



Dimensions of Wellness



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JUNE is



When instructing new firefighting students, I make a point that our main goal is to bring control and calm to chaotic situations. This is accomplished through technique, procedure, and *attitude*.

It is very important to have a positive attitude about safety. Safety isn't just limited to professionals, we all practice safety in our daily lives - around the home, driving on our increasingly dangerous streets, in the work place, and in public places. With summer here, our attitude about safety and awareness needs to be kicked up a notch.

-Dennis Dodt, Fire Science Program Director



An ounce of prevention is worth a pound of cure.

-National Safety Center



College Safety

The Phoenix College Safety Department strives to provide an environment that is safe and secure for employees, students, and visitors to the campus. Safety staff routinely patrol the campus as their visibility helps to promote safety on campus. However, maintaining a safe campus takes a collective effort from everyone.

Helpful Tips

- Never leave personal or school property unattended; keep it out of sight.
- Always lock your office when you leave, even if you are only going to be gone for a few minutes.
- Store purses in a locked desk drawer or file cabinet; leaving them under a desk or other location makes them susceptible to theft.
- When visiting the library or cafeteria, do not leave valuables on tables; take them with you.
- In the parking lots, do not leave valuables visible inside of your vehicle; store them in the glove compartment or the trunk.
- The purchase of a "club" for the steering wheel is a good investment as the casual thief will pick an easier target.
- Always try to walk in a group when going to the parking lot during the hours of darkness.
- Have your keys in hand when approaching your vehicle. If you sense something is wrong, walk toward a populated area.
- If on campus after hours when most people are gone, call the safety department for an escort to your vehicle.

-Wil Mc Fadden, College Safety Director



HOME SAFE HOME?

Thousands of people, many of them older adults, die every year as a result of accidents in their home. Millions of others suffer disabling injuries. Use these tips to stop accidents before they start and be prepared when they do...

Many home accidents can be avoided by taking simple precautions such as:

- ✿ Installing smoke alarms and carbon monoxide alarms throughout your house.
- ✿ Checking smoke alarms and batteries regularly to make sure they work. Batteries should be changed at least once a year.
- ✿ Running electrical cords along walls, not under rugs where they're both an obstacle and a fire hazard.

Dealing with Emergencies

Use these tips to be prepared:

- ✿ Keep your phone within easy reach of the chair where you usually sit. If possible, keep one next to your bed.
- ✿ Keep emergency phone numbers on or near every phone in your home.
- ✿ Keep fire extinguishers in the kitchen and other rooms, and know how to use them.
- ✿ Have more than one exit from your home.
- ✿ Develop and escape route and practice it.
- ✿ Keep a first-aid kit at home and in your car.

-Nicole Logan, Fitness/Wellness Programs Asst.

Grass Fires



Okay, so we don't live in the forest surrounded by tall, cool pines, yet fires in grass or debris made tinder-dry by the summer sun can be just as devastating as forest fires if they extend to our homes. It takes just a spark or a cast-off cigarette butt for a fire to start in dried grass, vegetation or debris, and that fire will rapidly extend to your home through a shed, garage, patio cover, lattice or any adjoining combustible material.

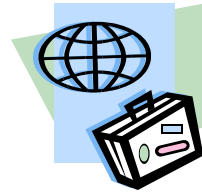
Imagine a row of dominos falling in the direction of your house – let's say, an improperly discarded cigarette butt dropped into some dried grass starts a fire that extends to your fence, then to that plastic (and very combustible) trash container, then to the eaves of your garage, next into the attic and now the whole house is on fire. Here are some guidelines to help prevent this falling domino situation:

- ✿ Clear all weeds, dried grass, and other combustible vegetation from around your house, fence, and property.
- ✿ Properly dispose of piles of refuse such as old furniture, boxes and pallets. These are fires waiting to happen, especially if they are placed next to a wooden fence.
- ✿ Don't store the large, city-issued trash containers inside your garage, under a patio cover, or under the eaves of your house.
- ✿ Keep the roof, gutters, and eaves clear of dry needles and leaves.
- ✿ Store and use flammable liquids properly.
- ✿ Dispose of cigarettes carefully.

And remember that fireworks are illegal in Arizona and extremely dangerous in a number of ways. Enjoy the 4th of July safely at events conducted by professionals.



-Dennis Dodt, Fire Science Program Director



Travel Tips

As we all begin the annual rituals of summer vacation, let's take a second to focus on some guidelines that will help us enjoy our time off safely.

