March is California Campus Safety Month.

In collaboration with the Modesto Police Department, we are recognizing Campus Safety Month by raising the awareness of the campus community called “Operation ID”. Property crimes are way up in Stanislaus County, and we are looking for ways to help you keep your property safer or recover your property if it is lost or stolen.

What is Operation ID?

Operation ID is a service to students, faculty and staff of Modesto Junior College that allows them to register their valuable property at no cost in case it is ever lost or stolen. By registering this property, there is a much greater chance of recovery because it can be identified as yours if it is found. What kind of property would be best for this program? You can register just about anything, but bicycles, laptops, and eReaders are the most popular items at colleges that have a similar program.

Did you ever wonder where stolen property goes and whether or not any of it is recovered? On an average day, the Modesto Police Department Evidence Room has 200 bicycles and 100 laptops sitting there unclaimed. If the rightful owners only knew their property was available to them if they could prove that it was theirs!
How do I register?

Registration of property is simple and fast. Just bring your property to either Campus Safety counter (East in Journalism 160: 9:00 AM to 1:00 PM Mon – Thurs; West in John Muir 151: 8:00 AM to 8:00 PM Mon – Fri).

- Complete the property form
- Receive a sticker to place on your property
- Engrave your property with your CA driver’s license or identification number
- We will photograph your property
- We will enter the information in our database

Campus Safety will keep your information for 3 years and share it with local law enforcement if you report the item as stolen. You get to keep a copy of the registration form.

What else should I know about Operation ID?

Campus Safety will not actually do the etching on your equipment. We will help you practice and give the engraver to you to engrave your equipment. Of course, participating in Operation ID does not guarantee that your property will be recovered if it is stolen, but the engraving and sticker on your property will help to deter theft. And if you report it stolen and it makes it to the MPD Evidence Room, you have a very good chance of getting it back.

How else can I keep my property safe?

- Never leave your backpack, computer or eReader unattended
- Always lock your bicycle to a fixed metal bike rack
- Use a metal U-lock if possible (cheap cable locks are the number one way to lose a bike)
- Take with you any quick-release parts that cannot be secured
- Photograph your bike and record the serial number
- Register your bike
- Do not bring high-value bicycles to campus

What information do I need to register?

We will need the following information from you:

- Name, Address, Phone Number
- Student ID/Employee ID
- State driver’s license or State ID card
- Email address
- Serial number of property
- Brand, model, and color
- Any additional descriptors; e.g. men’s or women’s bicycle, size, speeds, etc.

Want to learn more?

Check out the following link to see how Operation ID works: http://www.mjc.edu/general/information/safety/index.html
It’s Never Too Early to Prepare for the HEAT.

You may think that it is strange that we are talking about heat illness when it is only April. The truth is that it is never too early to start preparing for exposure to heat and humidity. We have grown used to the cooler temperatures of winter. Our bodies are especially vulnerable in the spring if there is a sudden spike in temperatures. Any strenuous activity could suddenly put you at risk for heat illness.

Heat, humidity, and strenuous activity can be deadly combinations if we have not prepared ourselves for these conditions, or if we ignore the signs and symptoms of heat illness. Strenuous activity means different things to different people. What is strenuous varies depending on our age, general health, and physical strength. So what do you need to know to protect yourself from heat illness, and what do you need to do now to acclimate yourself for the coming warmer months?

Drink, drink, drink lots of water! If you do not already have a habit of drinking at least 64 ounces of water per day, start now. It is important to drink water even when you aren’t thirsty. Think of yourself as keeping all your cells lubricated. If you already have a habit of drinking water, it will be easier for you to consume at least one quart of water every hour when you are working, exercising, or playing sports in temperatures of 85° or higher. If you don’t have this habit, you could easily underestimate how much water you need. Remember, you need to drink lots of water every day to keep your body healthy.

What else should I do to prepare?

- Cut back now on natural diuretics to change your consumption habits. Diuretics cause your body to expel water. Naturally occurring diuretics include: caffeine in food (chocolate, cheese, etc.) or beverages (coffee, colas, energy drinks, tea, etc.) alcohol, and artificial sweeteners.

