



# San Francisco State University



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# Staff Council Presents

Emergency, Safety, and Well-Being:  
Building a Resilient Community



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# Welcome

Dylan Mooney, Staff Council Chair



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# Office of Emergency Services

Sherry Yoshioka

Coordinator, Office of Emergency Services

Lauren Levitt

Emergency Preparedness Outreach Lead, AmeriCorps CERC/Office of Emergency Services



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# The Office of Emergency Services - ADM 260

- Responsible for ensuring the campus is prepared to respond to emergency incidents/events.
- Build working relationships between SF State and local emergency responder agencies and community entities
- Bring emergency training opportunities to SF State campus community



# What to do in an Emergency Event/Incident

Get to a **SAFE** Location

Call **UPD**

- Dial **9-1-1** from a campus desk phone, **OR**
- Dial **415-338-2222** from a cell phone, **OR**
- Push the "**CALL**" button on the nearest [Blue Light Emergency Phone](#)

Be ready to provide the following information to dispatch:

- Your Full name
- Call back number
- Location of event/incident
- Nature and severity of the incident
- Additional information as requested by dispatch



# Evacuation Procedures

Do I Need to Evacuate?

**YES!**

What do I do?

- **STOP** what you are doing
- Get essential items **ONLY**: keys, wallet, cell phone
- **QUICKLY** and **CALMLY** proceed to the nearest emergency exit
- If you are able, offer assistance to those who need help.
- If you are not able to offer assistance, notify UPD or evacuation personnel of the individual in need
- Use the stairs -> Do **NOT** use elevators
- **MOVE AWAY** from the building upon exit (min. **100 yards**) -> Watch for any falling debris
- Move to the designated **Evacuation Assembly Area**
- **KEEP** streets/roads clear for emergency response vehicles
- Wait for the **ALL CLEAR** before re-populating an evacuated building



# Emergency Notification System (ENS)

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When was the last time you checked this information?

Why is this important?

SF State ENS:

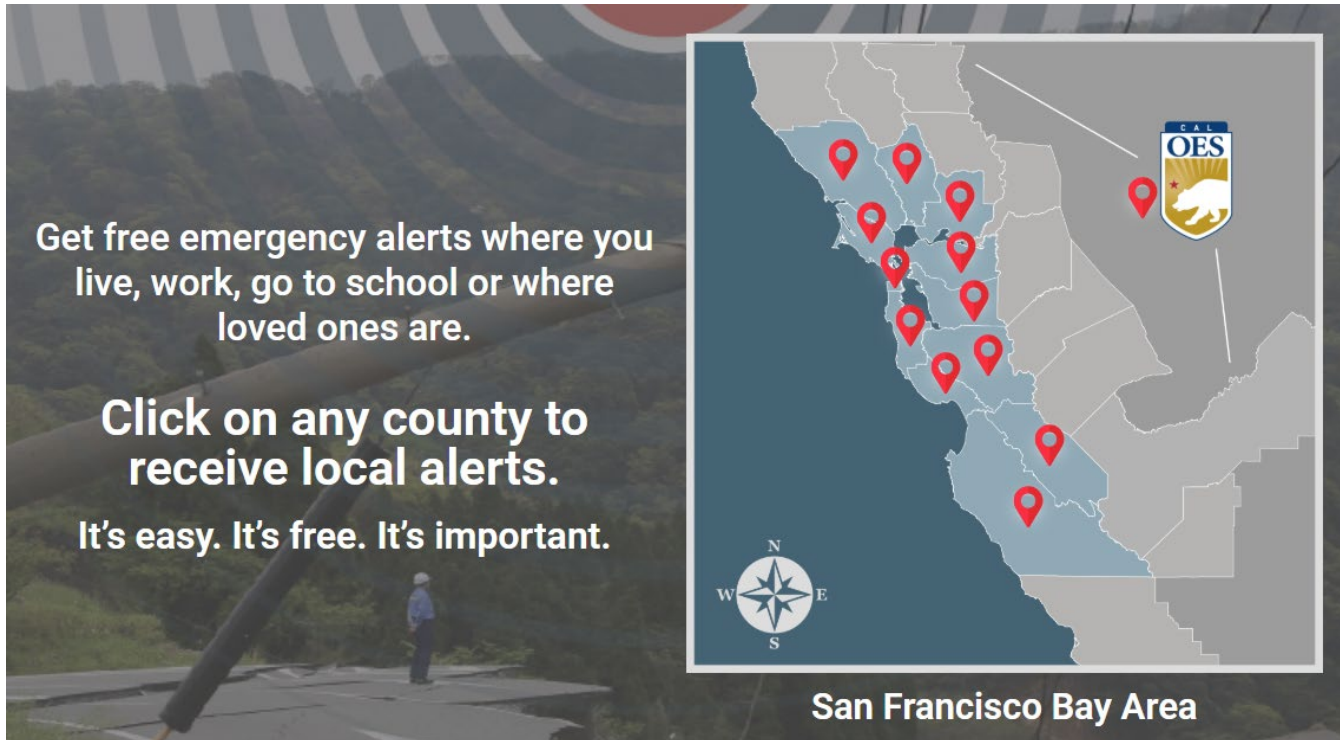
- SFSU Alert -> SF State Mass Notification System
- Desk phone or cell phone -> call or text message (as applicable)
- Email notification from SFSU email server
- SFSU website and Social Media





