



# Go Red

NDSU is a participant in the North Dakota Wellness Benefit Program sponsored by NDPERS. The goal is to encourage worksite health promotions, and increase awareness of lifestyle and wellness programs. Part of the program requirements is to provide a resource of programs and information that can be a reference by NDSU employees. One of the most important programs is the Go Red Program, sponsored by the American Heart Association. Thanks for helping fight the number one killer of women.

The following are some facts provided by the American Heart Association:

- Diseases of the

heart and stroke are the #1 and #3 killers of women over the age of 25

- Heart attack, stroke and other cardiovascular diseases claim the lives of over 460,000 women each year—about a death a minute.
- One in 30 female deaths is from breast cancer, while one in 2.6 is from cardiovascular disease



- Within 5 years after a recognized heart attack, 22 percent of women ages 40-69

will have another heart attack or fatal coronary heart disease, 6 percent will have a stroke, 12 percent will be disabled with heart failure, and 1.9 percent of white women and 1.4 percent of black women will experience sudden cardiac death

An interactive, online assessment tool that identifies a woman's risk factors and provides a personalized action plan to reduce heart disease risk can be found at:

[www.goredforwomen.org](http://www.goredforwomen.org). Encourage the women you love to check out the website and look for Go Red events in their area.

## Near Miss Reporting

Quite often the Safety Office is asked what the difference is between Incident Reports and Near Miss Reports. It is very important that we all recognize the difference, and report accordingly.

An Incident Report is only filed **if an actual event or incident has occurred**. Slipping on ice, tripping on a rug, or cutting yourself on a piece of glass—these are all incidents, and

should be reported to the Safety Office **within 24 hours**.

A “near miss” means there is a **potential** hazard for an incident to occur. No event or incident has actually happened. For instance, if there is an electrical cord running across a hallway, there is a potential there for someone to trip and fall. Also, if you come across an area that looks icy, fill out a Near Miss

report, and notify the proper individuals of the potential hazard. Other situations that might require filing a Near Miss report would be the following: unsafe act, unsafe equipment, or unsafe use of equipment.

It is so important that we are pro-active in our approach toward safety, and filling out a Near Miss report is vital to keeping us informed of potential hazards.

### Baseline Safety Training:

- February 13, 2008, Memorial Union Hidatsa Room 9:00 AM
- February 14, 2008, Memorial Union Hidatsa Room 3:00 PM
- March 19, 2008, Memorial Union Hidatsa Room 9:00 AM
- March 20, 2008, Memorial Union Hidatsa Room 3:00 PM

### Safety Office

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701-231-7759  
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## Fire Prevention

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Fire prevention is part of everyone's job. Employees must help to keep the work area clutter-free and safe from other fire hazards. Make sure extreme care is taken when working with chemicals such as flammable solvents, gasoline, gases, and fuels.

Ways to prevent fires around your facility:

- Frequently remove all trash, including packing materials, and store it in metal containers with tight-fitting lids. If material is no longer needed, dispose of the material properly.
- Do not store extra equipment or supplies in aisles or near fire exits.
- Keep floors clear of shavings, trash, and spills.
- Do not stack wooden pallets so high that they may interfere with automatic sprinkler systems. If possible store wooden pallets outdoors away from any structures.
- Put highly combustible waste (e.g., oil, paint, and grease rags) in the proper trash receptacles.

- Watch for overheating bearings, misaligned or broken machine parts, choking or jamming materials, and poor adjustments of moving parts.
- Exercise extreme caution when using flammables and combustibles near furnaces, hot ducts, static electricity, electrical lamps, or heating elements.
- Control static electricity by bonding and grounding equipment, or through the use of special flooring designed to eliminate it.
- Refuel forklifts away from storage and production areas.
- Extension cords are designed for **temporary** use. They should be rolled up at the end of the day and inspected for any damage. Never use an extension cord for permanent use. Replace with permanent wiring, or in some cases, a surge protector power strip can be used as long as it is plugged directly into an outlet.
- Keep fixed or portable space heaters at least three feet away

from anything that can burn, and make sure they are UL rated and are equipped with an automatic tip over switch.

- Inspect electrical cords to make sure they are not pinched behind furniture, under rugs, or stretched. Replace cords that are cracked or frayed, have broken plugs, or loose connections.
- Maintain the grass and other vegetation located around the exterior of the building. Over grown vegetation can dry out and leave your building vulnerable to a grass fire.

Should you ever have any questions regarding fire prevention, feel free to contact Bill Vandal from the Safety Office at 701-231-5637.



## Quick Reminder...

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The Safety Office wants to send out a quick reminder to all employees to be extra cautious when walking outdoors. With the new snowfall, icy spots are harder to see and avoid. **Please give yourself extra time to get where you need to go.** So many of our incidents occur when we are in too much of a hurry or running late. Wear proper footwear, take smaller steps, and stay aware of your surroundings. It is so important that we

all stay extra cautious during this time of the year.

If you do come across areas that are particularly icy, fill out a Near Miss report and/or contact the proper department to make them aware of the situation. Remember to be proactive and report those areas that pose a potential slip and fall hazard. It is up to each one of us to keep our employees safe.



## Non-discrimination Policy

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