

September 2021



Driving in reduced light conditions

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:

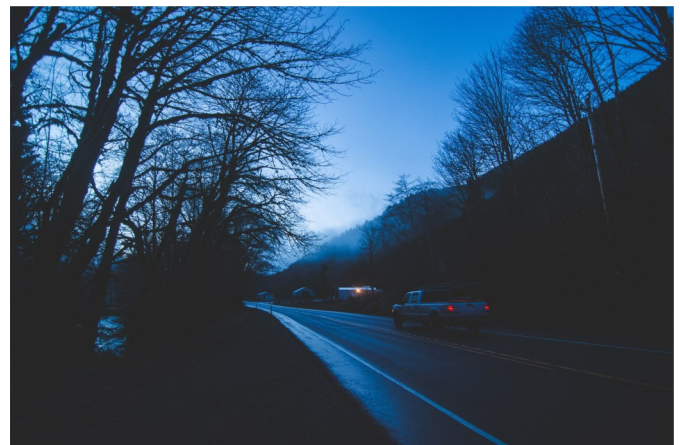
- Aiming your headlights correctly, and making sure they are clean.
- Dim your dashboard illumination and eliminate any type of extra interior lighting.
- Avoid looking directly at oncoming lights.
- If you wear glasses, make sure they are anti-reflective.
- Clean the windshield to eliminate streaks.
- Slow down to compensate for limited visibility and reduced stopping time.

Night vision is the ability to see well in low-light conditions. As we age, we have greater difficulty seeing at night. A 50-year-old driver may need twice as

much light to see as well as a 30-year-old. At age 60 and older, driving can become even more difficult, according to the American Optometric Association. Some older drivers also may have compromised vision due to cataracts and degenerative eye diseases. The AOA recommends older drivers:

- Have annual vision exams.
- Reduce speed.
- Take a driving course; even experienced drivers can benefit from a refresher course, and some of the rules have probably changed.
- Minimize distractions, like talking with passengers or listening to the radio.
- Check with your doctor about side effects of prescription drugs
- Limit driving to daytime hours if necessary.
- 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 that take your mind off the road.

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:



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 contracts 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 regarding 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 jennifer.quenette@ndsu.edu.



Fire Prevention Week: Oct. 3 — 9, 2021

This year's Fire Prevention Week campaign, "Learn the Sounds of Fire Safety!" works to educate everyone about the different sounds the smoke and carbon monoxide alarms make. Knowing what to do when an alarm sounds will keep you and your family safe. When an alarm makes noises – a beeping sound or a chirping sound – you must take action.

What if someone in my home is deaf or hard of hearing?

There are smoke alarms and alert devices that alert people who are deaf or hard of hearing. These devices include strobe lights that flash to alert people when the smoke alarm sounds. Pillow or bed shakers designed to work with your smoke alarm also can be purchased and installed.

What's the difference between smoke alarms and carbon monoxide (CO) alarms? Why do I need both?

Smoke alarms sense smoke well

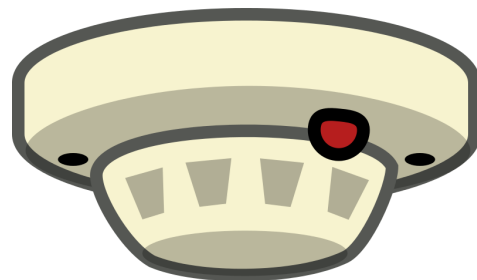
before you can, alerting you to danger. In the event of fire, you may have as little as 2 minutes to escape safely, which is why smoke alarms need to be in every bedroom, outside of the sleeping areas (like a hallway), and on each level (including the basement). Do not put smoke alarms in your kitchen or bathrooms.

Carbon monoxide is an odorless, colorless gas that displaces oxygen in your body and brain and can render you unconscious before you even realize something is happening to you. Without vital oxygen, you are at risk of death from carbon monoxide poisoning in a short time. CO alarms detect the presence of carbon monoxide and alert you so you can get out, call 9-1-1, and let the professionals check your home.

How do I know which smoke and CO alarm to choose for my home?

Choose an alarm that is listed with a testing laboratory, meaning it has met certain standards for protection. Whether you select a unit that requires yearly changing of batteries, or a 10-year unit that you change out at the end of the 10 years, either will provide protection.

CO alarms also have a battery back-up. Choose one that is listed with a testing laboratory. For the best protection, use combination smoke and carbon monoxide alarms that are interconnected throughout the home. These can be installed by a qualified electrician, so that when one sounds, they all sound. This ensures you can hear the alarm no matter where in your home the alarm originates.



Baseline and Supervisor Safety Trainings

Baseline Safety training is a mandatory training for all NDSU employees. Staff, faculty and student employees including any part-time, temporary or seasonal positions are required to complete Baseline Safety training annually. Supervisors are required to complete both the Supervisor Safety training and Baseline Safety training each fiscal year. Both courses are delivered via online or in-person/Zoom trainings. The Safety Office will also provide trainings for groups/departments upon request.

The training(s) may be completed either by attending an in-person/Zoom training or completing the

online training module. For dates and times of upcoming Baseline Safety and Supervisor Safety trainings or more information about the online training courses see: https://www.ndsu.edu/police_safety/training/baseline_supervisor_safety/

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



NORTH DAKOTA STATE UNIVERSITY

University Police & Safety Office
Dept. 3300
1523 12th Ave N,
Fargo, ND 58102

Safety: 701-231-7759
Police Call Center: 701-231-8998
Fax: 701-231-6739
Email: ndsu.police.safety@ndsu.edu

NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to: Vice Provost, Title IX/ADA Coordinator, Old Main 201, 701-231-7708, ndsu.eoaa@ndsu.edu.

Daylight Saving Ending

This year Daylight Saving Time ends Sunday, November 7, 2021 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.

