June is National Dairy Month

National Dairy Month started out as National Milk Month in 1937 as a way to promote drinking milk. It was initially created to stabilize the dairy demand when production was at a surplus, but has now developed into an annual tradition that celebrates the contributions the dairy industry has made to the world. After the National Dairy Council stepped in to promote the cause, the name soon changed to “Dairy Month.”

National Dairy Month is a great way to start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products like milk contain nine essential nutrients, which may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it’s protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons that you should celebrate dairy not just in June, but all year long.

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Prepare for Spring Weather

Spring weather can be unpredictable. When severe weather hits unexpectedly, the risk of injury and death increases, so planning ahead makes sense. Prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Spring is the time of the year when many things change—including the weather. Temperatures can swing back and forth between balmy and frigid, and sunny days may be followed by a week of stormy weather. Sometimes extreme weather changes can occur even within the same day. Marc Twain once said, “In the spring I have counted one hundred and thirty-six kinds of weather inside of four and twenty hours.”

Thunderstorms cause most of the severe spring weather. They can bring lightning, tornadoes and flooding. Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. For much of the world, this happens in spring and summer.

Spring weather is unpredictable, so you may be unprepared when severe weather hits—particularly if you live in a region that does not often experience thunderstorms, tornadoes or flooding, and when severe weather hits unexpectedly, the risk of injury and death increases. So planning ahead makes sense; prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Source: http://www.cdc.gov/features/springweather/index.html

HEALTH TIPS

NUTRITION

The best way to get good nutrition is to get whole plant foods in your daily diet, but many love the ease of packaged, prepared foods.

You can still find nutritional value in many ready-made foods.

1. Choose products with whole grains and a minimum of 3 grams of fiber per serving.
2. Limit sugar to 3 grams per serving; avoid corn sweeteners.
3. Limit canned products and choose those labeled low sodium (140mg or less per serving).
4. Limit fast-food meals.
5. Avoid products with mile-long ingredients lists.

Source: Ebites May 2015
Fire and Lockdown Drills

Fire and Lockdown Drills are performed monthly, to provide training for personnel and students to evacuate/lockdown a building quickly and efficiently.

Some may consider these drills to be an interruption and an annoyance but they are necessary, to ensure proper procedures are followed and everyone knows what to do in the event of an actual fire or lockdown. Employees, students and visitors are expected to play an active role in reducing losses by adhering to the policies and procedures set forth in CTC’s Safety Policies.

Evacuations

CTC Safety Policy 110 sets forth the evacuation procedures to be followed during a fire or other disaster.
1. Statistics show that survival rates decrease for those who fail to get out of the building within the first 2 minutes of a fire.
2. Smoke, toxic fumes, falling debris, blocked exits, panic and decreased vision all play a part in an individual’s inability to safely escape and these risks increase dramatically after 2 minutes.
3. If someone is known to be in the building, firefighters will first try to rescue the individual before starting fire suppression efforts. This places their lives in danger, as well as delaying putting out the fire.

Bottom line — when you hear the alarm, get out!!!
Do not stop to gather belongings or lock doors.

Lockdown

CTC Safety Policy 111 covers the procedures for the lockdown of campus buildings. Immediately upon receiving notice to lock down, stop whatever you are doing and assist students and personnel to get into the lockdown mode:
1. Close and lock yourselves in a room, behind heavy furniture or a barrier away from windows and doors. Spread out and don’t huddle together.
2. Barricade doors and windows, if necessary.
3. Turn off lights, close blinds and silence radios, etc. Put up the black or white placard on classroom doors.
4. Put your cell phones on silence and remain quiet.
5. Do not respond to fire alarms unless you are certain there is an actual fire.
6. If you are outside, move away from the gunfire and if you can safely do so, leave campus.

When the lockdown order is given and the area/building is secure, no one will be permitted to leave or enter the secured area or building until the “all clear” signal is given from CTCD, local police, or an appropriate college official.


Test your Knowledge About Working Safe

1. Distractions and boredom can get you injured at work.
   □ True □ False

2. It’s important to exercise mental strength and do things the right way when you work.
   □ True □ False

3. Which is more important
   A) Saving Time
   B) Preventing an injury

4. Safety is:
   A) Your Job
   B) Someone else’s Job

5. Focus, strength, taking time, responsibility, and avoiding risk are all elements of a safety ________.

   Answers: 1. True 2. True 3. b preventing an injury 4. a your

   5. Focus, strength, taking time, responsibility, and avoiding risk are all elements of a safety ________.

   Job or attitude