Ahh...the open road! Adventure! Relaxation! But don't forget that newly found attitude about safety! We obviously can't cover every eventuality but here are some safety tips for traveling:

- Be prepared! Get reports on road and weather conditions from the internet, radio, or state agencies.
- Create and maintain a first aid kit in your vehicle.
- Get a vehicle check-up prior to any road trips.
- Create and maintain an emergency kit for your vehicle with a flashlight, jumper cables, road reflectors, and some basic tools.
- Carry a cell phone and a small amount of cash for emergencies.
- Let someone know where you are going and when you will be back in case of trouble.
- Never drive if overly tired. Relax, you're on vacation here!
- Follow safe camping procedures. Check with the National Forest Service for restrictions and safety tips.
- Follow and enforce the same water safety rules you use at home.

These are just the basics but will help create an increased safety attitude. For additional information, visit the Phoenix Fire Department's website at:

<http://www.ci.phoenix.az.us/FIRE/>

Have fun and be safe!



-Dennis Dodt, Fire Science Program Director

Do You Know Squat?



INCORRECT



CORRECT



Tips for Safe Lifting

1. Clear pathway before moving objects from one place to another.
2. Use the proper tools by examining the job for hazards and determining what is needed to safely finish the task.
3. Check the object's weight to see if help is needed to lifting and moving it.
4. Keep back straight and vertical to the ground upon lifting. In addition, keep your head up and look directly in front of you.
5. Bend knees when lifting; do not stoop over the object.
6. Always bring the object as close to the body as possible.
7. Tighten stomach muscles to help the back stay in balance.
8. Be careful when putting the object down; follow the same guidelines as you would for weight lifting.

Want to Know "SQUAT"?

Knowing how to perform a "Squat" correctly in combination with abdominal training can help alleviate and or prevent back trouble.

Increase your awareness about movement and learn simple exercises that will get you on your way to a healthier back.

COMING SOON.....

"Do You Know Squat", Back Care and Lifting Seminar, brought to you by PC Wellness and Occupational Health and Safety.

B.G. Bowley, Business Services-Occupational Health and Safety

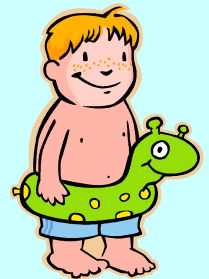


Water Safety

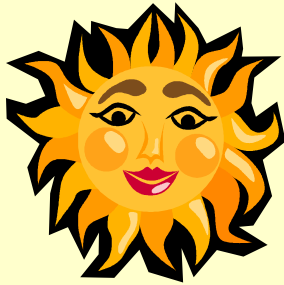


We all hear the news reports and read in the papers of drownings across the Valley. As of May 30th, Fire Departments across the Valley have responded to 54 water-related incidents this year involving 37 children and 17 adults. Six of these children have died, as have eight of the adults. Thousands of dollars and countless hours of educational and promotional programs such as "Watch Our Kids Around Water", "Just A Few Seconds", or "Two Seconds is Too Long" have saved an unknown number of lives by increasing people's safety attitude and awareness. Here are some water safety tips from the Phoenix Fire Department to help improve your safety attitude:

- Never leave a child unattended in the water or pool area for any reason.
- Avoid distractions like doorbells, phone calls, chores or conversations.
- If you must leave the pool area, take the child with you, making sure the pool gate latches securely behind you.
- Always keep your eyes on the child or children anywhere near a body of water.
- Designate a child watcher, you or someone else, when you attend a party or have friends or family over.
- Talk with baby-sitters about pool safety, supervision, and drowning prevention.
- Post rules such as "No running," "No pushing," "No dunking" and "Never swim alone". Enforce the rules.
- Don't rely on swimming lessons or "floaties" to protect your children in the water.
- Don't assume that drowning or a drowning incident couldn't happen to you or your family.
- Don't have a false sense of security just because you think your pool area and home are secure.
- Attend a CPR class. Make sure your baby-sitter knows CPR.
- Encourage your neighbors to follow pool safety guidelines, including keeping their back gates and doors locked, and their pool gates securely closed and latched.
- Always watch your children, whether in the house or outside especially around water!



