

Three New Bodybuilding DVDs from Filmmaker Mitsuru Okabe Coming to

Legendary bodybuilding documentarian Mitsuru Okabe brings his trademark no-holds-barred filmmaking technique to three powerful new bodybuilding DVD releases that feature superstars Silvio Samuel, Jay Cutler, Ronnie Coleman, Melvin Anthony, Dexter Jackson, and many others. BayView Entertainment, one of America

From J to Z follows on June 10. The three DVDs will be available at stores throughout the country and all major online retailers, including Amazon.com, BarnesandNoble.com, FitnessFly.com, and others. The DVDs carry a suggested retail price of \$39.99 each.

About the DVDs

Silvio Samuel: The Next Big Thing

Mr. Olympia competition with this incredible 3-DVD set (running over 9 hours) covering the 6 weeks leading up to the 2007 event. The Battle for the Olympia 2007 showcases body building greats as they prepare their routines and poses prior to the competition: Ronnie Coleman: Shoulders; Dexter Jackson: Delts and Triceps; Marcus Haley: Back; Victor Martinez: Legs; Jay Cutler: Delts; Will Harris: Shoulders; Silvio Samuel: Back; Mark Dugdale: Chest/Biceps/Calves; David Henry: Chest/Shoulders; Melvin Anthony Jr.: Delts; Quincy Taylor: Chest/Calves; Johnnie Jackson: Legs; Dennis Wolf: Back; Hide Yamagishi: Chest. Also includes sequences with Victor, Dexter, and Troy at the Flex Wheeler Classic; as well as the Olympia Press Conference, Expo, and Backstage areas. Bonus 33 minute feature

The Invasion of Dungeon: The Case of Mark Dugdale. Running Time: 552 minutes - a 3 DVD set. Available June 3, 2008; Retail Price \$39.99

Jay Cutler: From Jay to Z - In this 2-DVD set (more than 7 hours of footage), witness nearly every facet of Mr. Olympia Jay Cutler's incredibly busy and exciting life during the first year of his reign as Mr Olympia. See Jay in the off season, still huge and ripped at nearly 300 lbs, training with hardcore intensity at the Mecca of Bodybuilding (Gold's Gym, Venice) as well as the world famous "Weight Pit" at Muscle Beach. Jay travels in first class style from his home in Las Vegas to the Arnold Classic (including limo ride). Jay is mobbed by fans, and embraced by bodybuilding superstars and celebrities at the Arnold Classic Expo and Ironman Expo. Watch Jay's winning persona and charisma as this true ambassador for the sport interacts with his adoring public. Running Time: 438 minutes

About Bayview Entertainment

BayView Entertainment, LLC, an independent leader in the home entertainment marketplace, distributes a versatile array of fitness, dance, and special interest titles to suit the ever-changing needs of home entertainment audiences. Some of the diverse artists BayView represents include: Black Belt Magazine, Cameron Shayne, Leisa Hart, Mitsuru Okabe, Gilad, Christi Taylor, Mark Blanchard, Joyce Vedral, Jay Cutler, Broadway Dance Center, Salsa Crazy, 8 Minute Abs, and Yoga Journal magazine. BayView Entertainment can be found online at www.bayviewentertainment.com.

With modern medical theory and the continuous improvement of medical equipment and development, information technology equipment to clean the operating room as the center, together with ancillary rooms posed by the Department of modern surgery has become a modern medical building an important part. Building construction in sync with the design and construction of the operation of the construction of medical equipment in the building is the core of medical equipment, its design and construction of a direct impact on the cleansing operation of the function and quality, rational, scientific, perfect and meticulous construction of electrical medical equipment Modern design is to clean the safe operation of the Department of Surgery provides a basis for guarantees. A clean operation of the technical specifications of China s cleaner since the end of the 20th century since the advent of the operating room, has also experienced its technical specifications from scratch and gradually improve the process, in November 2002 issued by the cleansing operation of the hospital building technical specifications CB50333-2002 (Hereinafter referred to as the norm) for the cleansing operation of the Department of Design provided a basis, with the International Electrotechnical Commission IEC60364 standards so that we can further improve the electrical design. 2 cleansing operation of the power supply design of a clean operation subordinates electricity load, dual power should be the construction supply distribution center lane, low-voltage distribution should not be over three series, that is, low-voltage distribution centre distribution room, surgery Distribution Department, the operating room dedicated distribution box, as shown in Figure 1. 2.1 Distribution System ground operation of the new common form of the grounding of the main distribution system, including the following: TT, TN-C, TN-C-S, TN-S and IT systems. According to standardize 8.3.1.3 cleansing operation of the provisions should be adopted TN-S and IT systems in two forms (not the merits of this statement), but should also pay attention to the use of TT system should adopt the single-phase power isolation, Because the three-phase isolation system, if a single-phase fault, the fault of the non-voltage line will be elevated to the

