



## Safe Driving in Reduced Light

As the days get shorter and with our region observing Daylight Saving time, there is an increase in the amount of time spent driving in the dark. Early morning commutes and returning home during dusk is either done in reduced light or darkness. According to National Safety Council (NSC) research, traffic deaths are three times greater during dark hours.

When it's dark outside, most facets of vision are compromised. Depth perception, peripheral vision and even color recognition are reduced. To combat driving in the dark, the NSC recommends:

- Aiming your headlights correctly, and making sure they are clean.
- Dim your dashboard illumination and eliminate any type of extra interior lighting.
- Avoid looking directly at oncoming lights.
- If you wear glasses, make sure they are anti-reflective.
- Clean the windshield to elim-

inate streaks.

- Slow down to compensate for limited visibility and reduced stopping time.

Although we don't have the extremes of rush hour traffic that some cities do, many drivers are eager to get home after work. The crowded roadways in conjunction with the reduced light combine to increase the danger. A few precautionary measures will assist you making it home safely:

- Don't be an impatient driver; slow down.
- Stay in your lane and be aware of drivers who don't.
- Don't go on autopilot. Even though you are familiar with the route it is important that you stay alert.
- Avoid distractions. Don't touch your phone, don't eat or drink or do other things



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## 2016-2017 Flu Season

As we head into the fall season, the inevitable sneezes and coughing that occur serve as a good reminder that flu season is set to begin. The best way to protect your family and community from the flu is by getting vaccinated.

According to the Centers for Disease Control, flu vaccination can reduce flu illness, doctor's visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. The more people who get vaccinated, the more people will be protected from flus, including older people, very young children, pregnant women and people with certain health conditions who are more vulnerable to serious flu complications.



A few things are new this season:

- Only injectable flu shots are recommended for use this season.
- Flu vaccines have been updated to better match circulating viruses.
- There will be some new vaccines on the market this season.
- The recommendations for vaccination of people with egg allergies have changed. Check

with your healthcare provider.

If you do get the flu, the CDC recommends the following:

1. Stay at home and rest.
2. Avoid close contact with well people in your house so you won't make them sick.
3. Drink plenty of water and other clear liquids to prevent dehydration.
4. Treat fever and cough with medicines you can buy at the store.
5. If you get very sick or are pregnant or have a medical condition, call your doctor. You might need antiviral medicine to treat the flu.

## Daylight Saving Time and Battery Check

This year Daylight Saving Time ends Sunday, November 6, 2016 at 2:00AM.

When preparing to set your clocks back an hour, it is the perfect opportunity to check and replace the batteries in your smoke detectors and carbon monoxide (CO) detectors.

These detectors should be checked monthly to ensure they are functioning properly in order to provide you and your family with notice should an emergency occur.

These detectors should be placed on every floor of your home and outside each sleeping area.



## Fire Prevention Week Oct. 9-15, 2016

This year's Fire Prevention Week campaign is "Don't wait—Check the Date! Replace Smoke Alarms Every 10 Years." According to the NFPA, survey data shows the public has many misconceptions about smoke alarms, which puts them at increased risk in the event of a

home fire. Only a small percentage of people know how old their smoke alarms are, or how often they need to be replaced. The key messages they are focusing on are:

- ◆ Smoke alarms should be replaced every 10 years.
- ◆ Make sure you know how old

all the smoke alarms are in your home.

- ◆ To find out how old a smoke alarm is, look at the date of manufacture on the back of the alarm; the alarm should be replaced 10 years from that date.

## Defensive Driving Courses Scheduled

Robin Stephens from ND Department of Transportation has scheduled two Defensive Driving Courses at NDSU. The classes will be as follows:

November 15th: 12:30PM – 4:30PM

November 16th: 8:00AM – Noon

Fleet Services requires those who operate fleet vehicles, on at least a monthly basis, to take the National Safety Council Defensive Driving Course (DDC) as soon as practical after accepting employment, and every four years thereafter. Training for those who operate fleet vehicles less than monthly is at the discretion of agency trainers or risk managers. Fleet Services also requires those who have been involved in a motor vehicle accident with a State Fleet vehicle, or those who have received a

traffic citation while operating a State Fleet vehicle in the past 12 months, to attend the DDC course within the calendar year of the accident or citation.

The University Police and Safety Office (UP&SO) encourages those who operate State Fleet vehicles less than monthly to attend the DDC class also, keeping in mind that priority will be given to those

who meet the preceding requirements.

While the UP&SO recommends that individuals attend the DDC class in person, in instances where this is not feasible an online version is available.

For registration please contact Monty Botschner with the UP&SO at:

[montgomery.botschner@ndsu.edu](mailto:montgomery.botschner@ndsu.edu)



## Upcoming Baseline and Supervisor Safety Training

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 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.

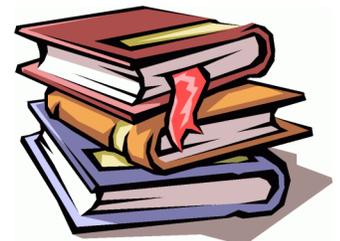
**An in-person training for both Baseline Safety and Supervisor Safety is scheduled for Wednesday, October 19, 2016 in the Memorial Union Badlands room. The Baseline Safety Training will be conducted from 9:00 – 10:00 am followed by the Supervisor Training from 10:00 – 11:00 am.**

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 fulfillment 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/)

NDSU provides a Track Training application to assist employees and supervisors with training compliance. For more information visit: <https://apps.ndsu.edu/tracktraining/>





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