you can't see – bacteria such as E. coli and Salmonella – that can ruin the fun. In the summer heat, bacteria can multiply rapidly. Take these steps to ensure your next summer party is food-safe:



TRANSPORT FOOD SAFELY:

- **Keep cold food cold.** Pack cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40°F or below.
- **Don't cross-contaminate.** Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.
- **Clean your produce.** Rinse fresh fruits and vegetables under running tap water before packing them in the cooler – including those with skins and rinds that are not eaten.

FOLLOW SAFE GRILLING TIPS:

- **Marinate safely.** Marinate foods in the refrigerator – never on the kitchen counter or outdoors.
- **Cook food thoroughly.** Have a food thermometer available when grilling. Refer to temperature chart.
- **Use a clean platter and utensils** to handle cooked food. Do not use the same utensils that handled raw food.

KEEP COLD FOODS COLD AND HOT FOODS HOT:

- **Avoid the "Danger Zone":** The Danger Zone is between 40°F and 140°F. In this temperature range, bacteria proliferates.
- Both cold and hot foods should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90°F. If it does, throw it out.

SAFE COOKING TEMPERATURES

as measured with a food thermometer

GROUND MEAT & MEAT MIXTURES

Beef, Pork, Veal, Lamb	160 °F
Turkey, Chicken	165 °F

FRESH BEEF, PORK, VEAL & LAMB

.....	145 °F
with a 3 minute rest time	

POULTRY

Chicken & Turkey, Whole.....	165 °F
Poultry Parts	165 °F
Duck & Goose	165 °F
Stuffing (cooked alone or in bird)	165 °F

HAM

Fresh (raw).....	160 °F
Pre-cooked (to reheat).....	140 °F

EGGS & EGG DISHES

Eggs.....	Cook until yolk and white are firm
Egg Dishes.....	160 °F

SEAFOOD

Fin Fish.....	145 °F
or flesh is opaque and separates easily with fork	
Shrimp, Lobster & Crabs.....	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops.....	Milky white or opaque & firm

LEFTOVERS & CASSEROLES

.....	165 °F
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Questions?

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Safety Consultant Spotlight: Alta Environmental

As part of the District's ongoing measures to provide effective safety services to the campuses at the lowest possible cost, EH&S and Business Services issued a Request for Proposals for Loss Control and Safety Services in March 2019. Ultimately, three vendors were selected from the applicant pool, with services to begin on July 1, 2019. We are pleased to welcome these safety consultants to the District!

This newsletter features Alta Environmental, who will be providing occupational health and County CUPA business-plan submittal services to the campuses and District sites. You may see Diana Nguyen on site conducting environmental sampling or inventorying chemicals. Cecile Felsher oversees all tasks performed by Alta and will be assisting EH&S from the local office in Long Beach.



Cecile Felsher



Diana Nguyen

Message from Cecile Felsher:

"Alta Environmental (Alta-NV5) is pleased to have the opportunity to assist the San Bernardino Community College District (SBCCD) with developing and implementing a cost-effective loss control and safety program which will reduce claims, comply with state and federal regulations, and improve employer-employee relations. Alta's staff will act as an extent of the SBCCD team and are committed to the District's success. We are ready to get to work with you!"

Don't Let a Paper Towel be your next Slip-Up!

Slips, trips and falls are one of the leading causes of occupational injuries in the U.S. While we often associate these injuries with employees working on a construction site or in a manufacturing facility, the reality is that even "innocuous" items in the office or on campus can pose a safety hazard. Many restrooms on our campuses and District sites are equipped with electric hand dryers; however, some still have paper towel dispensers. While we do our best to make sure the paper towel lands in the trash can when we're done, sometimes we "miss the mark" and the used towel lands on the floor. A paper towel on the floor can pose a slip hazard in the most trafficked area of the restroom.

Please keep in mind that most restrooms are cleaned only once a day. It is up to all of us to make sure our restrooms are kept clean for the safety of our colleagues and students. Thank you for making sure your paper towels are disposed of properly!