# Emergency Notification System (ENS)

**ALERT**theBay.org



<https://www.alertthebay.org/sign-up/>

MyShake



<https://myshake.berkeley.edu/>

Red Cross



<https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html>

# Earthquake Safety

Earthquakes are a ***multi-hazard*** threat



If in a vehicle,  
pull over and stop.



If in bed,  
stay there.



If outdoors,  
stay outdoors.



Do not get in  
a doorway.



Do not run  
outside.

# Fire Safety

A fast-moving fire can double in size every 15-30 seconds.



**30  
secs**

By now, smoke alarms should have detected the fire and alerted your family.



**60  
secs**

With no warning, the fire goes unchecked. It will quickly take hold, giving off poisonous smoke.



**3  
mins**

The fire has reached in excess of 800 degrees celsius. All of the contents in the room will be on fire and it will have spread to other rooms in the house.

In case of fire:

- **A**ctivate nearest fire alarm
- **C**all 9-1-1
- **E**vacuate quickly

Smoke from a building fire can quickly become overwhelming.

Smoke rises – get low to the ground while evacuating if heavy smoke is present.

[Home Fire Safety](#)

[Home Fires | Ready.gov](#)

[Home Fire Prevention & Safety Tips | American Red Cross](#)

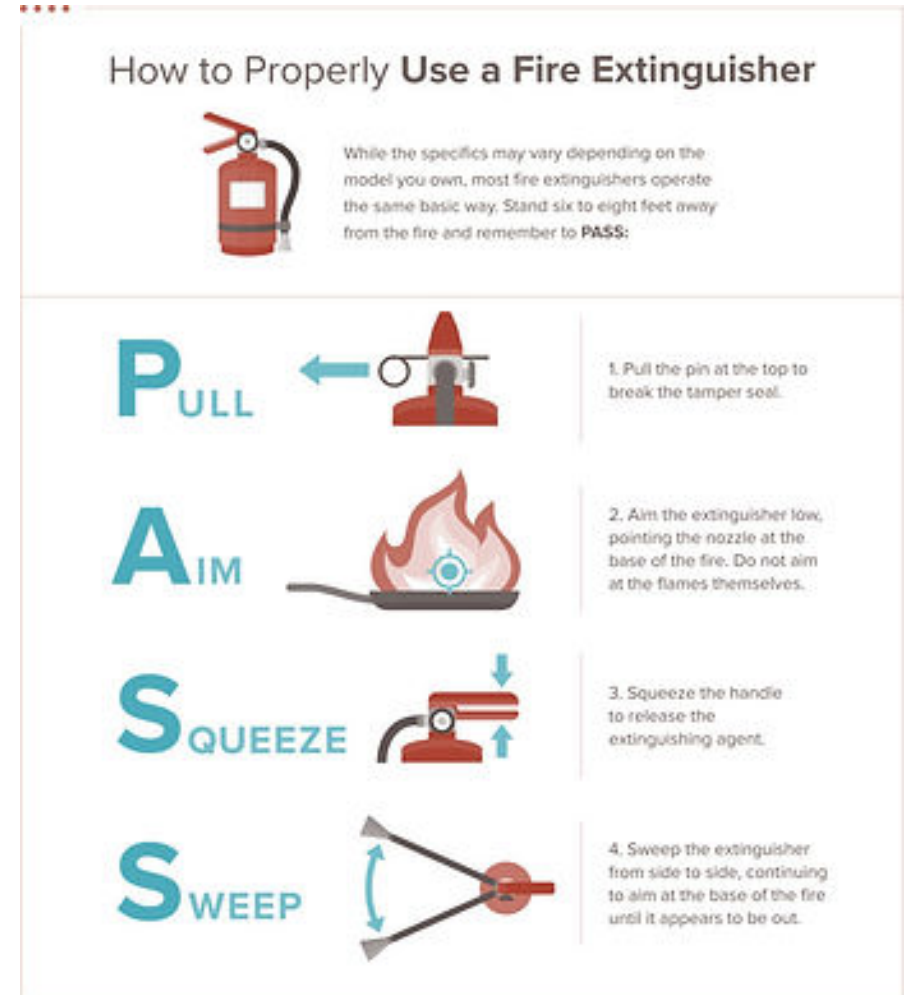
# Fire Extinguishers

Portable fire extinguishers have over a 90% success rate of putting out a small fire within two minutes.

If the fire is small in size, have completed the appropriate training and feel confident in its use, you may use a fire extinguisher.

Only use a fire extinguisher under the following conditions:

- Fire is the size of a waste bin or smaller
- You can see your way out -> Your Exit Path is Clear and Available
- You can use the fire extinguisher safely
- You are not feeling any effects of the smoke
- You anticipate one extinguisher will be enough to put out the fire
- No chemicals are involved in the fire



# Active Threat



## **RUN/ESCAPE**

**RUN** when there is an active threat.

Once you are **SAFE**, call **9-1-1** or UPD at **415-338-2222** immediately.

## **HIDE**

If escape is not possible, HIDE.

- 1) Block the door
- 2) Avoid windows
- 3) Silence your cell

## **LOCKDOWN**

## **FIGHT**

Only as a last resort

**FIGHT** if your life is in ***imminent danger***



# Shelter in Place

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## Shelter in Place



- Go **Indoors**
- **Close & Lock** all doors and windows
  - Seal gaps if possible
- **Turn off** fans, a/c, or HVAC