- Check your wardrobe. Do you have light, loose fitting clothing to wear when it is warm or hot? Long sleeves and pants help to keep the radiant heat of the sun away from your skin thus slowing dehydration. And the loose fit allows air to circulate between your body and clothing which creates a cooling effect. Have you ever noticed that people who live in desert countries cover their skin from head to toe? If you thought it was only cultural, think again! They know that they must protect themselves from the penetrating rays of the sun. This includes head gear. Wearing a hat keeps your brain cooler, especially if you wear a hat that allows for air flow.

- Build up your stamina for working in the heat. If you aren’t used to working in the heat, work up to it gradually by working in the heat for a few hours at a time. This is especially important during the first 7 to 14 days of higher temperatures. This is where your brain (and desires) could be in conflict with the rest of your body. You have been looking forward to a major project in your yard for weeks, and now the day has come, but the weather forecast is for the first high of 90° for the year, and you haven’t done strenuous yard work since last October. Listen to your body! Take it easy. You’re not getting any younger, you know.

- Change your eating habits. It is not just about eating small portions; it is also about reducing carbohydrates and sweets. Your body generates heat when it converts food to energy, and the harder your body has to work on digesting your food, the more heat it generates. A too-full stomach, heat and physical activity equal nausea. And limit your alcohol consumption in the heat! Remember that the alcohol serves to dehydrate your body (never mind what it does to your judgment), at a time when you need to hydrate the most.

- Check in with your doctor before participating in outdoor activity in the heat. If you have a chronic disease, such as heart disease or diabetes, your doctor can provide you with the heat illness prevention guidance specific to your needs.

- Attend annual heat illness prevention training if you work in an area where you might be affected by heat or participate in athletics in the heat.
What must my employer provide if I work in the heat?

- A written plan that explains heat illness prevention [Ours is part of the Injury & Illness Prevention Plan (IIPP)]
- Annual training on the plan (watch for our announcement for those affected)
- One quart of water per hour per employee for those working in the heat
- Access to shade and cooler areas for recovery from the heat
- Information about the symptoms of heat illness to watch for and first aid for those symptoms

What are heat illness symptoms and what should I do for them?

- **HEAT CRAMPS**
  - Symptoms – muscle spasms in the arms, legs and stomach often after work caused by heavy sweating and not replacing with enough water
  - Prevention – Drink lots of water or electrolyte solutions such as Gatorade and eat fruits such as bananas to maintain electrolyte levels in the body
  - First Aid – Get the victim to a cooler location. Lightly stretch and massage affected muscles. Give sips of water every 15 minutes. Seek medical attention if the cramps do not subside within one hour.

- **HEAT EXHAUSTION**
  - Symptoms – Headache, heavy sweating, intense thirst, fainting or dizziness, fatigue, loss of coordination, nausea, vomiting, impaired judgment, loss of appetite, hyperventilation, tingling in hands or feet, anxiety, skin may be cool, pale or flushed, weak and rapid pulse and low to normal blood pressure. This is much more serious than heat cramps.
  - First aid – Move to a cool area and treat for shock; lie the victim down with feet slightly elevated; loosen clothing; apply cool, wet cloths; have him drink half a glass of water every 15 minutes if able; get medical attention; avoid strenuous activity for at least a day. Call 9-1-1 if the victim becomes nonresponsive.

- **HEAT STROKE**
  - Symptoms – Heat stroke is a life threatening illness with a high death rate. High body temp (over 105); hot, red, dry skin, a distinct absence of sweating (body is totally dehydrated); rapid, weak pulse; rapid shallow breathing; may vomit; may be unconscious; may have seizures. May be mistaken for a heart attack.
  - First aid – Call 9-1-1 immediately or get the victim immediately to a hospital. Delay can be fatal. Move to a cooler location. Remove victim’s clothing and pour cool water on him; apply cold packs behind the neck, armpits and groin area. Watch for breathing problems.

