

Safety Newsletter

North Dakota State University

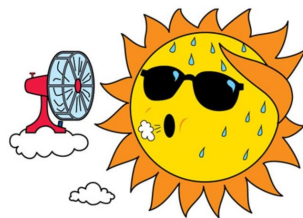
June 2021

Working Outdoors in Hot Weather

Summer has begun with a scorching start. The temperatures recently have been some for the record books. During this time and throughout the summer months, many NDSU employees spend 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

- 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.

Preventing heat related illness should be of the utmost concern. Some ways to accomplish this include:

- Monitor weather reports daily and reschedule jobs with high heat exposure to cooler times if possible.
- Reduce the metabolic demands of the job.
- Use special tools

(i.e., tools intended to minimize manual strain).

- 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-



Utility Task Vehicles

Utility task vehicles (UTVs) or recreational off-highway vehicles (ROVs) are quite common on farms, ranches and other work areas. They come in 4 and 6 wheeled varieties, have occupants sit side by side and often have cargo beds for hauling a variety of payloads. They include seat belts and rollover protection systems (ROPS). The benefits these vehicles provide contribute to their increasing popularity. Unfortunately serious accidents and deaths have seen an increase along with their popularity.

In order to keep employees safe when using UTV/ROVs, best practices should be followed. Both the Occupational Safety and Health Administration (OSHA) and the Consumer Product Safety Commission (CPSC) offer the following guidance:

- Everyone riding in an UTV/ROV must wear a seat-belt.
- Always fasten seat belts and keep all parts of your body inside the vehicle.
- Everyone should wear protective gear such as a helmet, eye protection, appropriate footwear, gloves, long pants and a long-sleeved shirt when the environment or assigned

duties necessitate them.

- Never have more passengers than there are seat belts and never carry passengers in cargo beds.
- Never transport passengers who cannot grasp the hand holds and place both feet on the floorboard with their backs against the seat.
- Passengers should be aware and pay attention while riding due to the potential of unexpected bumps, sudden turns and emergency braking.
- Operators should follow the manufacturer's recommendations and information provided in the owner's manual.
- Payloads should be centered and secured to avoid shifting while in transit. Unbalanced payloads may increase the chances of tipping over.
- Speeds should be appropriate for the terrain. Excessive speed is often responsible for crashes or tipping over on curves.
- Extra attention should be given when driving on slopes. Consult the owners manual to determine the

maximum slope the UTV can safely traverse.

- Keep in mind that payload, single occupant or uneven terrain on a slope can affect the center of gravity and may result in rolling the vehicle.
- When traveling up or a down a slope, it is best to travel straight up or descend straight down. Avoid traveling across or parallel to the slope if possible.
- Avoid turning around in the middle of a slope. If you cannot continue straight up due to excessive slope or obstacles, back straight down and then turn around.



Campus Grilling 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:

<http://www.ndsu.edu/fileadmin/policesafety/sop/GrillingGuidelines.pdf>

In addition, a facility use agreement must be completed ahead of time and a link can be found at: <https://www.ndsu.edu/forms/>

It can be found under the Facilities Use Forms heading.



Upcoming Baseline Safety Training

All NDSU staff, faculty and student employees including any part-time, temporary or seasonal positions are required to complete Baseline Safety training annually. Supervisors are required to complete both the Supervisor Safety training and Baseline Safety training each fiscal year. Both courses are delivered by way of online and in-person trainings. During summer semester 2021, the in-person trainings will be delivered on Zoom.

The following date/time of the upcoming Baseline Safety training is being delivered on Zoom. (More dates will be

offered for both Baseline Safety training and Supervisor Safety training throughout the year.)

Baseline Safety
Tuesday, June 29, 2021
1:30 – 2:30 pm

Please consider joining the Safety Office on Zoom for this training and enroll in advance. Once enrolled, training documents and Zoom details will be provided by email prior to the training.



University Police & Safety Office
Dept. 3300
1523 12th Ave N,
Fargo, ND 58102

Safety: 701-231-7759
Police Call Center: 701-231-8998
Fax: 701-231-6739
Email: ndsu.police.safety@ndsu.edu

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