Titan Safety News

February 2014

UPCOMING TRAINING

Laboratory Safety
Custodians/Building Maintenance
TRIGEN Monthly Safety Meeting
Unit 6 Trades Monthly Safety Meeting
CPR/AED & First Aid

Private Classes, Additional Topics Available.

Call Us! (657) 278-7233 for more info

DIVISION OF HUMAN RESOURCES, DIVERSITY & INCLUSION

It's American Heart Disease Awareness Month!

Heart disease is the leading cause of death in American men and women. However, there are ways to prevent and control it. The term “heart disease” is a broad term for all types of heart conditions. The most common in the U.S. is coronary heart disease, which is when plaque builds up in the arteries. According to the Centers for Disease Control and Prevention (CDC), about 715,000 Americans have a heart attack every year and about 600,000 die from heart disease.

The CDC recommends people take these steps in order for a safe and healthy heart:

- **Exercise regularly.** Maintaining a healthy weight can decrease your risk of heart disease. Physical activity also helps lower cholesterol and blood pressure. Exercising for at least 30 minutes every other day can go a long way.
- **Monitor your blood pressure.** Check your blood pressure regularly because it often has no symptoms. This can be done at home, a pharmacy, or a doctor’s office. Please visit CDC’s website for more information on how to check your blood pressure.
- **Don’t smoke.** Smoking increases your risk for heart disease. If you are a smoker, there are ways to stop. Cal State Fullerton offers free smoking cessation classes. Please contact the Environmental Health and Safety office for more information at (657) 278-7233.
- **Limit alcohol use.** Drinking too much alcohol can increase your blood pressure and lead to heart disease.
- **Have your cholesterol checked.** Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this blood test.
- **Manage your diabetes.** If you have diabetes, monitor your blood sugar levels closely and talk with your doctor about treatment options.
- **Take your medicine as needed.** Continue to take medications for treating high blood pressure, high cholesterol and diabetes on a regular basis or as your doctor prescribes.


Get Your Flu Vaccination!

It's still flu season and the illness is spreading faster than you know it! Take the time to prevent yourself from getting ill. Schedule a flu vaccine! This may be done by your primary doctor or school’s health center. Your local drugstores, such as Rite Aid and CVS, provide these vaccinations at low costs as well. Ask your local drugstore about what insurance plans can cover the cost of the vaccine. It is highly recommended that those who are at greater risk of getting severe flu illness receive a vaccine. This includes the elderly, young children (6 months and older), women who are pregnant, and people with certain health conditions, such as asthma, diabetes, or heart disease.