

# SBCCD POLICE & EMERGENCY MANAGEMENT NEWS



## "JUST THE FACTS"



Blake Bonnet, Acting Chief of Police

### SAFETY ESCORTS

At night the SBCCD Police Dept. is here to assist you with getting to your car safely. If you need a safety escort, call us at: (909) 384-4491

### CAMPUS INFORMATION

SBVC & CHC  
Parking Controls BP/AP 6750 (F) (5)

Parking stalls marked "visitor" are solely for visitors and may be governed by time limits. Students and employees are prohibited from parking in these stalls.

### SBVC CAMPUS RESOURCES

#### Campus Police

- Located in Campus Center RM 100
- Non-Emergency Phone Number (909) 384-4491

#### Student Health Services

- NW Corner of parking Lot #8
- Appointments & Questions (909) 384-4495

#### Campus Resources

[www.valleycollege.edu](http://www.valleycollege.edu)

### IN CASE OF EMERGENCY DIAL 911

### CHC CAMPUS RESOURCES

#### Campus Police

- Location CNTL 165
- Non-Emergency Phone Number (909) 389-3275

#### Health & Wellness Center

- SSB RM 101
- Appointments & Questions (909) 389-3272

#### Campus Resources

[www.craftonhills.edu](http://www.craftonhills.edu)

### IN CASE OF EMERGENCY DIAL 911

SBCCD Police is available  
24 hours / 7 days a week at  
(909) 384-4491

For daily incidents reports and other crime information, go to the Police Web site:  
[www.sbccd.edu/district-services/police-department/](http://www.sbccd.edu/district-services/police-department/)

### MISSION STATEMENT

The SBCCD Police Dept. in concert with the Board of Trustees, is committed to providing a safe and secure learning and working environment for all students and employees. This will be accomplished through a cooperative and coordinated effort involving all departments and the SBCCD employees, law enforcement agencies and the community.

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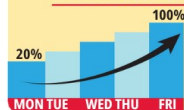
## Prevent Heat Illness



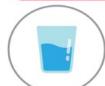
**Outdoor and indoor heat exposure can be dangerous.**

### Ways to Protect Yourself and Others

**Ease into Work. Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.**



- ✓ **New and returning workers** need to build tolerance to heat (acclimatize) and take frequent breaks. **Follow the 20% Rule.** On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.



#### Drink Cool Water

Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.



#### Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity, and conditions.



#### Find Shade or a Cool Area

Take breaks in a designated shady or cool location.



#### Dress for the Heat

Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



#### Watch Out for Each Other

Monitor yourself and others for signs of heat illness.



#### If Wearing a Face Covering

Change your face covering if it gets wet or soiled. Verbally check on others frequently.

## First Aid for Heat Illness

**The following are signs of a medical emergency!**



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

- 1 » **CALL 911 IMMEDIATELY**
- 2 » **COOL THE WORKER RIGHT AWAY WITH WATER OR**
- 3 » **ICE STAY WITH THE WORKER UNTIL HELP ARRIVES**



**Watch for any other signs of heat illness and act quickly. When in doubt, call 911.**

#### If a person experiences:

Headache or nausea Weakness or dizziness Heavy sweating or hot, dry skin Elevated body temperature Thirst Decreased urine output



#### Take these actions:

- » Give water to drink
- » Remove unnecessary clothing
- » Move to a cooler area
- » Cool with water, ice, or a fan
- » Do not leave alone
- » Seek medical care if needed

**IF THERE IS AN EMERGENCY, CALL 9-1-1**

*"To Serve & Protect with Integrity"*

# Crafton Hills College

[illegible]

# DSO

[illegible]

# San Bernardino Valley College

[illegible]