

Have Safety or Risk Related Questions?

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P1 / Emergency
Notification System.



P2 / Save the Date:
Mt. SAC Employee
Wellness Fair



**P2 / See Something,
Say Something**



P2 / Safe Spring
Cleaning Tips

RMConnect

The Office of Safety and Risk Management

April 2016



EmergencyAlert

Sign Up for the Emergency Notification System!

Have you signed up for the Emergency Notification System? Mt. SAC can notify you about any campus drills or emergencies with personalized voice, text and e-mail messages. Signing up is easy! Follow the directions below.

1. Log into the [My Mt. SAC Portal](#).
2. Look for the Emergency Notification System channel.
3. Provide your contact information. This is secure.
4. Click SAVE.

Save the Date!

2nd Annual Mt. SAC Employee Wellness Fair

EMPOWER YOUR HEALTH!

FRIDAY MAY 13, 2016

Employee Wellness Fair

LI♡VE

WELL MT. SAC

11 AM to 2 PM

Health & Wellness Vendors

- Derma Scan
- Blood Pressure
- Free Give-Aways
- Healthy Snacks
- Raffle Prizes

*FREE Biometric Screenings

9 AM to 3 PM

Provided by Kaiser Permanente's Mobile Health Vehicle

* Appointment Required: Sunny at sunny.smith@kp.org

In front of Bldg. 4

if you
SEE something

SAY something™

REPORT SUSPICIOUS ACTIVITY

to local authorities.

If You See Something, Say Something

Be Informed and Stay Alert

Every day we interact with family, friends, and colleagues. It is easy to become complacent while going about our every day routine. Just remember that your routine is different than your friend's. If you see something that you know shouldn't be there or someone's behavior does not seem right, say something!

We can all help keep the College safe by paying attention to our surroundings and reporting suspicious activity to Public Safety at extension 4-5-5-5.

Make sure to include the following: when making a report

- WHO or WHAT you saw
- WHEN and WHERE it occurred
- WHY it is suspicious

[The Drop Off](#): A Public Service Announcement by the Dept. of Homeland Security

Safe Spring Cleaning



Make safety at the top of your "to-do" list!

Tips to keep in mind as you start spring cleaning.

Did you know that spring cleaning can be hazardous to your health if you do not take the necessary precautions? Keep yourself and your family safe as you tackle your spring cleaning projects.

LADDER SAFETY

- Maintain 3 points of contact while working on a ladder:
- NEVER use the top 2 steps of the ladder.
- Do not overreach: keep your belly button within the sides of the ladder.
- Whenever possible, have someone support the base of the ladder; NEVER have more than one person on a ladder.

CLEANING SUPPLIES

- Read labels thoroughly and follow directions explicitly.
- NEVER mix cleaning products; especially CHLORINE BLEACH with AMMONIA or ACIDIC PRODUCTS.
- Wear appropriate gloves and safety glasses when handling cleaning products.
- Store products in original containers. Return products to locked cabinet or closet after use.
- Do not bring your own cleaning supplies to Mt. SAC. Contact Custodial Services (X4850) if you have any questions or need assistance.

LIFTING

- Move items close to your body and use your legs when lifting.
- Avoid twisting while carrying heavy items. Turn by moving your feet.
- Heavy items should be moved in the Power Zone: mid-thigh to mid-chest.

Don't Forget!

Spring is the perfect opportunity to consider the safety of your home. Consider adding these tasks to your spring cleaning regimen.

1. Check your fire extinguisher and replace if needed. This is an essential supply in the home. Ensure that it's easily accessible and in good condition.
2. Change the batteries in your smoke and carbon monoxide detectors. Smoke detectors should be tested monthly and batteries changed yearly. Place one on each floor and bedroom.
3. Clean the clutter and keep it off the floor to avoid slips, trips, and falls!
4. Don't leave dangerous materials or chemicals within arms reach of children or pets! Use a caddy carrier as a convenient place to store all cleaning supplies. It will also lessen the chance you leave them behind!



WHAT TO DO:

Act immediately if you suspect someone has had an accidental poison exposure.

- Remain calm.
- For unconscious patients, convulsions, or any difficulty breathing, call 9-1-1.
- Otherwise call the Poison Control Center Toll Free Number.

Information you will need for Poison Control:

- Age/weight of victim.
- WHAT was ingested? Have the bottle with you.
- How MUCH was taken?
- How is the victim feeling and acting right now?
- Your name and contact information.