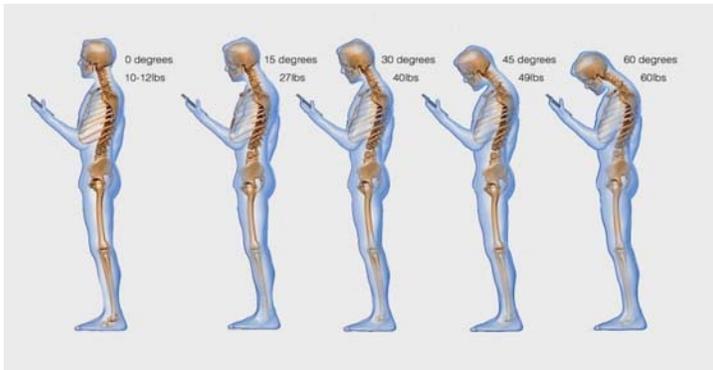


Safety Newsletter

TEXTING AND YOUR SPINE

We all know the dangers of texting while you drive and there many campaigns to stop this deadly habit. But what about your body? Is texting affecting other factors of our lives?

A new study from Dr. Kenneth Hansraj was recently published in Surgical Technology International. The study shows that as the neck bends forward and down, such as when you are texting, the weight on the cervical spine begins to increase. The farther the head leans forward, the amount of weight on the spine increases dramatically.



Assuming your head weighs 10 pounds, leaning your head forward at a 30 degree angle would put approximately 40 pounds of pressure on your spine, at 45 degrees it's 49 pounds, and so on. Imagine carrying an 8-year-old child around your neck. Smartphone users spend 2-4 hours per day hunched over to send texts, read emails or check social media. That adds up to 700-1400 hours per year that people put stress on their spine.

Dr. Hansraj's report states, "While it is nearly impossible to avoid the technologies that cause these issues, individuals should make an effort to look at their phones with a neutral spine and avoid spending hours each day hunched over."

North Dakota Risk Management recommends that when sitting, keep your head over your shoulders and your shoulders over your hips. For those who spend much of their day sitting at a desk, it is recommended to make sure the chair fits your body and has good back support. Being active, strong and taking frequent breaks from demanding activities will help reduce the stress on the spine.

For more information, review NDSU's Ergonomics Training at: http://www.ndsu.edu/police_safety/training/



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BICYCLE SEASON

Spring is here and that means bicycles are back out and in use. Watch for bicycles in bike lanes and review the following links on Bike Safety:

<http://www.ndsu.edu/fileadmin/policesafety/sop/BicycleSafety.pdf>

<http://www.ndsu.edu/fileadmin/policesafety/sop/BikeSafetyBrochure.pdf>

CLEANUP WEEK 2015

MAY 4-8

The cities of Fargo, Moorhead, West Fargo and Dilworth will all participate in cleanup week May 4-8, 2015. This annual event gives residents an opportunity to dispose of tires, appliances and other large items at no charge on their garbage collection day.

Rules for all cities:

- Separate items of the same type into distinct piles (tires, appliances, furniture, brush, household garbage, etc.). Separate trucks collect the items.
- Place garbage in disposable containers, except for oversized items. Items will be collected on your normal garbage pickup day. Crews will not return to pick up garbage set out too late.
- Remove refrigerator and freezer doors. Do not place food or any other waste inside appliances.
- Items must be from residences; no commercial waste will be accepted. Keep household garbage at least four feet away from other cleanup week items.

For more information and additional cleanup rules for your city go to: <http://www.cleanupweek.com/>

DISTRACTED DRIVING

Distracted Driving is any activity that can divert your attention away from the primary task of driving. An estimated 421,000 people were injured and 3,328 people were killed in distraction related crashes in 2012.

Texting is the most talked about distraction as it requires visual, manual and cognitive attention from the driver. According to Federal Motor Carrier Safety Administration (FMSCA), five seconds is the average time your eyes are off the road while texting. When traveling at 55 mph, that's enough time to cover the length of a football field blindfolded.

Many other distractions also contribute to crashes. They include eating/drinking, talking to passengers, grooming, reading

maps, watching a video, and adjusting the radio. Even using a hands-free device while driving is dangerous according to a study conducted by the National Transportation Safety Board (NTSB).

For more information, review NDSU's Distracted Driving Safe Operating Procedure at: <http://www.ndsu.edu/fileadmin/policesafety/sop/DistractedDriving.pdf>



WINDOW SAFETY WEEK

The National Safety Council formed the Window Safety Task Force in 1997 to educate caregivers about window safety. Part of their work is to sponsor National Window Safety Week which will be the week of April 5-11, 2015. With the arrival of spring, homeowners naturally want to open their windows and let in fresh air, but it is important to remember to keep family members safe when windows are open. According to Safe Kids Worldwide, eight children under age 5 die each year from falling out a window and more than 3,300 are injured seriously enough to go to the hospital.

