

Safety

Spotlight

Quarterly Newsletter for Safety and Loss Prevention

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Required Ergonomic Training

Due to the increase in musculoskeletal and cumulative trauma injuries across the country, the University of North Dakota is requiring supervisors and their employees to take ergonomic training so that they can recognize ergonomic risks. Safety & Environmental Health has developed a class titled "Train the Trainer for Ergonomics." At this class, supervisors will receive information that will increase awareness of musculoskeletal and cumulative trauma injuries and how to prevent them within the workplace environment. All supervisors who have taken this training will need to share with those they supervise, the risk factors and prevention techniques that have been taught at the "Train the Trainer" sessions. These training sessions are scheduled through University Within the University (U2) and will be listed in their newsletters. If you are a supervisor, please check out a time that works for you and contact U2 at 777-2128 to register. If you have any questions or concerns, contact Safety and Environmental at 777-3341 or 777-6232.

Stranded in the Cold

- Tie a brightly colored cloth to the antenna as a signal to rescuers.
- Move anything you need from the trunk into the passenger area.

- Wrap your entire body, including your head, in extra clothing, blankets, or newspapers.
- Stay awake. You will be less vulnerable to cold-related health problems.
- Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning.
- As you sit, keep moving your arms and legs to improve your circulation and stay warmer.
- Do not eat snow because it will lower your body temperature.

Snow Shoveling

Shoveling snow is often a fun task for some of us, but for others it is a chore we can do without. This type of outdoor work can be invigorating, but it can also present health and safety hazards. Here are some tips to help make shoveling snow a safer job:

- Begin by dressing warm and covering all exposed skin to prevent frostbite.
 - Do some stretching exercises to warm up.
 - Don't eat a large meal, drink alcohol or smoke just prior to shoveling snow.
 - Know your limitations, if you are middle age and out of shape, be careful.
- If you have a heart condition or other medical conditions, check with your doctor before shoveling.



- Don't overdo it, pay attention to what your body is trying to tell you; breathing rate, heart rate, and blood pressure will all increase with work.
- Pace yourself, take it slow and keep it light, use a small shovel or don't fill a large one with snow.
- Watch your step, slips and falls are all too common on ice and can cause serious injury.
- Try to shovel dry snow before it becomes wet and freezes to the ground.
- Push snow out of the path with the shovel instead of lifting it.
- If you have to lift the snow in the shovel, do it right. Remember to lift with your legs instead of your back. Keep your back in its natural curve to avoid increased stress and back injury.
- Don't get yourself in trouble, watch for signs and symptoms of exhaustion and heart problems.

DMP Information You Need To Know

WSI may not pay for medical treatment to another provider unless you are either referred to this provider by the Designated Medical Provider, or unless you designated in writing prior to the injury that you wanted to be treated by a different medical provider. Emergency care is exempt from this requirement. UND employees working outside the State of North Dakota for more than 30 days must seek workers compensation from the state in which they are residing and they can do so by contacting Safety & Environmental Health at 777-3341. UND employees that are working in the state must seek medical treatment from one of the following if injured on the job and they are:

Approved by Loss Control Committee.

Auto. External Defibrillator (AED) Program Ergonomics Program

GRAND FORKS

- **Primary DMP: Altru Occupational Health** - 780-1546, 1300 Columbia Rd. So., Altru Health Institute Bldg. Can be utilized for all employees for any injuries, including but not limited to those of a serious nature.
- **Alternate DMP: UND Student Health Services** - 777-2605, PO Box 9038, 2891 2nd Ave No., McCannel Hall. For minor injuries only, such as cuts/scrapes likely requiring only ONE visit.

OUTSIDE GRAND FORKS

- **MedCenter One Occupational Health** – Bismarck with satellite clinics in Jamestown and Dickinson.
- **Trinity Health Occupational Medicine** - Minot with satellite clinics in Mohall, Sherwood, Parshall, Cando, Stanley, Bottineau, Velva, Westhope, Garrison, New Town, Kenmare, and Williston.
- **Merit Care Occupational Health** - Fargo with satellite clinics in Enderlin, Hillsboro, Mayville, Wahpeton, Valley City, Edgeley, Lisbon, Jamestown, Grafton and Park River.
- **Altru Health Occupational Medicine** in Grand Forks with satellite clinics in Drayton, Cavalier, and Lake Region in Devils

OUTSIDE THE STATE OF NORTH DAKOTA

If working outside the State of North Dakota for more than 30 days, contact Safety & Environmental Health at 777-3341.



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