Distracted Driving

Society is becoming more in touch with technology than ever before. As a result, everyday tasks can become dangerous due to distractions. According to the National Highway Traffic Safety Administration (NHTSA) an estimated 421,000 people were injured in motor vehicle crashes involving a distracted driver in 2012 and the numbers continue to rise.

Distracted driving is any activity that could divert a person’s attention away from the primary task of driving. Types of distractions include, but are not limited to:

- Texting
- Using a cell phone/smartphone
- Eating/drinking
- Talking to passengers
- Grooming
- Reading—including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player or MP3 player
- These activities cause drivers to take their eyes off the road and/or one hand off the steering wheel, endangering themselves and others.

North Dakota and Minnesota law prohibits the use of a wireless communications device to compose, read or send an electronic message by the operator of a motor vehicle that is part of traffic. This law also applies to all NDSU employees, who drive state fleet vehicles or are using their personal vehicle to conduct state business.

While it is not prohibited by law, it is a requirement of the North Dakota Risk Management Workers Compensation Discount Program and NDSU Safe Operating Procedure that employees refrain from using hand-held cell phones while operating a vehicle, whether the vehicle is in motion or stopped at a traffic light.

Some suggestions for using cell phones in vehicles include:

- Whenever possible, stay off the phone while driving. If possible, pull off the road to a safe area to use the phone.
- Be familiar with your particular phone and its features. Position it within easy reach for an emergency.
- Let calls go to voicemail, listen to messages later.
- Do not take notes or look up information/phone numbers while driving.
- Do not engage in stressful or emotional conversations while driving.
- Know your route, use your GPS, and read maps before you drive.
- Be aware of vehicles around you.

Remember: Driving is a privilege, not a right. Be careful so you can keep that privilege.
Spring Machinery Checks

As spring approaches and researchers get ready to head back to the fields, it is important to prepare machinery for the job. Keeping machinery properly maintained keeps you and others safe in the fields.

The following are just a few things to remember:

- Ensure flashers and turn signals are working properly. Emblems and reflective items should be clean and bright.
- Shields and guards need to be in place to protect you and others.
- Ensure hydraulic systems and mechanical locks are in working order. Check all hoses, fittings, and seals and replace worn pieces immediately.
- Check wheels and tires to ensure they are properly inflated and bearings are lubricated.
- Always remember to wear personal protective equipment (PPE) that is required. Gloves, goggles and proper clothing will keep you protected from spills, leaks and other hazards.
- Keep platforms and steps clear to prevent slips and falls.

Following these few tips will help you achieve a successful growing season.

Spring Flooding

The National Weather Service Forecast is currently predicting a low chance of spring flooding in the FM area. However, it is important to stay up to date with current conditions and unpredictable weather that can happen.

The following websites are a good source of information to keep you up to date and safe through the spring.

- City of Fargo Flood Information Link: http://www.cityoffargo.com/CityInfo/Departments/Engineering/FloodInformation/
- City of Moorhead Flood Information Link: http://www.ci.moorhead.mn.us/departments/engineering/floodplain-information
- City of West Fargo Flood Information Link: http://www.westfargond.gov/Home/Departments/PublicWorks/FloodInformation.aspx

Walk This Way

After the long winter, everyone is ready to get outside and get moving this spring. Walk This Way is a community walking program designed to promote different trails and places to walk throughout Fargo/Moorhead. The 2014 program has 13 scheduled walks with the first taking place March 25th at 12 Noon.

To participate, you can register online or sign up at the first walk you attend. Participants are eligible for prizes if they attend at least 5 events and you can increase your chances for winning by attending more events.

Maps for the walking routes are available at each event and walkers are encouraged to bring a water bottle and a pedometer. Walks will only be canceled in the event of dangerous weather conditions.

For more information visit City of Fargo website at: http://www.cityoffargo.com/CityInfo/Departments/Health/Resources/WalkThisWay/
Reminder: Seasons are Changing

As the NDSU Campus readies for spring, the Safety Office wants to remind you to be extra cautious when walking outdoors. With the melting snow and changing temperatures, wet paths can easily turn to ice.

Many of our incidents occur when we are in too much of a hurry or running late. Wear proper footwear, take smaller steps and stay aware of your surroundings.

Remember to walk like a penguin on ice. When we walk, our legs ability to support our weight is split mid-stride forcing each leg to support our body weight at an angle that is not perpendicular to the surface of the ice.

To walk on ice, keep your center of gravity over your front leg. Penguins have this method figured out and are able to navigate their travels on a variety of ice conditions.

If you do come across areas that are particularly icy, fill out a Near Miss Report and/or contact Facilities Management (1-7911) or the proper department. Be proactive and report those areas that pose a potential slip and fall hazard.

Heat Awareness Day—May 23, 2014

The long winter may lead us to believe it will never end, but we will eventually have a summer. NDSU campus has the potential to see both high temperatures and high humidity so it is important to be prepared.

Tips for Everyone

♦ Slow down and schedule activities for the coolest time of day.
♦ Wear lightweight, light colored clothing.
♦ Drink plenty of water, non-alcoholic and decaffeinated fluids.
♦ Stay out of the sun.

Tips for Children
♦ Never leave your child unattended in a vehicle, even with the windows down.
♦ Always lock car doors and trunks and keep keys out of reach.

If experiencing symptoms of heat exhaustion or heat stroke, seek medical attention immediately.

“What good is the warmth of summer, without the cold of winter to give it sweetness.”
~ John Steinbeck

Fargo Police & Fargo Fire Mobile Apps

Fargo Police Department has developed a mobile app to keep you informed of crime information, submit tips and even track your valuables. This free app gives users 12 functions related to police information and resources, including a crime map that details the types of crimes in your neighborhood. Search for Fargo Police Department in your apps store or go to: http://www.cityoffargo.com/CityInfo/Departments/Police/ for more information.

Fargo Fire Department has also released an app called PulsePoint. If you are trained in CPR/AED use, the PulsePoint app is your opportunity to save a life. The app will notify you if you are within 1/4 mile of an incident. It will give you the victim’s location and where the nearest AED is located. More information can be found at: http://www.cityoffargo.com/CityInfo/Departments/Fire/
Annual Training Sessions

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.

As of July 1, 2013, online training (including Baseline Safety and Supervisor Safety) is administered through Moodle, an online Learning Management System. Completing the online training courses will require that you 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.

Face to face training courses will continue to be offered. If attending a face to face training course, please make sure you bring your NDSU employee id number with you, as it will be used to record your participation in the course.

The following are the dates for Baseline and Supervisor Safety Training for the spring. (Note: all sessions are in the Memorial Union)

**Baseline Safety Training:**
- 3/17—3 PM—Mandan Rm
- 3/18—9 AM—Meadowlark Rm
- 4/14—3 PM—Mandan Rm
- 4/15—9 AM—Meadowlark Rm
- 5/19—3 PM—Mandan Rm
- 5/20—9 AM—Meadowlark Rm

**Supervisor Safety Training:**
- 3/19—9 AM—Mandan Rm
- 4/16—9 AM—Mandan Rm
- 5/21—9 AM Mandan Rm

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