HEAT IS THE NUMBER ONE KILLER OF CALIFORNIANS FROM A NATURALLY OCCURRING EVENT!

STAY COOL, KIDS!
In California every employer has an obligation, both ethically and legally, to provide and maintain a safe and healthful workplace for its employees. OSHA, Occupational Safety and Health Administration, sets the requirements for the nation, and CalOSHA enforces the safety mandates for California. We are required to develop, maintain, train and administer the Injury and Illness Prevention Program (IIPP). For the benefit of our campus community, it is essential that we all understand our roles and responsibilities in keeping our workplace safe. Let’s review the key elements of the YCCD IIPP.

- **Responsibility:** Ultimately you are responsible for your own safety. The responsibility of the IIPP Administrator, Dorothy Pimentel, is to monitor the implementation of the IIPP and to assist managers as they carry out their responsibility for safety.

- **Compliance:** All workers and managers are responsible for complying with safe and healthful work practices. These safe work practices are spelled out in OSHA required plans and programs that remind and direct workers to perform their tasks in a safe manner.

- **Communication:** All managers are responsible for communication with employees about occupational safety and health. Our IIPP encourages employees to inform their managers or the IIPP Administrator about workplace hazards without fear of reprisal. Your suggestions for safety are welcome.

- **Hazard Assessment:** MJC is responsible to conduct periodic workplace hazards inspections designed to identify and evaluate hazards. Managers/designees are responsible for self-inspections of their work area and can find a Self-Inspection Checklist on line at the Campus Safety website. The results of these inspections are submitted to the IIPP Administrator for recordkeeping and follow-up as necessary.

- **Accident Investigation:** Job-related injuries requiring medical treatment or near misses are reviewed by YCCD Risk Management and investigated as appropriate. Where appropriate, corrective action is taken to prevent a recurrence.

- **Hazard Correction:** Unsafe or unhealthy work conditions are corrected in a timely manner based on the severity of the hazards. If you become aware of a safety hazard or unsafe working condition, feel free to contact the IIPP Administrator and report it.

- **Training:** At MJC, all employees receive training on the IIPP and hazard communication. Selected employees receive training depending on their job duties on bloodborne pathogens, ergonomics, safe lifting, chemical hygiene, heat illness prevention, etc. The training may consist of a web-based module, a narrated PowerPoint presentation, videos, or live instruction from Campus Safety or Risk Management. On-line training now makes required training so much more available to all employees.

- **Recordkeeping:** Training, inspection and accident investigation records are maintained by the College, Campus Safety, and Risk Management.

The YCCD IIPP is available for review at [http://www.yosemite.edu/safety](http://www.yosemite.edu/safety) or [http://yccdnet/ycssecurity](http://yccdnet/ycssecurity). A copy of the IIPP should be in every department and every employee should know where it is kept. If an OSHA inspector comes onto campus he/she may randomly ask an employee if he/she knows what the IIPP is and where it is kept. We covered this in the 2012 Annual CEOP training.

We take our workplace safety seriously and will continue to bring training and safety messages to you to raise your awareness about the safety and health of your workplace environment.
Helpful Hints for the Home

Summer is almost here and with the warmer weather arriving, many of us will be ready to start tackling yard work or outdoor activities that have been piling up over the winter months. While these activities are very beneficial, they can pose some health and safety hazards that can be easily avoided with the right precautions. To help insure the safety of all the members of our community here are some suggestions for yard work safety.

- Limber up with a light stretch before getting started. Yard chores may seem easy, but they involve muscles you may have not used in a while.

- Always wear protective clothing when you handle fertilizers and pesticides.

- When pruning trees, be careful not to let metal ladders or trimmers make contact with any overhead wires.

- More than 60,000 people each year are treated for lawn mower related injuries.
  - Inspect and rake before you mow to prevent launching any loose stones or debris.
  - When operating a mower, wear proper footwear and avoid loose fitting clothing.
  - Top off the gas in the mower before you start. When refueling, ensure that the engine is off and cool.
  - Do not start or run gas powered equipment indoors or in places without proper ventilation.

