

BEAR *in* MIND



Safety/Fire Focus

Annual Fire Drills & Evacuation Exercise

Recently, UNC conducted fire drills in all campus buildings. As part of the university's safety programs, the International Fire Code (IFC) compels the university to conduct an annual fire drill and evacuation exercise on campus. Environmental Health and Safety, Facilities Management, and the Greeley Fire Department conducted these drills at the beginning of the fall semester. The purpose of these drills is to ensure that building occupants are prepared for an emergency evacuation and to provide a test of each building emergency response plan.

For most building occupants, the exercise is "no-notice". The pull station is activated, horns and strobes activate, and persons within the building follow the protocol to exit the building. IFC requires that occupants experience evacuation drills that seem real.



Environmental Health and Safety encourages faculty, staff, and students to review the campus [Emergency Response Plan](#) and their facility emergency response plan. These plans will provide evacuation guidelines such as: evacuation staging areas, moving at least 100 feet from a building during an emergency, and closing doors behind you to limit the spread of fire.

Further information can be found at [UNC Emergency Preparedness](#) or [Environmental Health and Safety](#) website. If you have specific questions, please contact Glenn Adams at glenn.adams@unco.edu or (970)351-1149. Thank you for supporting this important safety activity.



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Dates to Remember

- October 9 - Indigenous People's Day (Campus Open)
- October 31 - Halloween
- November 5 - Mountain Standard Time (MST) Begins
- November 11 - Veteran's Day
- November 22-26 - Thanksgiving Holiday (No classes)
- December 4-8 - Finals Week
- December 8-9-Commencement
- December 23-January 1 Holiday Break (Campus Closed)

Safe Thought

"Work safely today and every day."

Cooking Safety Starts with YOU, Pay Attention to Fire Prevention



The National Fire Protection Association (NFPA) has announced the theme for their annual fire prevention week which occurs October 8th through October 14th. This year's theme is "Cooking Safety Starts With You". The main focus of this week is to educate individuals about keeping themselves and those around them safe when cooking. Cooking fires are the leading cause of home fires and injuries. Unattended cooking is the leading cause of fires and deaths. Even here at UNC, cooking-related incidents are the main cause for the fire alarm

to sound. Usually, it's burnt food that has been forgotten and causes smoke. However, this isn't just UNC that has cooking-related incidents, roughly 5 out of 6 fires that happen in residence halls are started by cooking. Across the United States from 2011 to 2015, U.S. fire departments responded to an estimated 4,100 structure fires in residence halls, fraternities, sororities, and other related properties. The good news, most of these cooking fires can be prevented. Below are a few simple but effective tips:

- Be on alert! If you are sleepy or have consumed alcohol don't use the oven or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period, turn off the cooking equipment.
- If you are simmering, baking, or roasting food, check it regularly. Remain in the home while the food is cooking and use a timer to remind you that you are cooking.
- Keep anything that can catch fire; oven mitts, wooden utensils, food packaging, towels, or curtains, away from your stovetop.

If a small grease cooking fire occurs and you decide to try and put it out, for a stovetop fire, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled. For an oven fire, turn off the heat and keep the door closed. If you have doubts about being able to put the fire out just get out. When you leave, close the door behind you to keep the fire contained. Call 9-1-1

Residence halls prohibit many electrical cooking appliances. Review the Housing and Residential Education Handbook before cooking. Below are tips for using cooking appliances such as air fryers, slow cookers, electrical skilletts, hot plates, griddles, etc.

- Follow the manufacturer's instructions on where and how to use the appliances.
- Some air vents release heat and need airflow. Place appliances in an open space to give enough room for heat or steam.
- Unplug appliances when not in use and before cleaning. Allow the appliance to cool before cleaning.
- When using an air fryer do not leave your home. Make sure to clean grease and food debris after every use.

For additional cooking safety information visit the [NFPA](https://www.nfpa.org).

EnviroHealth

Leaves Fall Down, But not Down the Drain!

Fall is upon us! Along with the cooler weather, the coming of autumn also means that the trees around the city will soon be shedding their leaves. While the vibrant colors of autumn leaves may be nice to look at, they may also present a water quality problem if they are not dealt with properly.



A recent study conducted by the U.S. Geological Survey (USGS) showed that leaf litter can contribute a significant amount of phosphorous to our stormwater. The addition of phosphorous to our rivers and lakes can end up depleting the oxygen that fish and other aquatic organisms need to survive. The study conducted by the USGS found that the total amount of phosphorous contributed to stormwater annually from leaf litter can be reduced from 56 percent to 16 percent if everyone does their part to clean up! So, what can you do to help?

- Rake a lawn and bag the leaves
- Do not dump leaf litter down storm drains
- Make sure leaf litter is cleaned up at the end of a driveway
- Check the weather! If there is rain in the forecast make sure you don't put off yard work
- If you see a storm drain clogged up by leaf litter within a city street, report it to [City of Greeley Stormwater Division](https://www.cityofgreeley.com/stormwater) by filling out a [Stormwater Problem Report](https://www.cityofgreeley.com/stormwater)

Time Change

On November 5, 2023, daylight saving time will end and clocks should be set back one hour. Daylight saving time was started during World War I to conserve energy and use as much day light as possible. People continue to change clocks twice a year to keep with this tradition. Most digital clocks will reset themselves but remember to change manual devices and fall back with the times.