What are the specific operation of the establishments should adopt IT systems, according to standardize 8.3.4.2 provides that heart surgery operating room must be set by the isolation transformer grounding the functionality of the system and standardized 3.0.2 clean operating room Grading will be a clean heart surgery operating room is divided into Level I to the operating room, can I come to the operating room should be used-class IT systems or

TT system, TN-S system at the same time use. However, according to IEC60364 standards, in all types of operating theatres and recovery rooms, and other important medical establishments, for the maintenance of life or surgery for medical electrical equipment by the IT supply, the operating room that level I should be adopted IT systems or IT systems, TN-S system at the same time use only the minimum requirement. 220 distribution centres for low-voltage distribution operation room of the power supply distribution center should meet the requirements of an electricity load, the main cable programmes should be safe and reliable. Because of a regional power network in the upper part is the main voltage network and the network, the units of electricity from the power supply can not obtain the strict sense of the two independent power supply, so the new operation with the Department of the medical use of the two proposed road construction and power to consider The additional emergency power supply programmes, as shown in Figure 1. 2.3 Distribution operation between the Department of Surgery should be set up within the Ministry of distribution, and placed in non-clean the area. By the distribution of electricity to each operating room clean should be used alone laying independent circuit, and electricity and ancillary rooms separately, to ensure power supply to facilitate safety and maintenance, as shown in Figure 2. 2.4 operating room for each distribution me clean the operating room should be set up for distribution boxes installed in the operating room, dirt-channel side wall in the gallery, to avoid the maintenance personnel into the area clean. Figure 3 for Class I operating room dedicated distribution me start plans for surgery room is not three-phase power equipment, and electricity consumption in each operating room for 8

Three-phase power supply compared to, I believe that there are mainly the following aspects of the advantages: (1) in the operating room to avoid clean-and short-circuit, improved reliability, (2) a significant reduction in the operation of the distribution of power distribution Chuxian me the loop. For example, from 13 operating theatres composed of the Department of Surgery, the adoption of single-phase power supply, power distribution between the Department of Surgery in the corresponding distribution box Chuxian loops of the 13 routes, and the use of three-phase power supply, then with the Department of Surgery Distribution of electricity in the corresponding boxes Chuxian loop road will increase to 39, the distribution box and the box size of the installation of the space vary greatly, (3) to the operating room dedicated distribution box on the lower circuit breaker more selective Reasonable. As electricity consumption in each operating room for 8

Setting the current operating room will be far greater than the actual consumption of electricity corresponding to the calculation of current value (it will be difficult to guarantee, the lower-level circuit breaker selective request), and in the operating room failed to resolve the three good equilibrium problems. Because of the cleansing operation is formed by a number of operating theatres, the use of single-phase line into the operating room for each sequence of alternating power supply (shown in Figure 2) Department of Surgery will not cause problems three equilibrium (4) more secure and reasonable to reduce the construction cost. It should also pay attention to, IT systems are in the power cable line, the programme isolation transformer secondary side shall be used for bipolar circuit breaker. 3 operating theatres electricity safety measures in the course of modern surgery, electronic equipment and electronic equipment have increased, including a large part of direct physical contact with patients, the slightest mistake would be to endanger the lives of patients, so the operating room electrical safety is a modern surgery Room design are an important part. 3.1 Micro-electric shocks on the human body against the human body to electric shocks usually have two self-protection measures and rely on the skin is a big resistance to limit the current, and the other is current to stimulate the nervous system to muscle contraction out of danger. In the course of surgery, all kinds of electrodes, sensors directly into the source of electricity compared to, I believe that there are mainly the following aspects of the advantages: (1) in the operating room to avoid clean-and short-circuit, improved reliability; (2) a significant reduction in the operation of the power distribution between the Chuxian loop distribution box. For example, from 13 operating theatres composed of the Department of Surgery, the adoption of single-phase power supply, power distribution between the Department of Surgery in the corresponding distribution box Chuxian loops of the 13 routes, and the use of three-phase power supply, while surgery Distribution of the correspondence between the distribution box Chuxian loop road will increase to 39, the distribution box and the box size of the installation of the space vary greatly, (3) to the operating room dedicated distribution box on the lower opening - Selective more reasonable. As electricity consumption in each operating room for 8

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died of electric shock, medical called micro-electric shocks . 3.2 leakage protection settings because of micro-electric shocks due to leakage caused by current, usually we will adopt leakage current moves protection (RCD) of electric shock, directly or indirectly, for effective protection, the event of a leakage failure, it will immediately cut off power supply. However, due to the supply line of medical electrical equipment failure cut off power, in the course of this operation is not allowed, so it can only be used in the operating room TN-S system allowed to take protective measures leakage in the distribution circuit. The use of the TN-S system

