As Spring Break 2014 approaches it is important to focus on health and safety no matter your plans for the week. Review the following helpful safety tips:

**Road Trips**
1. Have the vehicle checked out by a mechanic.
2. Always keep your car doors locked.
3. Don’t pick up hitchhikers or stop for anyone on the side of the road.
4. If fatigue sets in, change drivers or stop for the night.

**Sun Exposure**
1. Wear sunscreen
2. Wear sunglasses
3. Wear protective clothing/hats
4. Drink lots of water to avoid dehydration

**Travel Abroad**
1. Research your destination
2. Be knowledgeable about all crisis/ emergency plans.
3. Use the buddy system at all times.

**Dehydration Signs**
1. Feeling Thirsty/Dry mouth
2. Weakness
3. Dizziness/Headache
4. Decreased urination

**Alcohol (If you are 21 or over)**
1. Spring break is not an excuse to drink excessively.
2. Drink no more than one drink per hour.
3. Alternate alcoholic drinks with non-alcoholic drinks.
4. Eat a substantial meal before deciding to drink.

**Alcohol Poisoning IS REAL**

Excessive alcohol use is the third leading cause of death in the nation, breaking the myth that alcohol poisoning cannot happen.

**Signs of Alcohol Poisoning:**
- Confusion
- Difficulty waking OR cannot be woken.
- Slurs words
- Incoherent
- Vomiting.
- Seizures
- Irregular breathing (10 seconds or more between breaths).
- Hypothermia (low body temperature), bluish skin color, paleness.

**What to do:**
- DO NOT wait for all symptoms to be present.
- CALL FOR HELP IMMEDIATELY!
- Dial 911
- Purdue University Police: (765)-494-8221
- West Lafayette Police: (765)-775-5200

Please save these numbers to your phone to be able to use if you are ever faced with this situation.

**REMEMBER:**
- Do not let fear, worries about paying the bill or being in trouble stand in the way of saving a life.
- If untreated, alcohol poisoning can lead to death.
- Your member, friend or guests life ALWAYS comes first!
“Members of our community holding each other accountable for our actions is self-governance in motion.”

~Matt Murphy
Former IFC President

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**Body Image**

**Eating Disorder Warning Signs:**
- Abnormal or obses-sive eating habits.
- Avoids eating meals/snacks
- Weighs herself/himself multiple times per day.
- Distorted body image

**How to Help:**
- Educate yourself on eating disorders
- Be honest and understanding
- Use “I” statements to reflect your care, such as “I am concerned you are getting thinner.”
- Provide info about resources for treatment
- DON’T ignore it
- Share your concerns with someone.

**Resources**
- Student Wellness Office-Nutrition Counseling: (765) 494-9355
- Counseling & Psychological Services (765) 494-6995

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**Policies = People First**

Purdue University organizations follow FIPG guidelines for risk management.

The policy goes into detail about:

1. Alcoholic beverage purchase, consumption and distribution.
2. Chapter events at which alcohol is present, including door management and sober monitors.
3. Hazing
4. Sexual abuse and harassment
5. Fire, health and safety.

For the full manual check out: http://www.fipg.org/

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**Mental Health**

Resources on dealing with mental health issues, such as depression, suicidal threats, and grief or stress from traumatic events are available from Counseling and Psychological Services (CAPS) at 765-494-6995.

If you fear that a friend is experiencing mental health issues, encourage them to go to CAPS for help and offer your support to go with them.

If you believe a friend is suicidal, call the Purdue Police immediately or the 24 hour Crisis Hotline at (765) 495-4357.
To submit an abatement form properly follow these 5 steps:

- Make the necessary fire safety improvements as indicated by the inspection report.
- Go to: http://www.purdue.edu/fire/forms/abatement_report.php.
- Be sure to indicate steps taken to improve each violation.
- DO NOT submit the report unless all violations have been corrected.
- Submit the report on or before the deadline given.

Safety Tip of the Month

As the weather warms up and winter goes away, it is common for organizations with facilities to leave doors and windows propped open. This increases the likelihood of theft, trespassing and vandalism to members and house property. We want to encourage all housed organizations to make sure that their facility is secure and that all doors and windows lock. In addition, keep a watchful eye for any suspicious activity at your chapter and your neighbors. Please contact the Purdue Police at 765.494.8221 or 911 if any issues arise.
Risk Manager Spotlight

Brett Tsupros is a member of Kappa Sigma and the Director of Risk Management for the Purdue Interfraternity Council. He is a senior majoring in Selling and Sales Management with a minor in Organizational Leadership. He is originally from Carmel, IN but his roots span from St. Louis, Missouri. Go Cardinals baseball! He carries a sincere passion for sports, Chubbies shorts, sales, and Risk Management.

His role is to both educate and enforce proper IFC risk management policies. He works closely with the Panhellenic Council risk manager, Melissa Clem and the RISE organization, which is the direct observation and FIPG education force for IFC and NPC organizations. He also collaborates with the University to come up with ways to improve the safety for the Greek Community and campus as a whole. Currently, he is playing a key role in the planning and orchestrating of the Campus wide Sexual Health Week to be held annually starting this April 14th-18th, as well as the hazing prevention week held in the fall semester.

“My dedication to risk management spurred from events in high school and early college in which I had numerous people close to me get injured and even killed due to substance abuse or a lack of health and safety in certain situations. From these terrible events, I had a mentality develop that I want to help protect and ensure the safety of my fellow Boilermakers. I know this is college and everyone wants to have fun, but I believe we can do it in a much safer way.

Just like we look both ways before crossing the street, the same kind of precautions get pushed aside and forgotten in situations when we need it most. I am here to ensure that doesn’t happen. One mistake is all it takes to lose your best friend, your brother/sister, or classmate. This is my passion; this is why I am here. I look forward to working with you all! Stay safe Boilermakers!”

Brett can be contacted at risk@purdueifc.org.

Upcoming Health & Safety Events:

March:
3/27-Zeta Phi Beta Sorority, INC.: Broken Heelz-Purdue Memorial Hello Walk-4:30p.m.

April:
4/3-Delta Tau Delta: We Honor Women Event
4/5-Basic Response Sexual Assault Training Workshop- LILY 1105-1-5p.m
4/5-Sigma Pi Hazing Prevention Speaker-CL 50-2-4p.m.
4/14-Grand Prix Community Standards Panel-WTHR 200-6-7:30p.m.
4/14/-4/18-Speaking on Sex Week (S.O.S)-More details to come

For more information please contact:
Assistant Director of Fraternity, Sorority and Cooperative Life for Risk Management
Jenn Sula at jsula@purdue.edu