-Dennis Dodt, Fire Science Program Director



Heat Safety



As the weather heats up, we need to make adjustments to our daily routines. If you are accustomed to exercising or working outside, this may not take much. However, if you typically work in an air conditioned classroom or office during the heat of the day and now have those hours free to be outdoors, some significant safety adjustments need to be made. Our hot summertime weather can cause more than just sweat stains on your new blouse or shirt and burns from entering that oven otherwise known as your car after being parked in the sun all day. Some serious medical emergencies can result from not having a safe attitude about heat exposure.

Heat cramps are muscular pains and spasms that occur when the body loses electrolytes through profuse sweating and they are not replaced. Heat cramps usually begin in the arms, legs or abdomen, and often precede heat exhaustion. Heat cramps are best treated with rest out of the hot sun, using a fan or water mist to cool the patient down, and providing water or a sports drink. Pain from cramps can be eased with gentle massaging.

A person suffering from heat exhaustion will be heavily perspiring and will most likely be pale. Heat exhaustion is a medical emergency and a 9-1-1 call should be initiated. To help the patient, move them to a cool place, sponge their forehead with a cool damp rag, elevate their feet, and give them water or a sports drink until medical assistance arrives.

Heat stroke is the worst heat-related injury. Here, the brain has lost its ability to regulate body temperature. The patient's skin will be dry, red, and warm to the touch. This is a true medical emergency and a 9-1-1 call must be initiated. Until professional help arrives, remove the patient from the heat and cool them as quickly as possible. This is best accomplished by wrapping the patient in cool, wet sheets. Additional water can be used to keep the sheets wet and the patient cool.

The best treatment for heat emergencies is prevention.

USE THESE TIPS TO PREVENT HEAT RELATED ILLNESS:

- Drink adequate amounts of water before you're thirsty or before beginning outdoor activity.
- Avoid alcoholic beverages. Alcohol can cause dehydration.
- Wear a hat or cap, keep your neck covered, and wear loose fitting clothing.
- If you can, work in the cool hours of the day or evening.
- Begin slowly and in increments if you are not used to the heat.
- Please, don't forget about your pets.

-Dennis Dodt, Fire Science Program Director

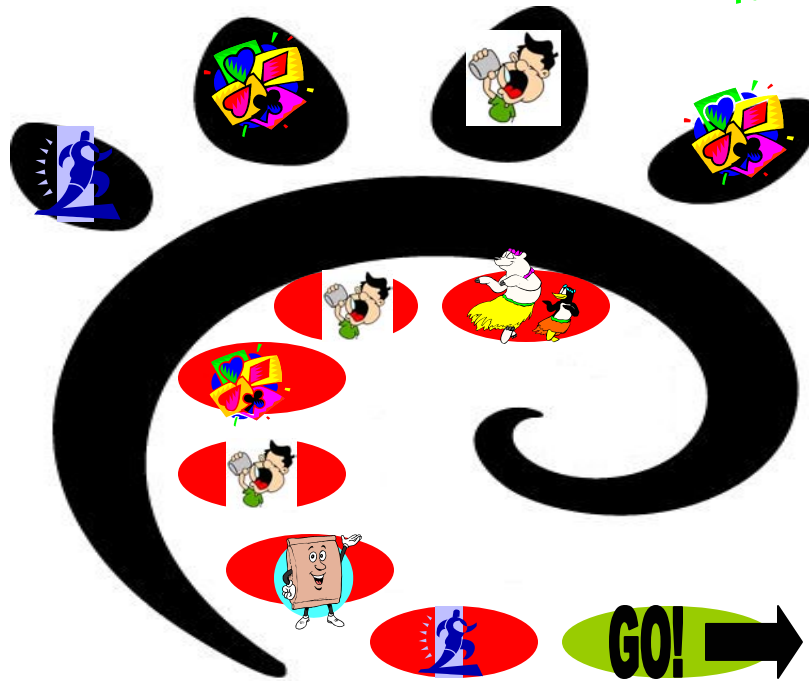
Bear-opoly

Summer Fun and Fitness

CHALLENGE

June 19th-July 27th

10 to Pass GO!



NOTE:
See PC Wellness
June/July Calendar for
schedule details.

Mark all Circles and pass GO! to Complete the Challenge!



PC Fit Club:

20 minutes of moderate exercise fun! (Meet in the South Gym)

NOTE: 20 minutes of physical activity can be substituted to satisfy this area.



