

# Safety Newsletter

MARCH 2019

## April is Physical Wellness Month

According to the World Health Organization (WHO), insufficient physical activity is a key risk for noncommunicable diseases such as cardiovascular diseases, cancer and diabetes. Physical activity has significant health benefits and contributes to prevent many diseases. It is estimated that 1 in 4 adults is not active enough.

WHO defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure – including activities undertaken while working, playing, carrying out household chores, travelling, and engaging in recreational pursuits. The term "physical activity" should not be confused with "exercise", which is a subcategory of physical activity that is planned, structured, repetitive, and aims to improve or maintain one or more components of physical fitness. Beyond exercise, any other physical activity that is done during leisure time, for transport to get to and from places, or as part of a person's work, has a health benefit. Further, both moderate and vigorous intensity physical activity improve health.

Following is a list of upcoming events that you can use to stay active.

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- March 16—St. Patrick's Day 5K (run/walk)/10K (run)—Moorhead Center Mall
- April 3—American Heart Association— National Walking Day
- April 28—Race to Zero: 5K (walk/run/roll)/ 10K run for Sexual Assault Awareness & Prevention—Sanford Health Athletic Complex NDSU
- May 16—Scheels Fargo Marathon: Fargo Youth Runs—Fargodome
- May 17—Scheels Fargo Marathon: 5k—Fargodome
- May 18—Scheels Fargo Marathon: 10K, 1/2 marathon, marathon relay and full marathon—Fargodome

- May 24—Five Fifty Fifty Run/Walk for Mental Health—5K—Dike East Park Fargo
- June 28—DC Wonder Woman Run Series—5K, 10K and 1/2 marathon—Fargo City Hall



Our current wintry conditions may cause some of us to want to stay indoors. For those who wish to stay inside and out of the elements, there are several areas where you can walk indoors in our community. Please see the following link for more information.

[http://download.fargond.gov/0/walk-ing\\_brochure\\_january\\_2019.pdf](http://download.fargond.gov/0/walk-ing_brochure_january_2019.pdf)

let's get  
**active**



## Cleanup Week: May 6–10

The annual Cleanup Week event will occur this year from May 6 through May 10. It allows residents the opportunity to dispose of many unwanted large items during their regularly scheduled garbage day at no extra charge. It's a great catalyst to the start of spring cleaning. Each community may have specific rules to follow, but here is a reminder of the rules for all cities:

- **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 specific community rules as well as what to do with reusable appliances, furniture or building materials can be found at:

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

## State Fleet: 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 or instant mes-

saging. This does not apply if a wireless communications device is used in an authorized emergency vehicle while in performance of official duties, or obtaining emergency assistance to report a traffic accident, medical emergency, serious traffic hazard, to prevent a crime, or in the reasonable belief that an individual's life or safety is in immediate danger.



## Spring Flood Outlook 2019

With snowfall expected to continue this March, the spring flood forecast continues to develop. The National Weather Service out of Grand Forks is currently predicting a 95% chance of major flooding in the Fargo/Moorhead area. This prediction may change as we move along through spring. It's important to keep yourself informed with up to date information. The following links will provide necessary information to help keep you and your family informed and safe during this time.

**National Weather Service Forecast Office:** <https://www.weather.gov/fgf/>



**City of Fargo Flood info:** <http://fargond.gov/city-government/departments/emergency-management/emergencies-to-prepare-for/flooding>

**City of Moorhead Flood info:** <http://www.ci.moorhead.mn.us/departments/engineering/floodplain-information>

**NDSU Extension Service Flood link:** <https://www.ag.ndsu.edu/flood>

## Annual Safety Trainings: In Person Training Reminder

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 and are available online or as in-person trainings.

**In-person trainings for both Baseline Safety and Supervisor Safety are scheduled for March 2019 in the Memorial Union, Prairie Room.**

Please register in advance:

**Baseline Safety Training**

**Tuesday, March 19, 2019**

**2:00 – 3:00 pm**

**Prairie Room**

**Baseline Safety Training**

**Wednesday, March 27, 2019**

**9:00 – 10:00 am**

**Prairie Room**

**Supervisor Safety Training**

**Wednesday, March 27, 2019**

**10:00 – 11:00 am**

**Prairie Room**

Completing the online training courses will require that you to 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. Follow this link to access the online training option:

[https://www.ndsu.edu/police\\_safety/annual\\_notices\\_and\\_training/](https://www.ndsu.edu/police_safety/annual_notices_and_training/)

Laboratory Safety Training is required for employees that work in laboratory spaces. Principal investigators and those in charge of laboratory operations need to complete all seven training modules whereas employees within the laboratory spaces need to complete modules 1-6. For more information and links to the training visit the Safety Office website at:

[https://www.ndsu.edu/police\\_safety/annual\\_notices\\_and\\_training/](https://www.ndsu.edu/police_safety/annual_notices_and_training/)

## Safe Shoveling Reminder

With the forecast heading into spring calling for possibly more snow, the Safety Office would like to remind you to shovel safely.

- Warm your muscles before shoveling by walking for a few minutes or marching in place. Stretch the muscles in your arms and legs because warm muscles will work more efficiently and be



less likely to be injured.

- Begin shoveling slowly to avoid placing a sudden demand on your heart. Pace yourself and take breaks as needed.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.
- Protect your back from injury by lifting correctly. Stand with your feet about hip width for balance and keep the shovel close to your body.
- Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements. If you need to move

the snow to one side, reposition your feet to face the direction the snow will be going.

- Most importantly, listen to your body. Stop if you feel pain.

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