

SAFETY NEWSLETTER

MARCH 2018

WORKPLACE EYE WELLNESS

March is Workplace Eye Wellness Month. According to Centers for Disease Control and Prevention (CDC), approximately 2000 eye injuries occur everyday at work in the US. Even “minor” eye injuries can cause life-long vision problems and suffering—a simple scratch from sawdust, cement, or drywall can cause corneal erosion that is recurrently painful.

Some eye hazards found at various work sites include:

- Hammering, grinding, sanding, and masonry work that may produce particles
- Handling chemicals may lead to splashes in the eye
- Wet or powdered cement in the eye can cause a chemical burn
- Welding leads to exposure to arcs and flashes (intense UV radiation) for welders, helpers, and bystanders
- Dusty or windy conditions can lead to particles in the eye
- Eye injuries can result from simply passing through an area where work is being performed
- Coworkers around or above you may generate the hazard
- The use of engineering controls (best) such as machine guards that prevent the escape of particles or welding curtains for arc flash protection
- Use administrative controls (good) such as making certain areas “off limits” unless that is your work assignment area or putting passage ways out of active work zones
- Make sure eye-washes are available, properly maintained and free of obstructions
- Use the proper protective eyewear
- Safety eye and face protection includes non-prescription and prescription safety glasses, clear or tinted goggles, face shields, welding helmets, and some full-face type respirators that meet the ANSI Z87.1 Eye and Face Protection Standard
- The safety eyewear must have “Z87” or “Z87+” marked on the frame and in some cases the lens

To reduce these hazards, the CDC recommends:



USE THEM OR LOSE THEM!



For more information, call 1-800-232-4636.

FLOOD FORECAST

The National Weather Service says the threat of spring flooding along the Red River in eastern North Dakota and western Minnesota remains low. To stay up to date on the changing conditions, forecasts and general flood information, please see the following

links:

National Weather Service Forecast Office Link:
<http://www.crh.noaa.gov/outlooks/fgf>

Fargo:
<http://fargond.gov/city-government/departments/engineering/flooding-flood-control/spring-flooding>

Moorhead:
<http://www.ci.moorhead.mn.us/departments/engineering/floodplain>

[information](#)

West Fargo:
<http://www.westfargond.gov/262/Flood-Information>



CLEANUP WEEK SCHEDULED FOR MAY 7-11, 2018

This annual event cleans up our cities by giving residents an opportunity to dispose of tires, appliances and other large items at no charge on their garbage collection day. Following these guidelines will ensure all your unwanted items are taken and make it easier

for those removing them. Common rules include:

- Separate items of the same type into distinct piles (tires, appliances, furniture, brush, household garbage, etc.). Separate trucks collect the items.

- Place garbage in disposable containers, except for oversized items.



- Items will be collected on your normal garbage pickup day. Do not set items out more than one day early.
- Crews will not return to pick up garbage set out too late.

- Remove refrigerator and freezer doors. Do not place food or any other waste inside appliances.
- Items must be from residences; no commercial waste will be accepted. Keep household garbage at least four feet away from other Cleanup Week items.

More information on additional community specific rules can found at the following link:

<http://www.cleanupweek.com/>



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. Be aware that there could be ice under a dusting of snow or a film of water increasing the slipping hazard.

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.



Remember to walk like a penguin on ice.

Distracted Driving

It is the policy of NDSU and along with our participation in the North Dakota State Risk Management Program to prohibit employees from using hand-held cell phones while operating a vehicle on state business. This includes, but is not limited to, answering or making phone calls,

engaging in phone conversations, and reading or responding to emails and instant messaging. This section does not apply if a wireless communications device is used for obtaining emergency assistance to report a traffic accident, medical emergency, or serious

traffic hazard, or to prevent a crime, or in the reasonable belief that an individual's life or safety is in immediate danger, or in an authorized emergency vehicle while in performance of official duties.



NDSU

**UNIVERSITY POLICE
AND SAFETY OFFICE**

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Daylight Saving Time starts March 11, 2018.