- At least 55,000 people each year sustain injuries from trimmers, lawn edgers, pruners, and power saws.
  - Read the manufacturer’s instructions carefully before using the tools.
  - Inspect tools for damage and don’t use them if you find any problems.
  - Always use personal protective equipment as recommended by the manufacturer.
  - Make sure that blade guards are in place on all cutting equipment.
  - Unplug and/or make sure equipment is in the off position when not in use or performing any maintenance.
  - Store gasoline powered equipment away from any ignition source.

- Before you do any “hands on” weeding, make sure that you know how to identify types of poisonous or irritating plants. If in doubt, always use gloves.

A message from: CAMPUS SAFETY - For more information, contact Becky Crow at 575-6260.
Hazardous Waste Management

In order to maintain our facilities and support a wide variety of educational and technical programs, we must use many materials that may have hazardous properties and therefore require special handling and treatment to dispose of them properly. We are 100% committed to managing all of our wastes in a safe and eco-friendly manner, and in compliance with applicable laws and regulations. We need your help to manage our wastes properly. Please read the following paragraphs to learn about managing some of our most common waste streams on campus.

As a general rule of thumb, if the material came with any type of cautionary label, it most likely requires special handling to get rid of it. Hazardous waste must never be improperly discarded, such as throwing it into regular building trash cans. If you have any questions regarding the disposal of hazardous waste, please contact Facilities Planning and Operations (575-6903).

What is Hazardous Waste?

Hazardous waste comes in many different forms and physical states including liquids, gases, and solids. In order to be considered a hazardous waste, the waste must display one of the following characteristics:

1. **Ignitability**: Ignitability waste can create fires, under certain conditions, are spontaneously combustible, or have a flash point less than 60°C (140°F). Examples: waste oils and used solvents.

2. **Corrosivity**: Corrosive wastes are acids or bases (pH less than or equal to 2, or greater than or equal to 12.5) that are capable of corroding metal containers, such as storage tanks, drums, and barrels. Example: battery acid.

3. **Reactivity**: Reactive wastes are unstable under “normal” conditions. They can cause explosions, toxic fumes, gases or vapors when heated, compressed, or mixed with water. Examples: lithium-sulfur batteries and explosives.

4. **Toxicity**: Toxic wastes are harmful or fatal when ingested or absorbed. Examples: containing mercury, lead, etc.
General Hazardous Waste constitutes the largest waste stream on campus. Some typical hazardous waste includes used oils, coolants, solvents, reagents, lab chemicals, and paints. These wastes are commonly found in our maintenance, Technical Education, Art and Science areas. Although the largest of the waste streams, it also represents the largest percentage of waste that can be recycled, refined, and put to use in new materials. Each year YCCD recycles thousands of gallons of used oils and coolants that are ultimately returned to consumer products.

Universal Waste is a category of hazardous waste that is considered to pose a lower risk to people and the environment than other types of hazardous waste. Examples of universal waste include but are not limited to: cathode-ray tubes, batteries, fluorescent tubes and bulbs, electronic devices, non-empty aerosol cans, and any mercury-containing products (i.e. thermometers, switches, gauges, thermostats, etc.). Some of our more exotic universal waste may be discovered during building remodels, new construction or when clearing out old inventory items. We have a well-established universal waste management program at YCCD and send thousands of pounds of used batteries and fluorescent tubes to a third party that disposes of them or recycles as appropriate.

Bio-Hazardous/Medical Waste typically contains bio-hazardous materials and can potentially pose a risk of infection and therefore requires special handling. This waste can also pose an additional risk because it generally contains sharps with potential blood borne pathogens. An example of a sharp is a syringe used for medical treatment. Sharps are to be stored in special containers that are designed for this purpose. A sharps container is generally red in color with special labeling or warning. This waste is commonly found in the Allied Health, Science and Health Services areas. If you discover any sharps or bio-hazardous waste such as blood, do not attempt to clean it up unless you are authorized or trained to do so with the proper personal protective equipment (PPE). Instead, secure the area and call Campus Safety (575-6351).
OFFICE ERGONOMICS

Computer workstations are a natural part of our office environment these days. MJC has hundreds of workstations in use every day. To minimize your risk of repetitive stress injuries and musculoskeletal disorders such as Carpal Tunnel Syndrome, it is important to create and maintain a good ergonomic working environment.

