During the summer months, many NDSU employees spend a great deal of time working outdoors. With the increased time spent working in the sun and heat, it’s critical that employees and their supervisors are aware of the factors that may increase the risk of heat related illness. OSHA and NIOSH highlight the following factors:

- High temperature and humidity
- Direct sun exposure (with no shade)
- Limited air movement (no breeze)
- Low fluid consumption
- Poor physical condition or health problems
- Some medications: both over the counter and prescriptions

During the summer months, many NDSU employees spend a great deal of time working outdoors. With the increased time spent working in the sun and heat, it’s critical that employees and their supervisors are aware of the factors that may increase the risk of heat related illness. OSHA and NIOSH highlight the following factors:

- Lack of acclimation
- Previous heat-related injury.

Heat related illness may begin with muscle cramping but can progress to heat exhaustion and even heat stroke. Some symptoms of heat exhaustion are:

- Thirst
- Headache
- Nausea
- Dizziness
- Weakness
- Irritability
- Heavy sweating
- Elevated body temp.

Workers showing signs of possible heat exhaustion should move to a shady/cooler area. They should lie down, loosen clothing and sip water. If symptoms persist or worsen, seek medical attention.

Taking the following steps may help in preventing heat related illness:

- Monitor weather reports daily and reschedule jobs with high heat exposure to cooler times if possible.
- Remind workers to frequently drink small amounts of water before they become thirsty to maintain proper hydration. During moderate activity and temperature, workers should drink 1 cup every 15-20 minutes.
- Set up a buddy system if possible; if not check routinely to make sure workers are making use of shade and water and not experiencing heat-related symptoms.
- Schedule frequent rest periods with water breaks in shaded or air-conditioned areas.

Inside this issue:

- Protect your skin!  
- Summer weather can change quickly.
- Handling animals safely to avoid injuries.
- Grilling on campus reminder.
Protect your skin!

According to the Center for Disease Control and Prevention (CDC), every year there are 63,000 new cases of and 9,000 deaths from melanoma—the deadliest form of skin cancer. Ultraviolet (UV) exposure is the most common cause of skin cancer. However, a new study reveals that the majority of Americans are not using sunscreen regularly to protect themselves. Fewer than 15% of men and fewer than 30% of women reported using sunscreen regularly on their face or other exposed skin when outside for more than 1 hour. Some strategies from the CDC are:

- Use a broad spectrum sunscreen with an SPF 15+ to protect any exposed skin.
- Apply liberally at least 20 minutes before sun exposure.
- Sunscreen needs to be reapplied every 2 hours or after swimming, sweating and towel ing off.
- In conjunction with sunscreen, use a wide brim hat, sunglasses and other clothes to protect your skin.
- Seek shade, especially during the midday hours.

Summer weather can change quickly

With summer time upon us once again, most of us can’t get enough of the outdoors. Sunny skies and calm breezes can rapidly deteriorate to dangerous conditions. It is important to be aware of how quickly the weather can change. Not all thunderstorms are severe and some are even enjoyable from inside the comfort of our homes. Severe thunderstorms however can come with extreme events such as: lightning, straight line winds, hail, heavy rainfall leading to flash floods, and tornadoes. In order to avoid injury, an awareness and respect for what these storms can produce is needed.

Some helpful advice from the National Weather service includes the following during a severe thunderstorm:

- If you can hear thunder, you are close enough to be in danger from lightning. If thunder roars, go indoors!
- Don’t wait for rain. Lightning can strike out of a clear blue sky.
- Avoid electrical equipment and corded telephones. Cordless phones, cell phones and other wireless handheld devices are safe to use.
- Keep away from windows.
- If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends.
- If you are outside and cannot reach a safe building, avoid high ground; water; tall, isolated trees; and metal objects such as fences or bleachers. Pic nic shelters, dugouts and sheds are NOT safe.
Handling Animals Safely To Avoid Injuries

When working with animals as many at NDSU do, it’s imperative that to always be aware of the situation. According to the National Ag Safety Database, there are four common types of animal handling injuries:

- Animal steps on handler
- Animal slips and falls on handler
- Animal pins or squeezes handler against a barrier
- Animal kicks handler

With a common sense approach and following a few general rules, most accidents and injuries can be prevented.

- Make the animal aware of your approach before getting too close to it. Move calmly, deliberately and patiently. Avoid any quick movements or loud noises that may startle the animal.
- When working in close quarters, make certain to leave yourself an adequate escape route.
- Lift young animals properly.
- Avoid the animal’s blind spot when in its flight zone.
- Make sure you have enough help for the task at hand.
- Wear the proper personal protective equipment such as steel–toed non-slip footwear, sturdy clothing and gloves.

If you are injured while handling animals, make sure to notify your supervisor and report it to the Safety Office within 24 hours.

Grilling on Campus Reminder

Summer and grilling are synonymous to a large percentage of our populace. With the emergence of grilling season, the Safety Office would like to remind you that guidelines have been established to help keep our campus community safely cooking outdoors.

If you plan on grilling on campus, please review the Outdoor Grilling Guidelines at


In addition, a facility use agreement must be completed ahead of time and can be found at:

https://www.ndsu.edu/forms/
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