

# Have Safety or Risk Related Questions?

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P1 / Heat Awareness  
Day



P2 / Safe Driving



P2 / Employee  
Wellness Health Fair

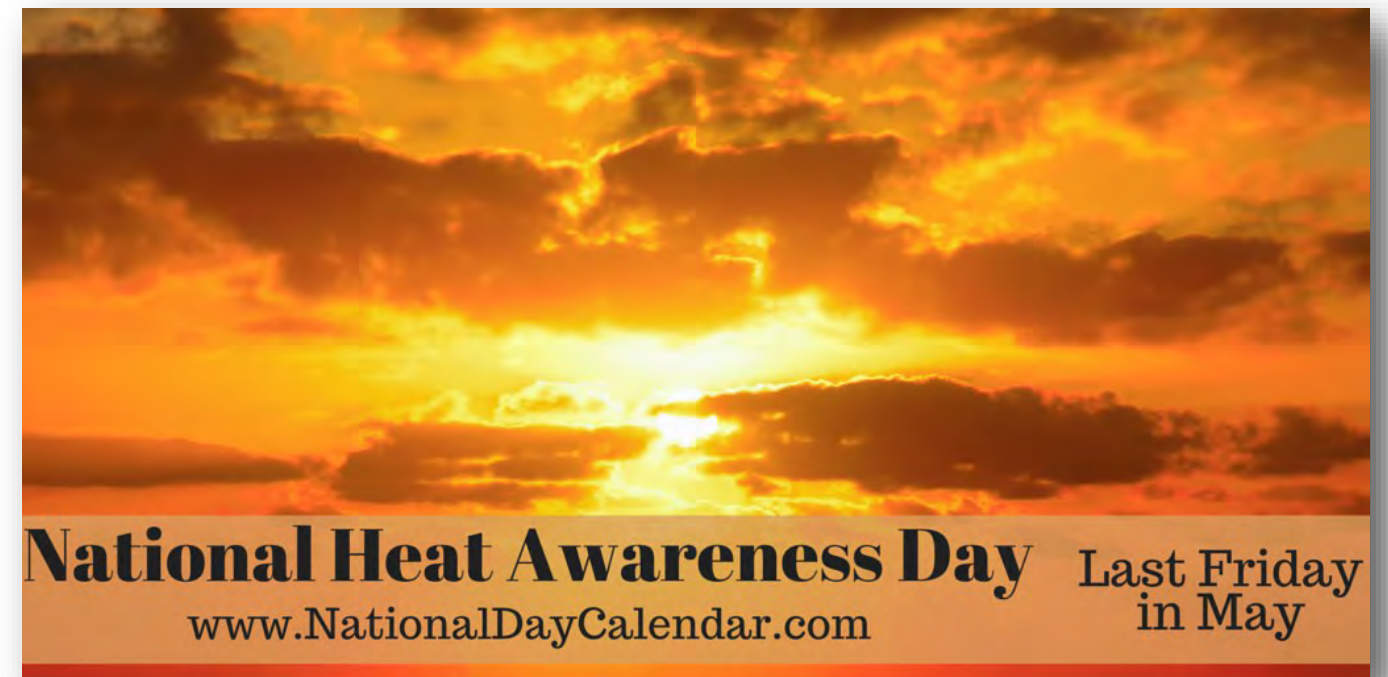


P2 / Zika Virus

# RMConnect

The Office of Safety and Risk Management

April 2016



May 27, 2016

#HeatAwarenessDay

National Heat Awareness Day is observed each year on the last Friday of May. Heat is one of the leading weather-related hazards in the United States, resulting in numerous fatalities annually. California experiences intense heat waves throughout the year. The National Weather Service predicts California weather in May, June, and July to be "above normal."

Remember to take precautions when heat advisories are issued. Stay hydrated, avoid over exertion, and find a cool, shaded area to rest in.

