



“JUST THE FACTS”



Blake Bonnet, Acting Chief of Police

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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

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

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/

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.

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 ICE**
- 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"

