

June 26, 2009



NORTH DAKOTA STATE UNIVERSITY

Safety News

Summer Safety Tips

Warm weather has finally found its way to NDSU. As the thermometer rises, and we spend more time outside, there are a few things we should all keep in mind.

Protection from the sun should be a priority whenever we are doing activities outside. Some tips provided by the American Cancer Society are as follows:

- Avoid the sun between the hours of 10 AM and 4 PM, and seek shade especially in the middle of the day when the sun's rays are the strongest.
- Cover up with protec-

tive clothing to guard as much skin as possible. This includes covering your head with a wide-brimmed hat to protect your face, ears and neck.

- Use ample amounts of sunscreen and lip balm with a sun protection factor (SPF) of 15 or higher. Remember to reapply after swimming, toweling, or perspiring.
- As much as we protect our skin, it is equally important to take care of our eyes. Make sure you are wearing sunglasses with 99% to 100% UV absorption to provide optimal

protection to your eyes and the surrounding skin.

- Remember to follow these practices even during cloudy or overcast days.
- For more information, check out the following website: http://www.cancer.org/docroot/PED/content/ped_7_1_What_You_Need_To_Know_About_Skin_Cancer.asp



Online Safety Training

If you have not taken the Mandatory Annual Baseline or Supervisor Safety Training, please take the time to go online and complete the course. Both courses are available on the Safety Office website for your convenience.

All employees must complete the Baseline Safety Course. All Supervisors must complete both the

Baseline and the Supervisor Safety Course. As proof of compliance, please submit your completed quiz to the Safety Office.

If you would like to request a departmental Baseline Safety Course, please contact the Safety Office to set up a date.

If you are unsure as to when you last completed

the course, feel free to contact the Safety Office, and we can check our database for you.

The following is the URL for the training site:

http://www.ndsu.edu/ndsu/police_safety/safety/Presentations.htm

Quick Reminder: Any incident or event, whether you require medical attention or not, must be reported to the Safety Office immediately, or within 24 hours. If you require medical attention, it is imperative that you go to the Designated Medical Provider. If you have any questions, please contact the Claims Specialist—(701) 231-6740.

Safety Office

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