For more weather safety information, visit the [National Weather Service](http://www.nws.gov).



## W8 2 TXT

The National Safety Council recently released a survey that showed that, despite the known risks, many US drivers are still distracted while driving. Distracted driving includes using a cell phone, texting, and eating. Using in-vehicle technologies, such as navigation systems, can also be a source of distraction. Texting while driving is especially dangerous because it combines visual, manual, and cognitive distraction. Texting takes the driver's attention away from driving more frequently and for longer periods of time. At 55 mph, the average text takes your eyes off the road long enough to cover a football field. In 2010, California prohibited the use of cellphones while driving. It is illegal to utilize your phone at any point while operating a motor vehicle.



Join the It Can Wait movement and take the pledge to stay off your phone while operating a motor vehicle.

Visit [www.itcanwait.com/pledge](http://www.itcanwait.com/pledge) and join the 8,032,278 pledges already made!

Review these tips to help you stop texting and driving.

**Know the risks.** Texting while driving is involved in 200,000+ vehicle crashes each year. These crashes often involve serious injury and/or death. (National Safety Council)

**Take the pledge.** Make a lifelong commitment to not text and drive.

**Change your behavior.** Create a new routine that reminds you before you drive. Leave your phone out of reach and do not check your phone until you have safely reached your destination.

**Speak up.** Ask someone NOT to text and drive.

ConnectSafely.org states that:

90% say they'd stop if a friend in the car asked them to.

78% of teen drivers said they're like not to text and drive if friends tell them it is wrong or stupid.

93% would stop if a parent in the car asked them to.

44% say that they would be thankful if a passenger complained about their texting while driving.

## Empower Your Health!

### Employee Wellness Fair

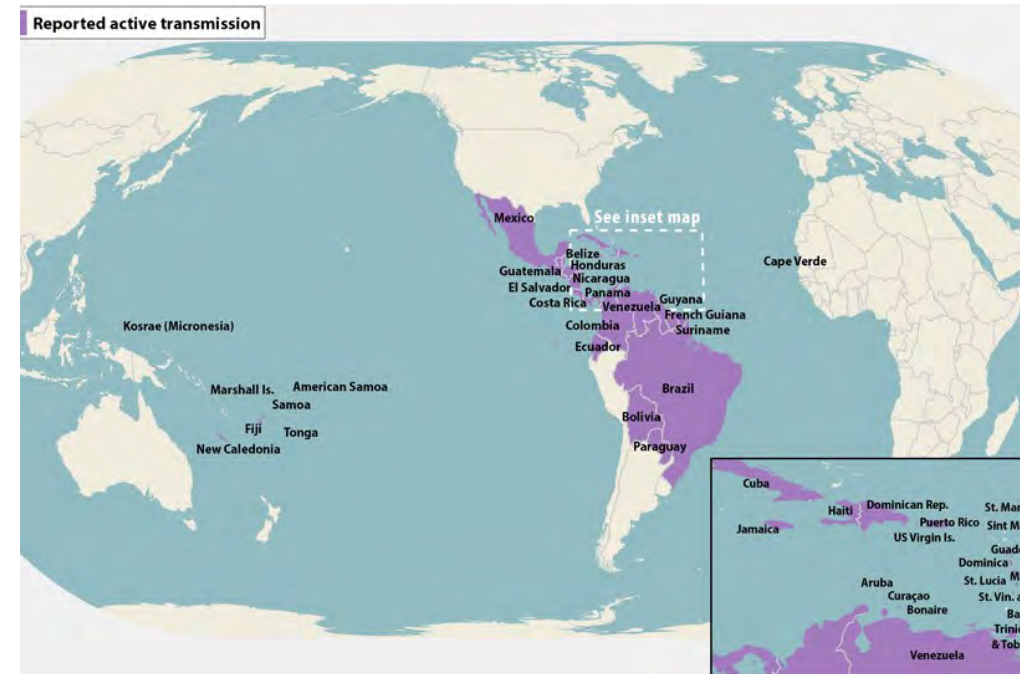
Don't forget to come out to the 2nd Annual Employee Wellness Fair on May 13, 2016!

