

Have Safety or Risk Related Questions?

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P1 / Meet Melonee Cruse, Manager of Environmental Safety and Emergency Services.



P2 / Stay healthy this February by following the CDC's "Take 3".



P2 / Make sure you prepare for the upcoming winter weather.



P2 / Ergonomic Quick Tips.

RMConnect

The Office of Safety and Risk Management

February 2016

Welcome Mt. SAC's
Manager of
Environmental Safety
and
Emergency Services

Melonee Cruse

In August 2015, Mt. SAC and the Office of Risk Management were happy to welcome Melonee Cruse as the new Manager of Environmental Safety and Emergency Services.



Melonee is a workplace safety and emergency management professional with over 15 years of experience. Her areas of expertise include hazardous materials management, laboratory safety, emergency preparedness, and loss control. Prior to coming to Mt. SAC, Melonee worked as a safety specialist, trainer, and emergency responder at Chaffey Community College, University of Southern California, and Harvey Mudd College. For a short time she worked as a western regional safety specialist with Family Dollars Stores.

Melonee lives in Eastvale California and has been a SoCal gal all of her life—except for the short time she lived in New Orleans, Louisiana. In New Orleans she enjoyed being a National Park Ranger and tour guide in the historic French Quarter.

Stop in to Building 4 to say hello!

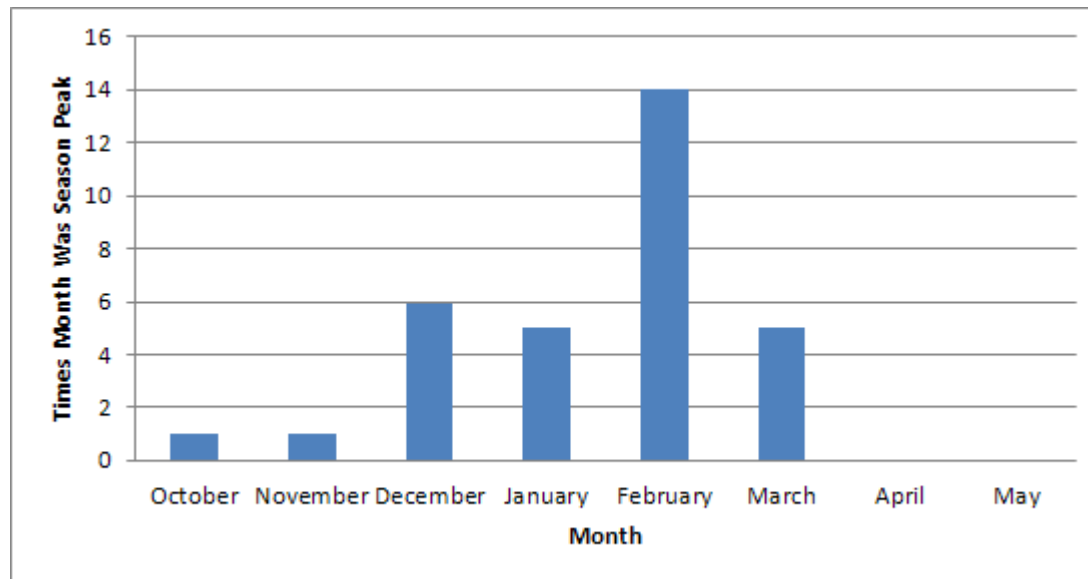
Spread Love, NOT Germs

In the United States, winter is the time for flu, but the exact timing and duration of flu seasons vary each year. Most of flu time activity occurs between December and can last into May. Flu activity most often peaks in February.

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chill, and fatigue. Some people also may have vomiting or diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

The Center for Disease Control and Prevention (CDC) encourages you to “**Take 3**” to fight the flu. Take the following actions to protect yourself and others from influenza.

- ⇒ **Take time to get a flu vaccine.** The CDC recommends a yearly flu vaccine as first and most important step in protecting against flu viruses.
- ⇒ **Take everyday preventative actions to stop the spread of germs.** Try to avoid close contact with sick people. Cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often with soap and water.



- ⇒ **Take flu antiviral drugs if your doctor prescribes them.** If you get the flu, antiviral medicine can be used to treat your illness.

For additional information, contact the Mt. SAC Health Center at extension 4400.

Visit the Center for Disease Control to learn more about flu basics and preventative measures.

www.cdc.gov/flu



February Ergonomic Quick Tips

TIP #1

Do you find yourself cradling the phone between your ear and shoulder? This causes strain on your neck and can lead to discomfort. Try using the speaker-phone option. You can also consider using a headset.

TIP #2

Your computer monitor should be positioned approximately arm's length away from you. If your monitor is too far, this results in “forward head” posture which can put strain on your neck.

TIP #3

Are you lifting properly? Avoid bending over when you lift. Keeping your back straight allows you to use your legs to power the lift and reduce strain on your lower back.



Rainy Season is Upon Us...



Are you prepared to stay safe this winter?

Plan ahead and prepare for winter weather.

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe when the rains of El Niño fall. The toughest time to find solutions...is during the rain!

Driving in Heavy Rain

- ⇒ **Take your time.** Slow down. Remember that one of the most dangerous times to drive is soon after it begins to rain, as oils on roads make for slick conditions.
- ⇒ **Turn your lights on.** CA vehicle code requires that headlights and windshield wipers be on during the rain. Replace old wipers and make sure that all lights work!
- ⇒ **Give other vehicles more space.** Add 1-2 extra seconds of following time in the rain, which gives you and the cars behind you more time to react to traffic. Make sure your tires have good tread and are adequately filled with air.

Prepare at Home

- ⇒ **Fix your leaks.** Check for any trouble spots and repair any roof leaks.
- ⇒ **Clean out gutters and downspouts.** Make sure gutters are in good condition and tight against the roofline. Keep gutters clean throughout the rainy season.
- ⇒ **Check balcony and deck slopes.** Make sure all water flows away from walls. Utilize sand bags in areas that may flood.
- ⇒ **Check your heating system.** Service your systems professionally. Think about installing a Carbon Monoxide detector.

Preparedness and Disaster Supply Kits:

Putting together a supply kit for your home, work, and car is an important step in being prepared for an emergency.

Keep your kits in an easily accessible location. It is a good idea to have enough supplies for 3 days or 72 hours. It is ideal to have access to emergency supplies at both home and work.

For assistance with putting together a basic emergency supply kit, visit www.ready.gov/kit for suggested items.

For assistance with creating an emergency kit for your car, visit www.ready.gov/car for suggested items.

Contact Melonee Cruse at ext. 5567 for any questions relating to emergency preparedness.

Preventing Slips, Trips, and Falls

- ⇒ Wear slip-resistant footwear (e.g. water resistant boots or shoes with good rubber treads).
- ⇒ Wipe feet on entry mats and carry a plastic bag to store wet umbrellas.
- ⇒ Pay attention to “Wet Floor” signs.
- ⇒ Report wet, slippery conditions indoors. Call Facilities at extension 4850.
- ⇒ Move slowly and carefully! Take short steps and move at a slower pace. Use stair hand rails.