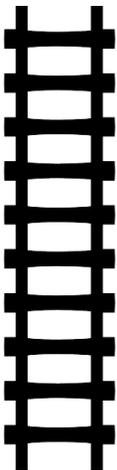


Safety Newsletter

Railroad Crossing Safety



Crossing railroads can be dangerous and requires awareness and attention to ensure one's safety. Some crossing points have warning devices such as lights and crossing gates, while other's only have a sign.. The ND Public Service Commission provides the following guidelines and reminders to keep you safe.

Walking Safety

Since 2014, there has been a significant rise in fatalities and injuries resulting from photography including selfies, walkers, runners, and other pedestrians who choose to walk or play around railroad tracks. Not only is this practice extremely hazardous and dangerous, it is also ILLEGAL!

Selfie Tragedy Forever Impacts Those Left Behind - Courtesy of Union Pacific

North Dakota Criminal Trespassing Laws: North Dakota Century Code Section 12.1-22-03

For more information, check out: Operation Life-saver: Walking Safely Near Tracks

Driving Safety

Too many times vehicles

are caught between a grade crossing and a train due to drivers not paying attention to their surroundings or attempting to beat the train. Remember, when it comes to trains and cars, trains always win.

- **Trains cannot stop quickly.** Did you know that in an emergency situation, it can take a freight train traveling 55 MPH 1 mile (5,280 feet) or more to stop? Compare that to a car traveling at the same speed. In an emergency situation, the car is able to stop in approximately 200 feet or 1/26th of a mile.
- **Trains cannot swerve, they only follow the tracks.**
- **Expect a train anytime.** Many decades ago, you could set your watch by the time schedule the railroads kept. This is not the case anymore. Trains do not follow set schedules.
- **Trains are moving faster than you think.** The average freight train travels between 55 and 60 MPH. That's 1 mile every minute.

- **Trains are closer than they appear.** Due to an optical illusion caused by distance and size, trains appear to be moving at a much slower speed than they actually are.

For more information, check out: Operation Life-saver: Driving Safely Near Tracks

Photographers

While railroad tracks and equipment can make for quite a dramatic backdrop for scenic or family pictures, they can also be the backdrop of tragedy and death. Railroads are operating businesses that do not run on set schedules, and while you may feel that you know a track is abandoned, trains can travel on any track, at any time, from either direction. Taking pictures in/on/around railroad tracks and equipment is not only dangerous, it is illegal. Railroads are private property.

For more information, check out: Operation Life-saver: Photographers and Filmmakers





Ergonomic Awareness

Ergonomics is an applied science concerned with designing and arranging things people use so that the people and things interact most efficiently and safely. By altering our work methods, work stations or tools we use, we can work towards reducing or removing physical strain or excessive stress which can result in fewer aches and pains.



Ergonomic issues can result from a variety of tasks but usually will have warning signs to look out for. Pay particular attention to any indications like pain or soreness, symptoms of tingling and decrease in muscle strength. If symptoms do appear, an evaluation of the job duties and ways of limiting repetitive motion are needed. Report any symptoms to your supervi-

sor and complete an incident report. Schedule an evaluation through the Safety Office and if the symptoms persist or reoccur, follow up with medical attention may be warranted.

Points to Remember

- Adjust your work area to fit you. A comfortable work environment benefits both you and your employer
- Request an assessment from the Safety Office through the link on the [forms page](#)
- Stretch every 20 to 40 minutes to relieve physical tension and body aches. Stretching can increase your productivity
- Change your work pattern so you are not doing the same motion

over and over

- If you can, lean or sit rather than stand for long periods of time.
- Work with your wrists straight – neutral posture
- Avoid twisting and bending at the same time
- Lift by using your legs and buttocks. Bend your knees and keep your head, back and hips in a straight line. Never bend over to pick anything up. Bend at your knees first

Cleanup Week across the area: May, 2024

A good spring cleaning allows us to take an overall inventory and to determine what we want to get rid of or keep. While doing so, it is important to remember that each community has its own set of rules to follow. 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 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 and dates can be found at the following link: [Cleanup week.](#)

(City specific dates should be updated as May approaches).



State Cooperative Contract For Vehicle Rental — Nationwide

The State of North Dakota, through the OMB Procurement Office, is participating in the Nationwide Vehicle Rental agreement established by the Western States Contracting Alliance, which makes available a cooperative contract for out-of-state vehicle rentals by state employees traveling on official state business.

State agencies must use State Fleet vehicles for travel within state or originating within state. Agencies must obtain expressed permission from the State Fleet Director to use rental vehicles for in-state travel (reference NDCC 24-02-03.3). The vehicle rental companies are to be used if:

- Approval for in-state vehicle rental is granted by the State Fleet Director
- Travel out-of-state commercially requires a vehicle rental at that destination

The rental contracts were

awarded to two national vehicle rental providers:

- Enterprise Rent-A-Car & National Car Rental
- Hertz Corporation

Vehicles rented through these contacts have discounted rental rates, as well as full coverage damage waiver with \$0 deductible and liability coverage up to \$1 million without additional fees or paperwork. NOTE: these coverage terms are not valid for rentals outside the United States and agencies should purchase the additional equivalent coverage from the rental company.

Please note that pre-payment is not allowed under these contracts. If your rental reservation includes pre-payment, it is **not** under the State Contract. Start a new reservation and/or contact the rental company for assistance.

Additional information re-

garding this contract, requirements for use of the rental cars and the cooperative state contracts, exemptions to using the vehicle rental contract, as well as a quick reference for rental reservations with Enterprise & National and Hertz can be found by contacting Jennifer Quenette at [jen-nifer.quenette@ndsu.edu](mailto:jennifer.quenette@ndsu.edu)



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