



SAFETY NEWSLETTER

NDSU

December 2016

Winter & Carbon Monoxide Danger

The winter months bring about an increased risk of carbon monoxide (CO) poisoning. More time spent indoors in tightly sealed houses in the presence of fuel burning equipment such as gas stoves, furnaces, hot water heaters or any appliances that use flammable fuel, can lead to CO poisoning. Carbon monoxide is produced from the incomplete combustion of flammable fuel. It is known as a silent killer due to the fact it is an odorless, tasteless and colorless gas. The only way to know if you are being exposed to CO is through detection. The Centers for Disease Control (CDC) recommends the following:

- Install a battery-operated or battery back-up CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. Place your detector where it will wake you up if it alarms, such as outside your bedroom. Consider buying a detector with a digital readout.



This detector can tell you the highest level of CO concentration in your home in addition to alarming. Replace your CO detector every five years.

- Have your heating system, water heater, and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Do not use portable flameless chemical heaters indoors.
- If you smell an odor from your gas refrigerator have an expert service it. An odor from your gas refrigerator can mean it could be leaking CO.
- When you buy gas equipment, buy only equipment carrying the seal of a national testing agency, such as Underwriters' Laboratories.
- Make sure your gas appliances are vented properly. Horizontal vent pipes for appliances, such as a water heater, should go up slightly as they go toward outdoors. This prevents CO from leaking if the joints or pipes aren't fitted tightly.
- Have your chimney checked or cleaned every year. Chimneys can be blocked by debris. This can cause CO to build up inside your home or cabin.

- Never patch a vent pipe with tape, gum, or something else. This kind of patch can make CO build up in your home, cabin, or camper.
- Never use a gas range or oven for heating. Using a gas range or oven for heating can cause a build up of CO inside your home, cabin, or camper.
- Never burn charcoal indoors. Burning charcoal - red, gray, black, or white - gives off CO.
- Never use a portable gas camp stove indoors. Using a gas camp stove indoors can cause CO to build up inside your home, cabin, or camper.
- Never use a generator inside your home, basement, or garage or less than 20 feet from any window, door, or vent.

Abiding by these tips will help ensure you and your family avoid CO exposure and a possible tragedy.

CARBON MONOXIDE (CO) POISONING



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Safe Shoveling Tips

With most every winter comes the necessary task of clearing off the snow from our sidewalks and driveways. While this activity provides some moderate physical activity, it does come with some risk to heart and back health. In order to reduce the chance of injury, the NDSU Extension offers the following advice:

- If you are inactive and have a history of heart trouble, talk to your doctor before you take on the task of shoveling snow.
- Avoid caffeine or nicotine before beginning. These are stimulants, which may increase your heart rate and cause your blood vessels to constrict. This places extra stress on the heart.
- Drink plenty of water. Dehydration is just as big an issue in cold winter months as it is in the summer.
- Dress in several layers so you can remove a layer as needed. Synthetic fibers help wick away perspiration better than natural fibers.
- Warm your muscles before shoveling by walking for a few minutes or marching in place. Stretch the muscles in your arms and legs because warm muscles will work more efficiently and be less likely to be injured.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.
- Begin shoveling slowly to avoid placing a sudden demand on your heart. Pace yourself and take breaks as needed.
- Protect your back from injury by lifting correctly. Stand with your feet about hip

width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements. If you need to move the snow to one side, reposition your feet to face the direction the snow will be going.

- Most importantly, listen to your body. Stop if you feel pain.



Seasonal Safety Reminder

As winter returns, the Safety Office wants to remind all employees to be extra cautious when walking outdoors. Melting and freezing can create icy paths. Please give yourself extra time to get where you need to go.

Many incidents occur when we are in a hurry or running late. Make sure to wear proper footwear, take smaller steps, and stay aware of your surroundings. It is 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 contact the proper department such as Facilities Management or the building custodial staff to make them aware of the icy location. 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.

WINTER LESSONS: HOW TO WALK ON ICE

1 Normally, when we walk, our legs' ability to support our weight is split mid-stride.

2 Walking this way on ice forces each leg to support the weight of the body at an angle that is not perpendicular to the surface of the ice, resulting in a nasty fall.

oblique angle = nasty fall

1 To walk on ice, keep your center of gravity over your front leg.

2 One animal that has figured this out is a penguin. Think of yourself as a penguin and you'll be all right.

WRONG WAY **RIGHT WAY**



Holiday Road Travel

As you may be traveling during the holidays, be sure to check the current weather forecasts and road conditions. Make sure you have a winter survival kit and adjust your schedules as necessary. The following related websites should help you stay safe as you make your plans.

Current National Weather: <http://www.weather.gov/>



North Dakota Road Conditions: <http://www.dot.nd.gov/travel-info-v2/>

Minnesota Road Conditions: <http://lb.511mn.org/mnlb/>

South Dakota Road Conditions: <http://www.safetravelusa.com/sd/>

Winter Survival Kit App from NDSU Extension Service: <http://www.ag.ndsu.edu/extension/apps/winter-survival-kit>

In-Person Baseline and Supervisor Safety Training: 03/02/2017

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 and are available online or as in-person trainings.

An in-person training for both Baseline Safety and Supervisor Safety is scheduled for Thursday, March 2, 2017 in the Memorial Union, Room of Nations. The Baseline Safety Training will be conducted from 9:00 – 10:00 am followed by the Supervisor Training from 10:00 – 11:00 am.

Please register in advance for Baseline Safety at:

<https://apps.ndsu.edu/event-registration/viewevent/Event::16618>

Please register in advance for Su-

ervisor Safety at:

<https://apps.ndsu.edu/event-registration/viewevent/Event::16619>

Completing the online training courses will require that you to 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. Follow this link to access the online training option: https://www.ndsu.edu/police_safety/annual_notices_and_training/

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: https://www.ndsu.edu/police_safety/annual_notices_and_training/



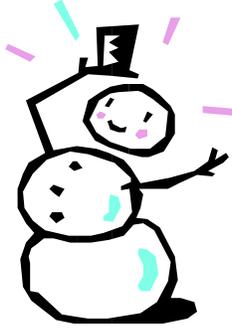
NDSU provides a Track Training application to assist employees and supervisors with training compliance. For more information visit: <https://apps.ndsu.edu/tracktraining/>

NDSU

UNIVERSITY POLICE & SAFETY OFFICE

Dept. 3300
1523 12th Ave N,
Fargo, ND 58102

Phone - Safety Office: 701-231-7759
Phone - Police Call Center: 1-701-231-8998
Fax: 701-231-6739
Email: ndsu.upso.safety@ndsu.edu



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