

Safety Newsletter

NDSU

WINTER DRIVING TIPS

With the snow finally arriving, it's important that we reacquaint ourselves with the realities of winter driving. Travelers insurance has the following helpful suggestions to make your winter commutes more safe:



- * Make sure your car is prepared for cold temperatures and wintery conditions like snow and ice. Keep your equipment properly maintained and include a winter survival kit, an ice scraper, snow shovel and sand/salt.
- * Clear snow and ice off your car – including windows, mirrors, lights, reflectors, hood, roof and trunk.
- * Drive with your headlights on, and be sure to keep them clean to improve visibility.
- * Use caution when snow banks limit your view of oncoming traffic.
- * Avoid using cruise control in snowy or icy conditions. In adverse conditions, you want as much control of your car as possible.

- * Know how to brake on slippery surfaces. Vehicles with anti-lock brakes operate much differently from those that do not have anti-lock brakes. You should consult your vehicle's owner's manual for instructions on how to brake properly if your vehicle should start to skid.
- * Maintain at least a half tank of gas during the winter season. This helps ensure you have a source of heat if you are stuck or stranded.
- * If you do venture out or are unexpectedly caught in a snowstorm and encounter problems, stay in your car and wait for help. You can run the car heater to stay warm for 10 minutes every hour, but make sure your exhaust pipe is clear of snow. There is a danger of carbon monoxide poisoning if snow blocks the pipe and enables the deadly gas to build up in your car. Keeping the window cracked an inch will help prevent this.

- * Remember that speed limits are meant for dry roads, not roads covered in snow and ice. You should reduce your speed and increase your following distance as road conditions and visibility worsen.
- * Be cautious on bridges and overpasses as they are commonly the first areas to become icy.
- * Monitor road and weather conditions by checking local news stations or Internet traffic and weather sites.
- * If you must travel during a snowstorm or in blizzard conditions, be sure to let a relative, friend or coworker know where you are headed and your expected arrival time. Avoid the temptation to check or be on your phone while driving as all of your attention should be on arriving safely.

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WINTER VEHICLE SURVIVAL KIT

A winter survival kit should be present in every vehicle as the seasons change. In an emergency, there is no substitute for being prepared ahead of time. There are various options on the market for purchase, but one can easily be created by yourself. The National Weather Service recommends your kit contains the following:

- Blankets/sleeping bags
- Flashlight with extra batteries
- First-aid kit
- High-calorie, non-perishable food
- Extra clothing to keep dry
- A large empty can and plastic cover with tissues and paper towels for sanitary purposes
- A can, candles and water-proof matches to melt snow for drinking water
- Sack of sand (or cat litter)
- Shovel
- Windshield scraper and brush
- Tool kit
- Tow rope
- Booster cables
- Water container
- Compass and road maps.
- Store items in a plastic tote and

consider storing them in a passenger area in case the trunk is inaccessible or frozen shut.



SHOVELING SAFELY

As the snow piles up, remember a few tips to avoid becoming injured while shoveling:

- Only people in good physical condition and good overall health should shovel.
- Prepare by warming up. Begin by either walking for a few minutes or marching in place. Stretching your arm and leg muscles will increase their efficiency and is less likely to result in injury.
- Pace yourself as wet snow is much heavier than dry snow.
- Avoid caffeine, nicotine or alcohol beforehand.
- Mentally divide the area you are going to shovel into smaller sections. Clear only one section at a time. If the snow becomes heavy, take a short break.
- Proper hand grip placement is important. Avoid placing your hands close together. A wider grip will provide greater leverage and make it easier to lift the snow.
- When shoveling, stand with your feet about hip width apart with one foot forward for balance. Keep the shovel close to your body and bend with your knees (not your back). Tighten your stomach muscles as you lift and avoid twisting movements. It is better to reposition your feet in the direction the snow will be going.
- Dress appropriately for the task at hand. Dress in layers as these can be adjusted to help regulate your body temperature. Wear proper boots to keep feet warm and dry while providing good traction.
- Most importantly if you experience pain or shortness of breath, stop immediately and seek assistance.



NDSU

UNIVERSITY POLICE & SAFETY OFFICE

Dept. 3300
1523 12th Ave N,
Fargo, ND 58108

Phone: 701-231-7759
Fax: 701-231-6739
Email: NDSU.UPSO.safety@ndsu.edu



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As 2015 comes to a close, it is a good time to check that you are current with your Annual Safety Training.

Baseline Safety Training is a mandatory training for all North Dakota State University 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 is available and will require that you log in using your NDUS username and password. You will then review the training content and take the associated quiz. You will not need to submit a paper quiz to the Safety Office.

The following is the link to the online training courses:
http://www.ndsu.edu/police_safety/annual_notices_and_training/

Track training is available to assist with tracking employee training completion and can be found at:
<https://apps.ndsu.edu/tracktraining/>

Face to face training courses are offered periodically throughout the year, and available times for the following year will be sent out in an email notice.