The following tips will help you to maintain a proper ergonomic workstation arrangement:

• Position your monitor directly in front of you so that you do not have to twist your head, neck, or body to view the screen.
• Maintain a comfortable viewing distance (25 to 30 inches) between your eyes and the monitor.
• Adjust the monitor so that you can work with your head level. This can be challenging if you wear bifocal glasses.
• Place source documents just below eye level, angled slightly upward and at the same distance from your eyes as the monitor.
• Take appropriate steps to reduce glare on the screen.
• Adjust your chair so that you can sit with your back comfortably straight and your head level.
• Allow your feet to rest flat on the floor or supported by a stable footrest.
• Keep your shoulders and upper arms perpendicular to the floor (not stretched forward) and relaxed (not elevated). Make sure that the armrests on your chair are not so high that your shoulders are all "scrunched" up. This can create a lot of tension in your shoulders.
• Keep your upper arms and elbows close to your body and not extended outward.
• Keep your forearms, wrists, and hands straight, not bent up, down or sideways. This is about your keyboard use and done incorrectly can cause repetitive stress issues.
• Use a padded wrist rest to prevent your wrists from resting on a sharp or hard edge.
• Give your eyes a break from time to time by refocusing on something at a distance.

For a quick tutorial on Ergonomic adjustments, check out the Ergonomics Training at www.yosemite.edu/safety/. Choose the Health & Safety tab; then follow the links and instructions at the eLearning Portal.
Ergo-workout at your Workstation:

Hand Stretches
• Make a fist, then extend and spread your fingers. Squeezing a small ball can also relieve some of the stress in your hands.
• With hands at your sides, lift your mouse hand up, pivoting at your elbow until your hand is just above elbow level.

Wrist and Forearm Stretches
• Hold your arms out in front of your body and bend hands up and down.
• With palms together, fingers pointed upward and elbows pointed out, bring your hands down until you feel the stretch.

Shoulder Stretches
• Shrug your shoulders and roll them forward and back.
• With elbows out, move your arms back to bring your shoulder blades together.

Neck Stretches
• Rotate your head up and down.
• Turn your head from side to side.
• Tilt your head from one shoulder to the other.

Back and Arm Stretches
• Put your hands behind your head and pinch your shoulder blades together
• Bend forward in your chair and touch the floor.
• While sitting, grasp your shin or knee and pull your knee toward your chest.
• Stand up, place your hands on your hips and bend backward gently.

Now didn’t all those stretches feel good? If you sit several hours a day in your job, consider doing these stretches a couple of times in the morning and a couple of times in the afternoon. Take a little time to take care of yourself. You will perform at a higher level and feel better, too. For questions on ergonomics, contact YCCD ergonomics specialist Marsha Calbreath (575-6005).
KEEPING THE SAFETY ATTITUDE

Once the fall semester is under way, activity on campus increases exponentially. New students are entering the campus for the first time and trying to find their way around, while returning students are finding areas of the campus previously not visited. The chaos of the start of a new year begins ramping up in August and reaches its peak in September. Interestingly August is also the month that slip, trip and fall injuries begin to increase, with them peaking in September.

If the injuries were distributed evenly throughout the year or they only occurred during wet months, we could ascribe the losses to physical conditions alone. But that is not the case. The pattern of our losses suggests that human behavior is the leading cause of our slip, trip and fall accidents. Let’s look at some of the most commonly observed unsafe behaviors and see what we can do to avoid becoming one of this year’s slip, trip or fall statistics.

