

# Have Safety or Risk Related Questions?

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**P1** / Evacuation Drill  
on March 17, 2016.



**P2** / Are you  
prepared?



**P2** / Heat Illness  
Prevention

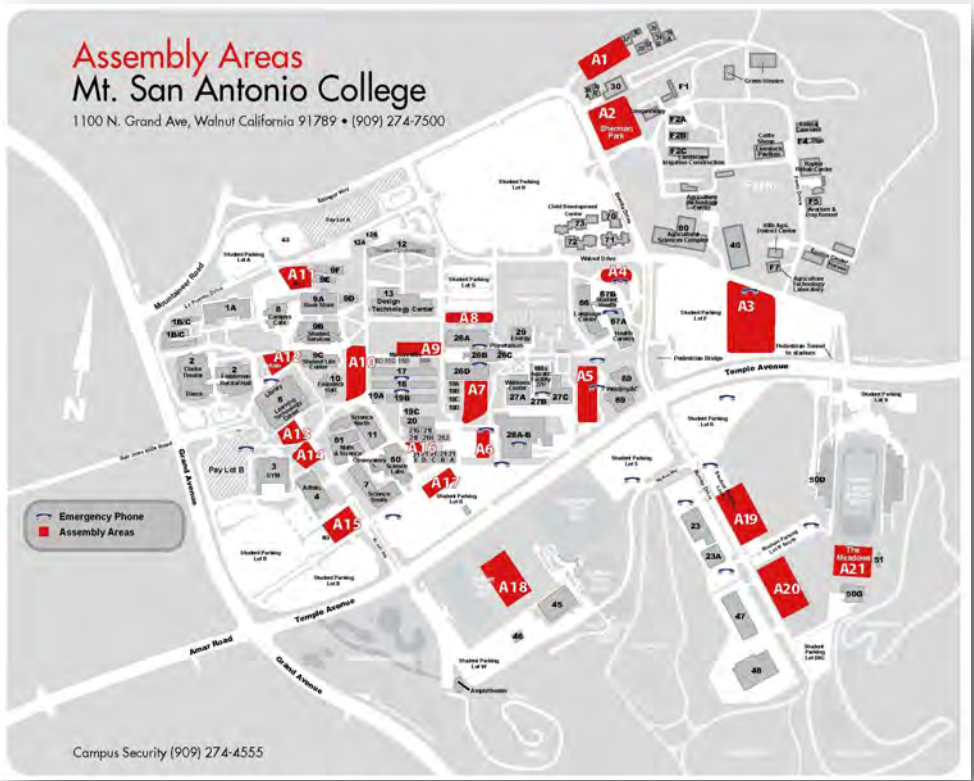


**P2** / Daylight Savings  
is coming!

# RMConnect

The Office of Safety and Risk Management

March 2016



Don't Sit Still. Participate in the Drill!

On **Thursday, March 17**, a campus evacuation drill will occur between 10am and 12pm. There will also be an evening evacuation drill held between 7pm and 9pm.

The following buildings have been selected to participate: 2, 3, 4, 6, 7, 9C, 10, 11, 16A-D, 17, 18A-D, 19A-C, 20, 21A-I, 60, 61, and Mountie Café. *Please note that the second drill will NOT include buildings 2, 3, 4, 9C, 10, or the Mountie Café.*

Each drill will last approximately 20 minutes. The drills will be activated by the Emergency Notification System. If you have not yet done so, sign up or update your information through the Mt. SAC portal.





## Be Prepared

It is important that you familiarize yourself with the information below so that you feel prepared in the event of an evacuation.

- ⇒ **Are you signed up for the Emergency Notification System?** It is important to sign up for the Emergency Notification System so that you can be aware of emergencies on campus. You can do this through your portal at <https://inside.mtsac.edu>
- ⇒ **What are the evacuation procedures for campus personnel?** Take a minute to review the [General Evacuation Procedures for Employees](#). If you are faculty, take a few minutes to review with your classes the [General Evacuation Procedures for Students](#).
- ⇒ **What is the safest way out your building?** Familiarize yourself with your building's evacuation plan. Locate the closest stairs and exit points.
- ⇒ **Where is your Emergency Assembly Area?** Evacuate to the nearest Emergency Assembly Area. Make sure to bring any personal items or valuables with you.
- ⇒ **Who is your Building Manager, Building Marshal, and Floor Captain?** In the event of an evacuation or emergency, the Building Marshal and Floor Captain will provide you with necessary instructions. It's good to know who these people are in your area!

Review the [Emergency Response and Evacuation Plan](#).