**WILD (ARD)
WEDNESDAYS**

Join us for a “mixer” of introductory level exercise fun. Two sessions will be offered. Come get your 20 minute energy boost! (Meet in South Gym)



HYDRATION:

Remember to stay hydrated during summer. Drink 6-8 (8oz) glasses of water daily. Each day you achieve this, you can mark one spot.



**Brown Bag
EXPRESS:**

Bring your lunch and learn about enhancing your health.



BRING A FRIEND:

Bring a friend and or colleague to any of the “Bear-opoly” activities scheduled on the **PC Wellness** June and July Calendar.

REGISTER on line and down load the PC Wellness Calendar at:

<http://www.pc.maricopa.edu/healthenhancement/bearopoly>

Deadline to register and be eligible for prizes is Friday June 30th

End of Year Celebration

85 Years of Dancing Through the Decades



Costume Party



End of Year Celebration

85 Years of Dancing Through the Decades (Continued)



FITNESS/WELLNESS STAFF



HEALTH ENHANCEMENT

Liz Ligon, Health Enhancement Department Chair
Marty Minton, Department Secretary

 Contact Marty Minton on (602) 285-7295

CAMPUS & EMPLOYEE FITNESS/WELLNESS

Paola Ball, Fitness/Wellness Manager
Nicole Logan, Fitness/Wellness Programs Assistant

 Contact Paola Ball on (602) 285-7160

FITNESS CENTER

Marty Welter, Fitness Center Coordinator
Allen Jackson, Fitness Center Technician
Ceci Saenz, Fitness Center Technician and ESL Coordinator

 Contact Marty Welter on (602) 285-7147


AEROBICS

April Styles, Aerobics Program Coordinator

 Contact April Styles on (602) 285-7173

OLDER ADULT WELLNESS

Allen Jackson, Senior Wellness Coordinator
April Styles, Silver Sneakers Coordinator

 Contact Allen Jackson on (602) 285-7225
Contact April Styles on (602) 285-7173

LOCKER ROOM MANAGEMENT

Rosie Alvarez, Women's Locker Room Attendant
George Holusha, Men's Locker Room Attendant

 Contact Rosie Alvarez on (602) 285-7595

FITNESS CENTER/AEROBICS

DID YOU KNOW?

The Fitness Center offers:

- Free 1 week guest passes
- Free blood pressure screenings



HOW DO I SIGN UP?

PC Faculty/Staff*: Obtain tuition waiver, PED 115 1790
P/Z earn 25 hrs 6/5- 8/18/06

*FT Board approved employees and adjunct faculty.

Students:	1 credit 6/5-7/6/06	\$70.00
	2 credits 6/5-8/10/06	\$140.00
	No Credit 6/5-8/18/06	\$100.00

*Note: Register at A & R and refer to page 21 in class schedule



SUMMER FITNESS CENTER HOURS

Mon-Thurs	5:30a-1:00p, 4:00p-9:00p
Friday	5:30a-9:30a, 4:00p-8:00p
Saturday	8:00a-1:00p

If you have any questions or concerns regarding the Fitness Center, please contact the **Fitness Center on (602) 285-7296.**



Thank You to This Issue's Contributors

- Phoenix College Safety
- EMS and Fire Science Department
- Business Services, Occupational Health and Safety

Wellness Hero



Each month, we want to recognize someone who demonstrates a commitment to wellness. This month **Denise McDonald**, Coordinator of the Senior Hygiene Class, has been selected as the "Wellness Hero". Denise keeps her students focused and fit by leading regular stretching and relaxation exercises at the end of every clinic day.

In addition, she always encourages students to "take time" for themselves and keep their personal, physical, mental and emotional needs in sight.

Those who nominated her mentioned that she has a calming spirit and they feel blessed to have her. Congratulations Denise!



We want to hear from you!

Phoenix College is rich with outstanding resources and programs that we can all benefit from. The intent of this newsletter ("PC Pulse") is to increase awareness about wellness, inform people about wellness related seminars, activities and events and feature articles from our extended network of talented and knowledgeable faculty and staff.

We also hope to share stories about your Department and the little things you do to enhance your work environment and promote team work.

To submit an article, please contact:

Paola Ball
Fitness/Wellness Manager
(602) 285-7160

Email: Paola.Ball@pccmail.maricopa.edu



Nominate a "Wellness Hero"!

Submit the person's name and a brief description about how they demonstrate a commitment to employee or student wellness.

Submission Deadline: Friday July 6th

We look forward to your submissions!