CUSTOMARY BEHAVIOR

Carrying loads that obstruct your field of vision; this behavior increases your risk of falling down steps, tripping over curbs, or falling over obstacles in your pathway.

Talking on a cell phone, texting or reading (e.g. a campus map) while walking: these behaviors distract you from the task of watching where you are walking. Taking your mind or your eyes off of your surroundings increases your risk of running into other people, stepping in front of moving vehicles, falling off a curb or tripping over objects in your pathway.

Taking short cuts across the landscaping: this behavior increases your risk of stepping into holes, tripping over sprinkler heads, or slipping on the wet vegetation.

Driving above the posted speed limit on campus, not yielding to pedestrian foot traffic, and driving while distracted whether you are operating a motor vehicle or utility cart: increases the risk of an accident.

INJURY AVOIDANCE BEHAVIOR

Take smaller loads and make more frequent trips, or use a material handling device such as a cart, or get someone to help you. Only carry loads that you can see over.

Keep your full attention on where you are walking. Put the cell phone away. Do not text while walking. If you must use a cell phone, use an ear bud, but be aware that the conversation could still increase your risk of injury due to its distracting nature. If you must reference written materials, stop, read and then walk.

Stay on the paved pathways provided. If you must walk in unpaved areas, take shorter strides, and pay attention to where you are stepping.

Always drive the posted speed limits and keep it slow when driving through pedestrian foot traffic. Keep an eye out for people and don’t drive with distractions (e.g. eating or using a cell phone).
### CUSTOMARY BEHAVIOR

- **Carrying heavy or bulky loads on stairways:** This behavior increases your risk of falling because it changes your center of gravity and may obstruct your line of vision.

- **Running or loping up or down stairs:** This behavior can increase your risk of slipping on the steps or missing a step and falling.

- **Spilling liquids on the floor and leaving them for someone else to clean up:** This behavior sets the stage for someone to slip and fall.

- **Standing on chairs, desks, or the top two steps of ladders:** These behaviors are major causes of fall injuries. Chairs can be unstable. The descent from the desk is usually greater than we think. And using the top two steps of a ladder shifts our center of gravity and increases the risk of a fall.

- **Ignoring unsafe conditions or failing to report them:** These behaviors increase the risk that you or someone else may be harmed by the unsafe condition.

### INJURY AVOIDANCE BEHAVIOR

- **Use the elevator or reduce the size of the load so that you can see over it and still use the handrail.**

- **Ascend and descend stairs with caution. Always keep at least one hand on the handrail. Keep the weight on your back leg until your front foot is firmly on the next step.**

- **Immediately clean up spills. If you have to obtain a mop or some other clean-up equipment, ask someone to stand watch and warn others away from the spill. Remember that cleaning up chemical spills requires specific training.**

- **Only use a step ladder of the appropriate height. Never place a ladder in front of a closed door. Follow the directions on the ladder’s label to ensure you are using it correctly. Do not over reach; keep your body within the rails.**

- **Immediately report all unsafe conditions that you cannot correct yourself. Reports can be made by contacting Safety Specialist Marsha Calbreath either by email or telephone: 575-6005.**

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### EXPERTS SAY DISTRACTED WALKING ON THE RISE

*The following comments are excerpts from an Associated Press article, 7-31-12:*

A young man talking on a cell phone meanders along the edge of a train platform at night. Suddenly he stumbles, loses his balance and pitches over the side, landing headfirst on the tracks. Fortunately, there were no trains approaching the Philadelphia area station, because it took the man several minutes to recover enough to climb out of danger. But the incident, captured last year by a security camera, underscores the risks of what government officials and safety experts say is a growing problem: distracted walking.

A University of Maryland study found 116 cases over six years in which pedestrians were killed or seriously injured while wearing headphones. In two thirds of the cases, the victims were men younger than 30. Half of the cases involved trains, and in a third of the incidents a horn was sounded before the incident. Approximately 1,152 people were treated in hospital emergency rooms in the U.S. last year for injuries suffered while walking and using a cell phone or some other electronic device, according to the Consumer Product Safety Commission, which receives annual data from 100 emergency rooms and extrapolates the information into a national estimate. It is likely that this is an underestimate because patients may not mention they were using a cell phone or other device at the time they were injured, said the director of the Commission’s data systems.