- Move to an **INTERIOR** room, without windows or exterior doors

Pay attention to alerts and notifications

***FOLLOW ALL INSTRUCTIONS***

# Preparedness for Everyone

## EMERGENCY KIT CHECKLIST

An emergency kit is a collection of items that you may need in an emergency. Below are some items to help get you started.

- ☐ Water—one gallon per person, per day
- ☐ Food (enough to last 3 days)
- ☐ Flashlight
- ☐ Radio (NOAA Weather Radio, if possible)
- ☐ Extra batteries
- ☐ First aid kit
- ☐ Medications
- ☐ Family and emergency contact information
- ☐ Extra set of car keys and house keys
- ☐ Cell phone with chargers
- ☐ Personal documents
- ☐ Extra cash
- ☐ Emergency blanket
- ☐ Maps
- ☐ Manual can opener



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



CS259306-8



[How to Prepare For Emergencies | Be Red Cross Ready | Red Cross](#)



[Be Disaster Ready, California – Listos California](#)



[Plan Ahead for Disasters | Ready.gov](#)



[Emergency preparedness | SF.gov](#)



# Contact Us

## Office of Emergency Services

### Office Phone

(415) 338-7300

### Location

Administration Building 260

**Email:** [oes@sfsu.edu](mailto:oes@sfsu.edu)

**Website:** [oes.sfsu.edu](http://oes.sfsu.edu)



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# Division of Campus Safety - University Police Department

Lieutenant Jaime Haymond

Mervyn Reyes

*Community Engagement Specialist*



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[illegible]

# FEBRUARY 2025

<b>A</b>	Arson	0	<b>K</b>	Narcotics Offense	2
<b>B</b>	Assault	2	<b>L</b>	Robbery	0
<b>C</b>	Assault w/ Deadly Weapon	0	<b>M</b>	Sexual Assault	0
<b>D</b>	Battery	0	<b>N</b>	Theft - Auto	1
<b>E</b>	Burglary - Auto	1	<b>O</b>	Theft - Grand	2
<b>F</b>	Burglary - Building/Residential	0	<b>P</b>	Theft - Petty	3
<b>G</b>	Child Abuse	0	<b>Q</b>	Threats	1
<b>H</b>	Domestic Violence	0	<b>R</b>	Trespassing	0
<b>I</b>	Homicide	0	<b>S</b>	Vandalism	7
<b>J</b>	Indecent Exposure	0	<b>T</b>	Weapons Offense	0



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# TOP CRIMES ON CAMPUS

## THEFT OF PERSONAL PROPERTY



## CAR/BUILDING BURGLARY

## VANDALISM



# OFFICE THEFT

- Keep your purse, wallet, keys, or other valuable items with you at all times or locked in a drawer or closet.
- Don't leave cash or valuables at the office.
- If you work alone or before/after normal business hours, keep the office door locked.
- If you work late, try to find a co-worker or contact UPD for a SAFEWalk to your car or the bus stop.