Household Hazardous Waste

Household Hazardous Waste (HHW) is waste that contains potentially hazardous material, such as toxic chemicals, that we often use in our everyday lives. Each person in the United States produces an average of 4 pounds of household hazardous waste each year for an estimated total of 530,000 tons/year. Proper disposal of HHW is an important part of keeping yourself, the community, and the environment safe.

Improper disposal of HHW can include pouring these materials down the drain, on the ground, into storm sewers, or in some cases putting them out with the regular trash. To properly dispose of HHW, certain counties or local entities have programs to ensure the proper disposal of HHW.

Check the county where you reside to see if they have an HHW where you can take your household chemicals. These programs accept all types of hazardous waste including common household cleaners, batteries, paints, insecticides, weed killer, cooking oil motor oil, etc. Also, it is free to use these programs if you live in that county.

The household hazardous waste program also offers another program called drop-n-swap. This program will offer their usable products to everyone for free. After all, the best way to dispose of chemicals is to use them as they were originally intended to be used.

Weld County

Environmental Health Services-(970)304-6415 or their [website](#).

North Household Hazardous Waste Facility

1311 North 17th Avenue
Greeley, CO 80634
Open every Tuesday and Saturday*
8:00 a.m. – 5:00 p.m.

South Household Hazardous Waste Facility

5500 Highway 52
Dacono, CO 80514
Open every Friday and Saturday*
9:00 a.m. – 4:00 p.m.

Drop-n-Swap

1311 North 17th Avenue
Greeley, CO 80634
Open the second Tuesday and the fourth Saturday of each month
8:00 a.m. – 5:00

Larimer County

Larimer County Landfill

5887 S. Taft Hill Road
Fort Collins, CO 80526
Phone: (970) 498-5771 or (970) 498-5773
24-hour information line: (970) 498-5770
Open Monday, Tuesday, Thursday, Friday, and Saturday
(Closed to the public Wednesday)
8:00 a.m. - 4:30 p.m.
Website: [Larimer County Household Hazardous Waste](#)

Other Colorado counties please check with the
[Colorado Department of Public Health & Environment](#)



Health and Wellness

Roll Up Your Sleeve - It's Flu Season!

According to the Centers for Disease Control (CDC), annual vaccination is the best way to reduce the chances of getting the flu. Yet on US college campuses, flu vaccination rates remain low and motivating college students, faculty, and staff to get an annual flu vaccine remains a public health challenge. On college campuses, influenza viruses circulate rapidly and individuals who get the flu experience up to eight or more days of illness resulting in absenteeism and impaired performance. Supporting documentation shows that when students and staff get a flu vaccine there is an 80-90% decrease of positive Influenza diagnosis at the UNC Student Health Center.

The flu can cause severe illness and life-threatening complications for many people — even young healthy adults. CDC data shows in 2022 there were over 27 million flu cases, 300,000 hospitalizations, and 19,000 deaths related to the flu. These numbers show how important it is to be up to date on your flu vaccine, as well as other recommended vaccines. Getting vaccinated against the flu every year is especially important for adults 65 and older, those with certain medical conditions, or those at a higher risk of developing serious complications from influenza.

As part of UNC's efforts to reduce Influenza on campus, the **Student Health Center is offering free flu vaccines for all registered students**. UNC students can walk into the health center located in Cassidy Hall anytime for a free flu vaccine or stop by the **Health Center Annual Health Fair, Oct. 5th** in the UC lower-level food court, to receive a vaccine. UNC faculty and staff should contact their medical provider or local pharmacy to schedule their annual flu vaccine.

To protect ourselves, our families, and others, UNC urges members of our campus community to get a flu shot, seek medical attention when ill, and to continue to be vigilant in adhering to good hygiene and sanitation guidelines that include:

Together We Can Beat the Flu
6 Tips to Stay Healthy this Flu Season

- Avoid touching eyes, nose, mouth
- Cover your sneeze/cough
- Wash your hands
- Stay home if you're sick
- Avoid contact with sick people
- Get the Flu Vaccine
The flu vaccine is the first step in protecting yourself

- Covering your mouth and nose when sneezing or coughing and washing hands afterwards.
- Wearing a mask if you have a respiratory illness and avoid going to crowded places.
- Wash hands frequently after touching public objects such as doorknobs.
- Avoid touching eyes, nose, and mouth before hand washing can occur.

Proper hand washing, along with an annual flu vaccine can be key to preventing the flu. Contaminated hands play a significant role in the transmission of a variety of illnesses including Hepatitis A, Meningitis, RSV, Covid, and gastrointestinal infections.

By following preventive measures, including getting a flu shot, YOU can make a positive impact in preventing illness and slowing the spread of influenza on campus!

Written By Deb Miller, Health Services Manager

Bear in Mind (BIM) is a publication brought to you by your campus Environmental Health and Safety Department (EHS). We are interested in your thoughts and submissions. Contact the [Environmental Health and Safety](#) department at 970-351-1149. Suggestions can also be sent by campus mail attention EHS, Campus Box 57. Bear in Mind issues are published every quarter. Find current and archived issues on-line at the [EHS Website](#).



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It is the mission of the Environmental Health and Safety Department to support university functions by promoting a safe and healthy campus environment for students, faculty, staff and visitors, as well as to provide professional guidance and direction toward compliance with University, Federal, State and local rules and regulations.