“Inattention blindness” is the term used when someone is driving while talking on a cell phone and does not see what is right in front of him/her. We can now add a new phrase to our vocabulary: Distracted Walking. It all means your brain is not engaged with your environment.

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**A message from: CAMPUS SAFETY - For more information, contact Becky Crow at 575-6260.**
Think Eco-Friendly!

Have you heard of the San Joaquin Valley Air Pollution Control District? That title is quite a mouthful, but their charge is good. This organization not only educates the public regarding “going green”, they make grant funds available to assist in making the valley air more breathable. For example, we have received a grant to replace two of our Campus Safety vehicles with electric vehicles. The grant is a win-win for the college. We get to replace two aging vehicles, and everyone gets to breathe a little more easily, and we reduce our energy use. Also, this control district encourages the use of alternative fuel vehicles and ride sharing. We do not have a ride sharing program at MJC, but if there is significant interest, we can pursue it.

We are also reminded of recycling plastics, aluminum cans, paper, and even batteries. You will find well-marked containers around both campuses for plastics, aluminum cans and paper products. Please use them and encourage students to also use them for recycling ONLY — no food garbage. We don’t want batteries to go into our waste stream, as they are hazardous to the environment. You should dispose of your used batteries by creating a work order with Facilities to pick them up. They will be taken care of through the Chemical/Hazardous Waste Disposal process. There are lots of ways to recycle at home: hazardous household products, e-waste, batteries, cans and other metals, plastics, etc. The list goes on and on. One that I am participating in that is particularly rewarding is through the United Cerebral Palsy (UCP) folks: they provide you with a green bin to collect your recyclables in and then they hire developmentally disabled folks to pick up the stuff you put out, and they use the money from the recycling to pay them. It’s all good!

The San Joaquin Valley Air Pollution Control District also has an air monitoring program. With this program “air alerts” go out to warn people who are sensitive to pollutants in the air regarding activity outdoors. The program is set up to have graduated levels of air quality warnings and the warnings are broken out by county. For example, Stanislaus County often has air quality in the “yellow” range with very little activity restriction, but occasionally when the air is very stagnant, we can move into the “orange” range, and people who are particularly sensitive may receive a warning suggesting that they restrict their outdoor activities. And “red” is bad for everyone. For more information on this program as it relates to MJC, please contact Health Services.
Safe Driving on Campus

Well, as you have undoubtedly noticed, activity on campus has picked up dramatically since August 25th! The speed limit on campus is 15 MPH, but in the parking lots, 5 MPH is a much safer speed. With people walking along and texting at the same time and drivers looking everywhere but in front of them while they look for a place to park, the parking lots are scary places to be. Exercise extreme caution in the parking lots, please. And sidewalks are not much safer than the parking lots. With so many people moving about when classes change, it is difficult to see trip hazards that would be easy to see if so many people were not right in front of you.

We also have utility carts and District vehicles moving about on the sidewalks. You may only operate a utility cart if you have had training, currently offered with the series of web-based safety trainings and hands-on certification training from Jim Codoni. Here are some tips on cart/vehicle safety on sidewalks:

- Remember that vehicles and pedestrians do not mix well. Pedestrians always have the right of way.
- If it is too crowded, stay off the sidewalks.
- Keep a safe distance between the cart/vehicle and pedestrians at all times. Stop for a while if foot traffic is getting too congested.
- When driving in foot traffic always drive slower than the speed of the people walking and warn people politely when approaching them from behind.
- Only drive faster than walking speed when you can safely do so with a clear path of travel and return to walking speed before you reach any groups of pedestrians.

Let’s be safe out there folks and keep it safe for our students!

Welcome Fall!

A message from: CAMPUS SAFETY - For more information, contact Becky Crow at 575-6260.