The Employee Wellness Fair will be held in front of Building 4. Various vendors will be offering wellness information and free giveaways!

The Kaiser Mobile Health Vehicle will be offering FREE Biometric Screenings. The screening included measurement of blood pressure, cholesterol, glucose, and Body Mass Index. Email Sunny at [sunny.smith@kp.org](mailto:sunny.smith@kp.org) for an appointment!

Turn in a raffle ticket at the fair for your chance to win a FitBit, gift cards, and more!

## Summer On Your Mind?



### Protect yourself from Zika

Learn about the virus and travel safely.

Zika is a disease primarily spread by mosquitos. However, a man with Zika can spread the virus through sexual intercourse. As of April 20, 2016, the US has reported 388 travel-associated Zika cases. Locally acquired US cases is reported at 0. Learn more about Zika at [cdc.gov/zika](http://cdc.gov/zika).

#### Pack to Prevent

- Insect repellant
- Long-sleeved shirts and long pants
- Clothing and gear treated with permethrin
- Bed net (if mosquitos can get to where you are sleeping)
- Condoms (if you might have sex)

#### Protect Yourself

- Use insect repellent. Reapply as directed. Remember to apply sunscreen first and then insect repellent.
- Cover exposed skin when possible.
- Stay and sleep in screened-in or air-conditioned rooms. Use a bed net if you are sleeping outside.
- Zika can also spread through intercourse. Utilize latex condoms if you plan to have intercourse.

#### Zika Symptoms

- Most people with Zika do not know they have it. The illness is usually mild with symptoms lasting about a week.
- The most common symptoms are: red eyes, fever, rash, and joint pain.
- Watch for symptoms after you get home. Call your doctor immediately if you suspect Zika. Use insect repellent 3 weeks after travel.

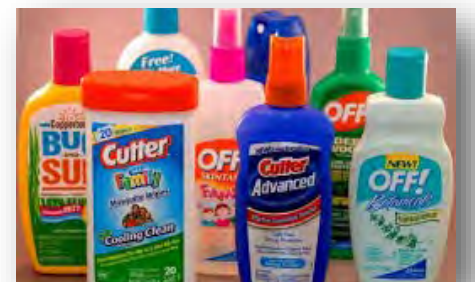
## Where is Zika?

As of April 18, 2016, the CDC has identified Zika in the Americas, Oceania/Pacific Islands, and Africa.

**Americas:** Aruba, Barbados, Belize, Bolivia, Bonaire, Brazil, Colombia, Puerto Rico, Costa Rica, Cuba, Curacao, Dominica, Dominican Republic, Ecuador, El Salvador, French Guiana, Guadeloupe, Guatemala, Guyana, Haiti, Honduras, Jamaica, Martinique, Mexico, Nicaragua, Panama, Paraguay, Saint Lucia, Saint Martin, Saint Vincent and the Grenadines, Sint Maarten, Suriname, Trinidad and Tobago, US Virgin Islands, Venezuela.

**Oceania/Pacific Islands:** American Samoa, Fiji, Kosrae, Marshall Islands, New Caledonia, Samoa, Tonga

**Africa:** Cape Verde



### STOP the Spread

Use Environmental Protection Agency (EPA)-registered insect repellents. When used as directed, the repellents are proven safe and effective, even for pregnant and breastfeeding women.

A higher percentage of the active ingredient will provide longer protection. Look for repellents with the following active ingredient:

- DEET
- Picaridin, also known as KBR 3020, Bayrepel, and icaridin
- Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)
- IR3535

Always follow product labels instructions and reapply as directed. Do NOT spray repellent on the skin under clothing. If you are also using sunscreen, apply sunscreen first.