Leakage Protection outlet box is the leakage current action for the protection combined with the socket, placed outlet box, once a Taiwan medical electrical equipment leakage only with the equipment and the replacement and will not affect the normal operation of other equipment, both to avoid micro - Phenomenon of electric shocks, the maximum guarantee the reliability of power supply plants and continuity. 3.3 isolation transformer power-protection measures to prevent electric shocks and at the same time improve the reliability and continuity of a more effective way is to use leakage detection alarm device with the IT system (as shown in Figure 3). This is because when the secondary side of a transformer isolation a failure of the power cable insulation, and can not form loops, when touched on the human body does not produce leakage current, only in a power line failure, another power cord touch on the human body, or Two power lines at the same time touched the body, will have a leakage current, as long as it can to detect and remove the power cord failure of the insulation, will be able to avoid leakage of current production. Leakage detection alarm device can measure the power cord to the resistance, when a fault lines, power lines and land a low-impedance, the alarm on the issue, health care workers may decide whether to continue surgical operations, when the operation under the leakage after the end of Detection alarm device targeting rapid and accurate troubleshooting. Therefore, IT systems must be configured leakage detection alarm device, the standardized 8.3.2.3 cleansing operation of the power to set the indoor leakage detection alarm device, a defect in, and explain its provisions do not match. 3.4 grounding power lines and security regardless of what protection measures, it can only electrical safety in the operating room as an integral part, while another is an important component of local and other potential connection to grounding and protection measures. As electrical equipment and power supply lines in the course of a long-term use of leakage is inevitable, but did not rule out the fault in the leakage, the risk of electric shock always exist. If used in the operating room, and other local potential connection, even if the fault occurred, and because of all the possible contacts of patients with no exposed metal parts of potential difference, it would not have happened electric shock accident. Operating room, and other potential local terminal near the operating room for me to set up distribution box, and reserved the ground floor Zhu Jin-video connections. In addition, the operating theatres, and other potential local terminal me through the floor boards, and other potential terminal and other potential connection to and use of ground and the building of Route and other potential terminal board and grounding devices connected. In addition, since modern clean the operating room are used a lot of electronic information equipment, equipment to ensure the safe and reliable operation, the operating room should also take the anti-static protection measures. The security of the operating room more and more power the concern of the community, only when we continuously develop and improve our technology products and reasonable use of the corresponding technical specifications, in order for us to bring the operating room clean electricity more secure environment. 4 Department of Surgery of the modern operation of the mine located in the top-level medical building, due to the operating room and clean medical equipment dissection of the large number of electronic information equipment, and expensive, so the operation of the mine on the measures it is particularly important. According to mine-building design specifications GB50057-94 (2000 edition) and building electronic information system mine technical specifications GB50343-2004 should be used within the external mine and mine comprehensive protection measures. 4.1 external mine-building measures should be based on the mine outside the medical building Dimension, building height and geographical location, the surrounding environment, and other conditions, calculated in accordance with reference to the number of lightning is expected to mine-building design specifications An important public buildings (see note provisions of 2.0.3) to determine its mine type and design of buildings in strict accordance with the type of mine security measures. If the results less than three types of mine asked, should be based on building mine design specifications, according to 6.1.3 of the three types of mine security. 4.2 measures within the mine buildings within the mine should be based on the mine-building electronic information system technical specifications, Lightning Protection Classification to determine their level of security if the mine devices to intercept the efficiency of E is lower than Grade B Request, the proposal should be the overall operation of the B-class security, the importance of its internal electronic medical equipment should be A-class security. Operation of the low-voltage distribution lines to install surge protectors in the electrical construction with the civil engineering design of the three-tier security should be considered, if the operating room in memory of the information in need of special protection equipment, the equipment required to install front of the fourth-level protection. Operating room on the electronic information system signal line surge protector installed in the mine-building electronic information system technical specifications, has detailed instructions, not repeat it here. 5 Conclusion In summary, modern clean operation of the power supply and electrical safety of the optimal design is a vast number of construction are worth careful study electrical design counterparts and explore the issue of China s current cleansing operation of the hospital on the relevant technical norms in all areas With the IEC and other standards compared to many imperfections and expressed uncertainty over, I believe that in recent years with the rapid development of the medical building, better suited to China s specific national conditions and the technical specifications will continue to launch in order to guide our design

References 1 cleansing operation of the hospital building technical specifications GB50333-2002 2 building mine design specifications GB50057-94 2000 3 mine-building electronic information system technical specifications GB50343-2004 4 Mr Poon Siu Yue editor-in-chief. Hospital modern construction and management of the Department of Surgery

About the Author

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