

UW-Marathon County Library Restroom Reader

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Safety First!

Below are some tips about being safe on campus

Driving around campus? Remember, you are **legally** required to stop for pedestrians waiting to cross at a crosswalk. *Especially be aware of this at the Garfield Ave crosswalk!*



Fire? Call the fire department first! If a fire extinguisher is nearby you can try to extinguish it using the following method: **PASS**
Pull the pin to release lever
Aim nozzle low at the base of the fire
Squeeze the trigger
Sweep the flame from side to side until the fire is out



If fire or tornado alarm sounds, follow campus staff to the designated safety zones.



Smoking on campus

Smoking is **not allowed** on campus grounds (this includes sidewalk and grass). Smokers must go into Marathon Park.

If a someone is not breathing call 911! Even if you are not trained in CPR, you can still help...

****Start chest compressions. Place the heel of your hand on the center of the victim's chest. Put your other hand on top of the first with your fingers interlaced.**

****Press down so you compress the chest at least 2 inches in adults and children and 1.5 inches in infants. One hundred times a minute or even a little faster is optimal (That's about the same rhythm as the beat of the Bee Gee's song "Stayin' Alive.")**



****Continue to do chest compressions until help arrives or the victim wakes up.**

Computer Safety

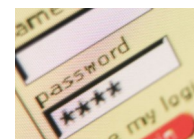
Remember to log off the computers when you leave!



Do not put any sensitive or private information in an email message or an email attachment! This includes: passwords, social security or driver's license numbers, credit card, bank, or other account numbers.

Only open email from trusted sources!

UWMC will never solicit your password! So please do not share it with anyone, not even someone you trust. Your password must be protected in all situations!



There are 6 **automated external defibrillators (AED)** located on campus. If a need arises to use one an automated voice will walk the user through the steps.
1. CCE 2. FieldHouse 3. Marathon Hall 4. Outside 180
5. Outside Auditorium (old theater) 6. Art building

Personal Safety

****If you are in trouble, look for the blue emergency lights.** On the pole is a button to push that will automatically call 911. There are four located on campus:

1. North side of main building
2. West entrance
3. Parking lot G
4. By Art building.

****Remember material goods should always be forfeited for personal health... in other words give up your wallet or purse rather than fight and be injured**

****Avoidance, de-escalation and retreat are not cowardice**

****Fight only as an absolute last resort**

****Body language—You are either predator or prey. An aware confident look or posture, even just having a whistle on your keychain, may deter attack**



Learn more safety tips for college life in the book **You don't know what you don't know: the health and safety guide for college students (and all students of life)**

by William Bhaskar, MD & Philip Bhaskar, MD
Located in the library at RA 777.3 .B43 2012