For additional assistance, contact Melonee Cruse at ext. 5567 or visit the Risk Management website at [www.mtsac.edu/risk](http://www.mtsac.edu/risk)



## Are You DSW Ready?

As a California public agency employee, you may be called upon as a disaster service worker in the event of an emergency.

Mt. SAC employees will be assigned disaster service activities to assist the College in carrying out its responsibilities during times of disaster. Your duties may include assisting any unit of the College or performing any act contributing to the protection of life or property, or mitigating the affects of an emergency.

Training on Disaster Service Workers is currently being offered through POD. For all upcoming training, please visit the [POD calendar](#).

If you have additional questions on your role as a Disaster Service Worker, please contact the Office of Risk Management.

## Avoid Heat Illness



### Do you know the signs of heat illness?

The best defense is prevention.

When working under hot conditions, [OSHA](#) recommends Water, Rest, Shade and allowing more frequent breaks so workers can acclimate to the heat. Knowing symptoms, prevention, and emergency response methods can help prevent heat-related illnesses. Check weather forecasts ahead of time to be prepared.

#### KNOW THE SIGNS.

- ⇒ **Acting quickly can prevent more serious medical conditions.**
- ⇒ **Heat Stroke** is the most serious heat related illness. Symptoms include: confusion, fainting, seizures, high body temperature, and hot, dry skin or profuse sweating.
- ⇒ **Heat Exhaustion** is also a serious illness. Symptoms include: headache, nausea, dizziness, weakness, thirst and heavy sweating.
- ⇒ **Heat fatigue** and **heat rash** are less serious, but they are still signs of too much heat exposure.

#### PREVENT HEAT ILLNESS:

- ⇒ Drink water every 15 minutes.
- ⇒ Rest in the shade to cool down.
- ⇒ Wear a hat and light-colored clothing.
- ⇒ Learn the signs of heat illness and what to do in the event of a heat illness emergency.
- ⇒ Keep an eye on fellow workers and friends.
- ⇒ "Easy does it" on your first days of work in the heat. Your body needs to get used to the increased temperatures.

## Drink! Drink! Drink! Water, That is

Staying hydrated is important to your overall health and performance.

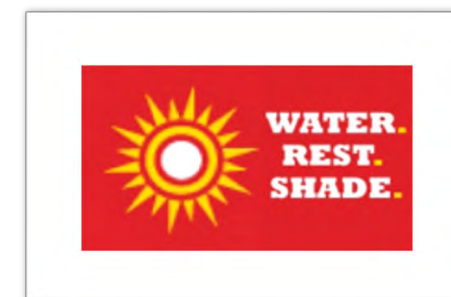
During elevated temperatures, you should drink more fluids, regardless of your activity level.

Drink water every 15 minutes. Don't wait until you are thirsty to drink.

Do not drink liquids that contain alcohol or large amounts of sugar. Limit the consumption of caffeine. These fluids actually cause you to lose more body fluid and become dehydrated.

Also, avoid very cold drinks, because they can cause stomach cramps.

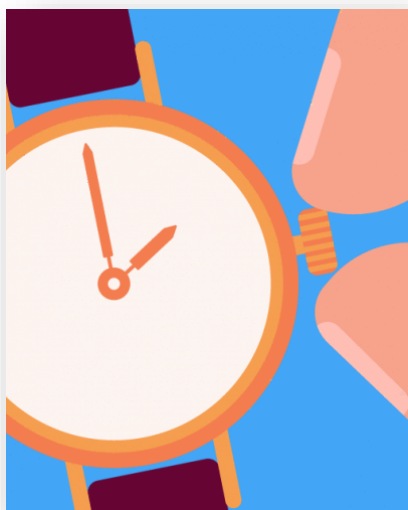
During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of fluids each hour.



#### WHAT TO DO:

*If you see any signs of heat stroke, call for immediate assistance while you help the victim.*

- ⇒ Get the victim to a shady area.
- ⇒ Cool the victim rapidly with whatever method you can. For example, spray the victim with cool water or fan the victim vigorously.
- ⇒ Monitor body temperature and continue cooling efforts until body temperature drops to 101 or 102 F.
- ⇒ Do not give the victim fluids to drink.
- ⇒ Get medical assistance as soon as possible.



## Daylight Savings is Coming!

March 13, 2016

Don't forget to spring forward on March 13!

When local standard time is about to reach 2:00 a.m. on March 13, 2016, clocks are turned forward 1 hour to 3:00 a.m. local daylight time.

Sunrise and sunset will be about 1 hour later on March 13, 2016 than the day before. Start safely enjoying those barbeques! There will now be more light in the evening!