

June 2023

Safety Newsletter

Bicycling Responsibly

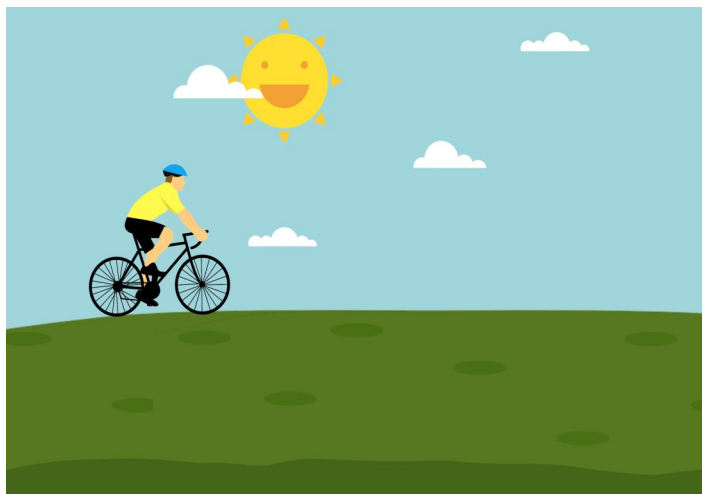
Whether it is to save money, avoid parking issues or simply to enjoy the outdoors, cycling is becoming more present in our everyday lives. In an effort to assist riders to safely enjoy the cycling experience University Police & Safety Office (UP&SO) has put together some reminders.

Cyclists share the same rights and responsibilities as drivers of motor vehicles and must obey the same "Rules of the Road". Sharing the road is more than just courtesy—it's about safety too.

To be respected as legitimate road users, cyclists must operate their bicycles lawfully and responsibly. Safety equipment and riding skills alone are no substitute for following traffic laws to avoid conflicts between cyclists and other road users, both on and off campus.

Local bicycle ordinances may vary, so be sure to check government websites for specific laws. As a general rule, cyclists must do the following:

- Ride the same direction as other traffic, as close as practicable, to the right side of the roadway. Exceptions include changing lanes, turning, avoiding road hazards or using a designated left-side bicycle lane.
- Obey stop signs, traffic signals, speed limits and other traffic control devices.
- Signal turns and stops using appropriate arm signals, when it's safe to do so.
- Yield to pedestrians on crosswalks, sidewalks and shared-use pathways.
- Give an audible signal before passing a pedestrian or another cyclist.
- Use a white headlight and red rear reflector when riding at night.
- Ride no more than two abreast when it does not unreasonably impede the normal flow of traffic. Riding single file may be necessary on narrow or more heavily traveled roads.
- Riding a bicycle while intoxicated or otherwise impaired is dangerous. Get a sober ride home or walk.



Lock it or Lose it!

Properly locked bicycles are significantly less likely to be stolen. Secure your bike with a sturdy U-bolt lock and braided steel cable to a designated bike rack. Be sure to secure the frame and both wheels, and remove easily detached equipment like lights, bags and cycle computers.

Safe Lifting

Lower back injuries are one of the most common ailments reported in the work place. The Safety Office would like to remind you to follow proper lifting techniques to help avoid injuries.



- If the object is too bulky or weighs 50 lbs. or more, get assistance or use a mechanical lift.
- Wear appropriate shoes to avoid slips, trips or falls.
- To lift object, separate feet and put one foot slightly in front of the other.
- Get a secure grip using both hands whenever possible.
- Keep the load close to your body and tighten the abdominal muscles as you lift, maintaining the 3 natural curves of your spine.
- Keep your head up and look

straight ahead while making the lift.

- Use your legs to push up and lift the load. Do not use your upper body or back.
- Do not twist your body. Step to one side or the other to turn.
- Lower the load by bending at the knees and keeping the back straight.
- Push instead of pull when moving a load.



Keep your skin safe

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 recent 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 toweling 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.



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

NDSU

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