

SAFE & SOUND

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Simple Choices to Help Ensure You're Secure

BY WINTEK

"What's your WiFi password?"

After your address (and maybe where the bathroom is), it's the most crucial info for someone visiting your new digs for the first time — friends old and new, dinner guests, family dropping in for a weekend.

If you have Wintek internet service at home, don't worry. Your visitors will eventually notice all the cool stuff you've done with the place. It's good to give folks a minute to get over the blazing-fast speed.

It's part of being a gracious host, right, what with your perfect playlists, tasty snacks, distinctly identified network name and unique, randomized access password? OK, maybe you're not partying for National Cybersecurity Awareness Month like us. But you can celebrate it with simple choices to help ensure your WiFi is secure year-round!

What's in a name?

You've probably chuckled at network names like FBI Surveillance Van or Panic at the Cisco.

Custom network names offer a good laugh and protection from malware attacks, bandwidth theft and more.

Default network names can reveal your router's make and model, which can help hackers figure out how to exploit it ... especially if you haven't changed the default password to access your WiFi.

The password is ...

... not the one printed on your router (if you're doing it right). Always change your default WiFi access password, which can be easily accessed online. A password that's easy to find is no password at all.

Good password rules elsewhere apply here, too. Keep in mind:

- Don't copy: Create a password that you're not using for any other purpose
- Randomize: Switch up lower- and upper-case letters, numbers and symbols
- Go long: Something with 12 characters or more is always a smart choice

Carbon monoxide can be an invisible threat, detectors help

BY JILLIAN ELLISON
Exponent Advertising Department

While it's expected, and actually required, for smoke detectors to be installed in rentals in West Lafayette, those detectors may not pick up on another equally scary threat that could be lingering in your home.

Carbon monoxide can be the invisible threat for renters and homeowners with gas powdered appliances, according to Joe Bucinski, Purdue University Fire Department shift captain.

"If you're dealing with any type of appliance with a flame, the burn off is carbon monoxide," Bucinski said.

When carbon monoxide isn't vented properly, it can be come deadly.

"The main thing is that it's an odorless gas, so most people don't know they're being poisoned until the symptoms begin to build or their carbon monoxide detector goes off," Bucinski said.

Symptoms for carbon monoxide poisoning can be lower level headaches, dizziness, fatigue or nausea, Bucinski said.

According to West Lafayette's current building codes, new construction for single unit rentals requires installation of carbon monoxide detectors, but if a rental is an older home, those codes would not have been into play when it was constructed, leaving the question of a carbon monoxide detector's existence in the home a bit in the air.

"Someone needs to be exposed to a carbon monoxide leak for a good period of time before poisoning begins to set in," Bucinski said, adding that the Occupational Safety and Health Administration (OSHA) goes by a weighted average of 50 parts per million for exposure.

Bucinski said depending on the room size, exposure could come quicker or slower depending on the volume of the room and how quickly it fills with carbon monoxide.

Although PUFDF does not often organize giveaways for detectors, Bucinski said, periodically they will participate in a joint task force effort to give them away in times of need.

"You can buy smoke detectors nowadays

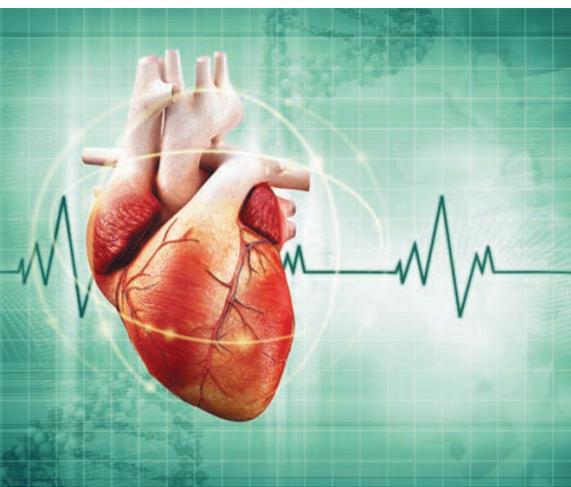


that have carbon monoxide detectors built into them," he said. "The big thing though, if you don't have a combo unit, is testing both detectors to make sure they are in proper working order. A lot of the new detectors last for around 10 years, then you throw it away and buy a new one. The dual detectors for smoke and carbon monoxide can run between \$25 and \$50 depending on how long they are meant to last."

If you're unsure what kinds of detectors are in your rental unit, Bucinski said residents should check with their landlords as most apartments and rentals go through routine checks.

Josh Gipson, shift captain for PUFDF, said the vast majority of university buildings are run on steam heat. But that doesn't mean the university doesn't run the risk of setting off a carbon monoxide detector.

"Gas odors are reported periodically on campus, but those are mostly due to labs and chemicals, so PUFDF has maybe five calls per year," Bucinski said. "Actually, we had a carbon monoxide call last weekend from a detector that went off in an RV that was tailgating, which is installation is now part of regulations for manufacturing RV's, but it just turned out the detector needed reset."



Save a life with your own two hands

BY STACEY KELLOGG
Exponent Advertising Department

Look down at your hands. Some day, those very hands could save a life. You need only a willingness to act, and a few simple skills.

Several years ago, The American Red Cross began recommending hands-only cardiopulmonary resuscitation (CPR) as one of the most effective forms of immediate intervention when an adult or teen suddenly collapses.

"It not only increases the likelihood of surviving breathing and cardiac emergencies that occur outside of medical settings, but it's simple to learn and easy to remember," the American Red Cross states on their website.

Hands-only CPR simplifies the CPR process to involve only chest compressions, as opposed to combined chest compressions and breathing into a person's mouth.

The American Red Cross recommends that at least one person in a household be trained on life-saving CPR and first aid. Classes are available locally, and can be found by visiting redcross.org. The site also contains a useful training page and video for hands-only CPR. Just visit redcross.org and search for hands-only CPR.

HANDS-ONLY CARDIOPULMONARY RESUSCITATION

Before Giving CPR

1. Check the scene and the person. Check to make sure the scene is safe. Tap the person on the shoulder to see if they are OK. Look for signs of rhythmic, normal breathing. Ask the victim loudly if they are OK.
2. If there's no response from the victim, call 911 or ask a bystander to call for help.
3. Begin hands-only CPR

How to Perform Hands Only CPR

1. Kneel beside the person who needs help.
2. Place the heel of one hand on the center of the chest.
3. Place the heel of the other hand on top of the first hand, then lace your fingers together.
4. Position your body so your shoulders are directly over your hands, and keep your arms straight.
5. Push hard and fast on the chest. Use your body weight to help you administer compressions that are at least 2 inches deep and delivered at a rate of at least 100 compressions per minute. Be sure to let the chest rise completely between compressions. Tip: If counting compressions is too distracting, try compressing to the beat of the 1970s disco hit "Stayin' Alive."
6. Keep pushing. Continue hands-only CPR until you see obvious signs of life such as breathing, until another trained responder or EMS professional can take over, or until an automated external defibrillator (AED) becomes available. If you are too exhausted to continue try to engage a bystander to continue before stopping. If the situation becomes unsafe, discontinue hands-only CPR.