## SECURITY ASSESSMENT: OFFICE

- Conduct a walkthrough of your space.
- Identify vulnerabilities or hazards.
- Recommend solutions to improve physical security such as panic alarms.

# PANIC BUTTONS

- UPD CONDUCTS A TEST TO CONFIRM FUNCTIONALITY.
- CAN BE ANNUAL, BI-ANNUAL, OR UPON REQUEST.





# REPORTING CRIMES AND EMERGENCIES

WE ENCOURAGE EVERYONE TO REPORT ANY CRIME OR EMERGENCY TO CAMPUS POLICE. IT HELPS THEM FROM RECURRING AND HELPS REDUCE CRIME.



- IMMEDIATELY GO TO A SAFE PLACE AND CALL UPD AT (415) 338-2222.
- STAY ON THE LINE AND TELL THE DISPATCHER OR OFFICER EVERYTHING YOU CAN REMEMBER ABOUT THE CRIME OR SUSPECT (THEIR CLOTHING, VEHICLE, AND DIRECTION OF TRAVEL).
- KEEP EMERGENCY NUMBERS STORED ON YOUR PHONE.





# AN IN-PERSON 10 WEEKS COURSE COVERING LAW ENFORCEMENT BASICS

## CRIME PREVENTION



## FORENSICS



## FBI



## TRAFFIC STOP



# CITIZENS' ACADEMY

Sponsored by San Francisco State University Police



9/18 - 11/20  
WEDNESDAYS  
4P - 7P (3 HRS)  
LOCATION: NEAR  
UPD STATION

The program is intended for campus community members who are interested in learning about their local police department. A free interactive 10-week program covering practical applications of Law Enforcement.

Topics include:

- Basic principles of Law Enforcement
- Investigations
- Crime Prevention
- Traffic Enforcement
- And much more..

## APPLY HERE:



Participant Requirements:

- Participation in all activities and discussion.
- Participants are allowed one absence each.
- The 1st and last sessions are mandatory. \*\*\* (Unless a pre-approved absence has been authorized)\*\*\*
- Participants must adhere to the SFSU campus rules, Student Code of Conduct and parking regulation/fees.
- Must be at least 18 years or older.

\*\*\*Submitting an application DOES NOT guarantee acceptance into the program\*\*\*



For more information, contact  
Community Liaison Unit ([updclu@sfsu.edu](mailto:updclu@sfsu.edu)) or visit  
<https://upd.sfsu.edu/citizens-academy>



@sfstatepd

# TRAININGS

## ACTIVE THREAT TRAINING



Presented By The Division of Campus Safety  
University Police Department

Instructors:  
Lt. James Callaghan  
Sgt. Enrique Vera Cruz  
Sgt. Abdul Karim  
Cpl. Det. Thalya Fernandez  
Cpl. Zaid Hadi

Ver. 01/30/23

## De-escalation

Presented by Sgt. Abdul Karim



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# INFORMATION

Non-Emergency: 415-338-7200

Emergency: 415-338-2222

Website: [upd.sfsu.edu](http://upd.sfsu.edu)

Located near the Annex Buildings

Get social with us!



@sfstatepd





QUESTIONS  
COMMENTS  
CONCERNS



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# 5-minute Break





# To Be Well or Not to Be

John Penacerrada, Lecturer of Kinesiology  
Department and FitPlus Director



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# Social Media: Instagram

@SFSUFitplus



<https://www.instagram.com/sfsufitplus?igsh=MzRIODBiNWFIZA=====>

@NetworkExerciseSolutions



<https://www.instagram.com/networkexercisesolutions?igsh=MzRIODBiNWFIZA=====>

# Contact Me

Department of Kinesiology

John Penacerrada

Email: [jpen@sfsu.edu](mailto:jpen@sfsu.edu)

FitPlus Website:

<https://kin.sfsu.edu/fit-plus>



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# Thank you for attending!

Please visit our tables in Room 214 A and 215A  
(11:30 AM - 12:30 PM)

Lunch (Starts at 12:15 PM): Room 213E



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# SHARE YOUR FEEDBACK WITH US



[https://sfsu.co1.qualtrics.com/jfe/form/SV\\_6V6NEkupEEQQU62](https://sfsu.co1.qualtrics.com/jfe/form/SV_6V6NEkupEEQQU62)



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