The Window Safety Task Force offers these suggestions to help protect children:

- Remember, there is no substitute for adult supervision; keep an eye on children and keep their play safely away from windows
- Keep windows closed and locked when children are present
- When opening windows for ventilation, make sure children can't reach them
- For a double-hung window on an upper floor of the home, open the top sash nearest the ceiling for ventilation while keeping the bottom sash closed
- Don't rely on insect screens to prevent a fall; they are not designed to withstand the weight of a person
- Keep furniture away from windows as they could tempt a curious child to climb and potentially fall
- Don't allow children to jump on beds or other furniture, which could lead to a fall
- If there are young children in the home, install ASTM-approved fall prevention devices on limited-opening hardware, which only allows a window to open a few inches

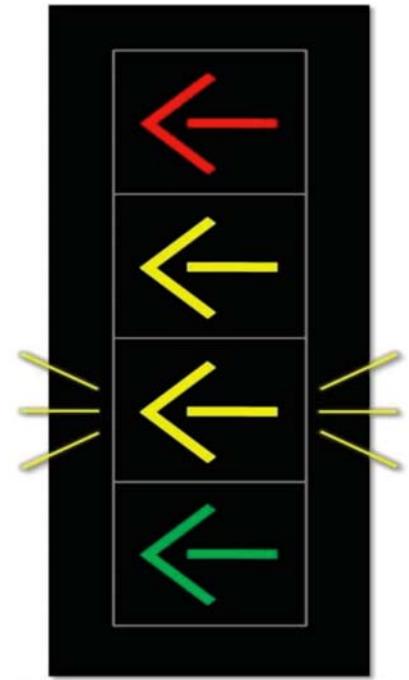
Windows also save lives. Most residential building codes require bedrooms to have a secondary means of escape and that exit is often a window. Ensure that windows are safe and accessible. Test them to make sure they open easily and keep escape routes clear from clutter. Practice fire escape routes with everyone in the home and keep emergency escape ladders in second or third story bedrooms. Also examine window hardware and make sure windows lock to help seal out air and moisture and help keep intruders out.

FLASHING YELLOW ARROW TURN SIGNALS

Have you noticed the new left turn signals at traffic lights? Federal rule changes require that green ball indicators no longer be used over left turn lanes. Flashing yellow arrow left turn signals have been deemed safer, more efficient and more flexible than traditional signals.

Here is a guide for what the new signals mean:

- ⇒ **Steady Red**—*Stop*—Left turning drivers must stop and wait.
- ⇒ **Steady Yellow**—*Warning/ Caution*—The left turn signal is changing to red.
- ⇒ **Flashing Yellow**—*Caution*—You may cautiously turn left after yielding to oncoming traffic and to pedestrians. Oncoming traffic will typically have a green light.
- ⇒ **Steady Green**—*Go*—Left turning drivers have the right of way.



Spring is nature's way of saying, 'Let's party!' - Robin Williams

SPRING CLEANING TIPS

Spring seems to have come early to NDSU and there is an urge to start fresh with a clean environment. Whether it is your home or your office, here are some tips for tackling those spring chores.

- Get rid of dust—move around the room in a circle, starting at the highest points and work your way down to the floor.
- Organize and clean out cupboards and the fridge. Discard any items that are past their expiration date. This is a perfect time to conquer clutter in kitchen cabinets too.
- Clean carpets as soon as the spring mud season is over. Air out throw rugs on a clothesline to freshen. Vacuum in natural light.
- Wash windows of residue left behind by winter weather. Wash windows on cloudy days. Use vertical strokes on one side of the glass and horizontal strokes on the other to know which side remaining streaks are on.
- Shut window blinds and dust/clean them.
- Clean and ventilate the basement.
- Disinfect the garbage disposal.
- Flip or rotate your mattress and check manufacturer's instructions for cleaning.
- Wash pillows and curtains to reduce allergens.
- Clean shower curtains to remove soap scum, shampoo and mildew.
- Clean the deck to remove grime, pollen, fungus and mildew.
- Sweep steps and replace doormats. 75-80 percent of household dirt is tracked in from outside.

Add a bouquet of spring flowers to the room, then step back and enjoy your space as well as the warm temperatures.



IN-PERSON TRAINING SESSION DATES

Baseline Safety Training (Note:
all classes in Memorial Union
Mandan Room)

March 16th—9 AM

April 20th—9 AM

May 18th—9 AM

Supervisor Safety Training
(Note: all classes in Memorial
Union Meadow Room)

March 17th—9 AM

April 21st—9 AM

May 19th—9 AM

ANNUAL SAFETY TRAINING

Baseline Safety training is a mandatory training for all NDSU employees—faculty, staff and student employees. If you are a supervisor, it is mandatory that you take both Supervisor Safety Training and Baseline Safety Training. Both courses must be completed on an annual basis.

Online training (including Baseline Safety and Supervisor Safety) is administered through Moodle, an online Learning Management System. Completing the online training courses will require that you log in using your NDUS username and password, review the training content and take the associated quiz. Your completion of the quiz online will record your completion of the training requirement .

Laboratory Safety Training is required for employees that work in laboratory spaces. Principal investigators and those in charge of laboratory operations need to complete all seven training modules whereas employees within the laboratory spaces need to complete modules 1-6. For more information and links to the training visit the Safety Office website at: http://www.ndsu.edu/police_safety/training/

Track Training is an application developed to assist employees and supervisors with training compliance. For more information and to view a tutorial visit: http://www.ndsu.edu/hr/training/annual_training/

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