



UNIVERSITY OF NORTHERN COLORADO

BEAR *in* MIND



ENVIRONMENTAL HEALTH & SAFETY

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EnvrioMatters

WINTER WATCH: STORM WATER TIPS



During the winter months we often forget about storm water drains in the rush to remove snow and ice from our driveways and sidewalks. Remember that the salt you apply can still have harmful effects. Only apply salt when absolutely necessary and in the appropriate amounts. If you apply too much salt it can kill your lawn and accelerate the breakdown of paved surfaces. Do not store salt outside where it can spill or deteriorate due to exposure to the weather, this leads to even greater amounts of salt being carried into lakes and streams killing fish and other aquatic life.

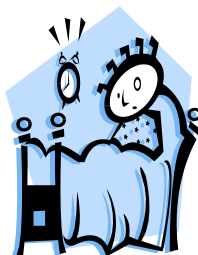
Surprisingly, another contributor to the loss of freshwater aquatic life is waterfowl. Did you know that waterfowl contribute large amounts of nitrogen, phosphorus and potassium to the environment through their droppings? These are the same chemicals that are used in fertilizers. This is why it is very important that you do not feed ducks and geese when visiting parks or lakes. Canadian geese will stay in an area as long as there is food and ice free water. Twenty resident geese can produce the equivalent of a hundred pound bag of 10% phosphorous fertilizer being dumped into a lake each year. By not feeding these waterfowl, it encourages them to do what comes naturally – migrate.



DATES TO REMEMBER:

- Jan 1—New Years Day
- Jan 9—Spring semester begins
- Jan 16—Martin Luther King Jr Day, campus closed
- March 12-16—Spring break
- March 11—Daylight savings begins
- March 20—1st day of Spring

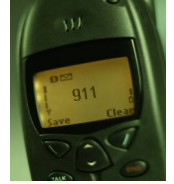
DAYLIGHT SAVINGS



The search for vitamin D providing sunlight will soon be easier as daylight savings time is once again just around the corner. Clocks will be springing forward this year on March 11th, 2012 at 2 a.m. Digital technology will usually set itself forward to the correct time, however, don't forget to set manual clocks forward before you head to bed to prevent a late start!

REVERSE 911 CALLS

Only a few years ago every family had a home phone, but as we become more technologically advanced, cell phone usage has become the new norm and many people have removed landlines all together. While mobile phones are convenient and handy, many people are not aware of the lack of public safety communication caused by cell phones. Land lines are automatically connected to grids and zones depending on their geography. Police used land lines on the grid to send out emergency information for at risk neighborhoods by sending out a reverse 911 call. Reverse 911 calls are a service that public safety officials still use today, but it's become increasingly difficult due to the loss of land lines. To help the public remain informed, many counties have created the option for people to sign up their cell phones with their home address. By connecting cell phones with geographical areas, police will be able to notify you of any important emergency information affecting your neighborhood.



Check the county website where you reside for local information. If you reside in Weld County, signing up is easy, visit the [Weld County Sheriff's](#) website and sign up for free emergency messages. You can also elect to receive information through your e-mail address.

Health and Wellness

NATIONAL POISON PREVENTION WEEK



This March will be the 50th anniversary of National Poison Prevention week. This week is designed to highlight the dangers of poisons and how to prevent them. There are more than 2 million poisonings a year reported to the 57 poison control centers across the country. More than 90 percent of these poisonings occur in the home, and are one of the leading causes of death among adults.

In 1961 the U.S Congress established a week in September for National Poison Prevention Week. They later organized that this should be an annual event. Today, National Poison Prevention Week is the third week in March every year. Everyday people can and do prevent poisonings. Visit [Poison Prevention.org](#) for more information on how you can help keep people in your home and community safe.

AMERICAN RED CROSS MONTH

The American Red Cross was created in 1881 by Clara Barton and is very dependent on the support of everyday citizens. From it's start, there has been an outpouring of volunteer assistance and donations of funds and supplies. When the United States entered World War I, the Red Cross held its first national War Fund drive, setting a \$100 million goal, an astoundingly large sum at the time. In November 1941, the Japanese attacked Pearl Harbor, and the Red Cross immediately held another War Fund campaign. By June 1942, it had raised more than \$66 million.

For their efforts, President Franklin D. Roosevelt declared the month of March in 1943 as "Red Cross Month." The Red Cross increased their efforts and set a goal to raise



\$125 million, the largest amount ever requested in one campaign by any American organization. The response was overwhelming. It took less than six weeks to reach the target. By June 1943, donations totaled nearly \$146 million. President Roosevelt called it "the greatest single crusade of mercy in all of history." To honor this tradition of generosity, the President customarily issues a proclamation each year declaring March National American Red Cross Month.

This American Red Cross Month they are asking everyone to join! The Red Cross responds to nearly 200 neighborhood emergencies every day. They work tirelessly to provide help and hope when people need it most. It is the continued support of volunteers and the public that enables their work at home and abroad.

For information and to join visit [RedCross.org](#).

HAVE A HAPPY HEALTHY WINTER

While the winter can be nice when you are snuggled under warm blankets, many of us can be affected in unexpected ways by the lack of sunlight, fresh air, and warm breezes. We often take for granted the happy glow that accompanies spring and summer.



Being active outside or bringing potted plants into the home can go a long way to helping people beat the winter blahs. Being active outside helps tone muscles, enhance the cardio-vascular system, and can sharpen the mind. No matter the season, there is always something that can be done outdoors and the winter is no exception—go for walks, build snow people, ski, snowboard or snowshoe, plan your spring garden, the list is endless.

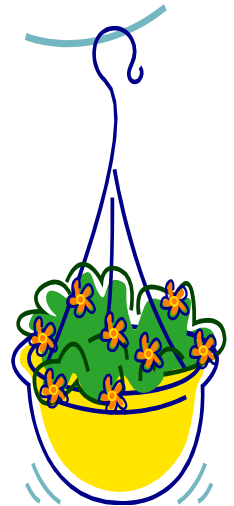


Here are some additional tips to stay both healthy and happy this winter:

- Go for a walk when the weather is cold, the body has to work overtime to get warm and you may burn up to 50% more calories than you would on the same walk in summer! But remember, go a little slower until you get warm and keep up the hydration.
- Instead of picking up a cup of hot chocolate to

keep warm, try a hot herbal beverage.

- Gain an interest in indoor sports as opposed to cycling and jogging outdoors. Don't forget that swimming at an indoor pool is an option for a great cardio workout!
- The cold air and indoor heaters can dry out your skin. Make sure you drink at least 8 glasses of water each day and use moisturizers throughout winter.
- Decorate your home with indoor plants to soften up the dry atmosphere caused through heating. Indoor plants give off moisture and oxygen and the colors will brighten up a dull weather day.
- Wear the correct clothes when playing or working outdoors in winter.
- When driveways and sidewalks turn slick with ice, falling is an obvious concern, so watch your step.
- Take time to unwind and de-stress. Stress can potentially increase your risk of developing an infection or disease.
- Surround yourself with positive thinkers and take time to laugh. Some studies indicate that optimists live longer and healthier than pessimists and laughter helps to build good immunity.



For information on winter recreation going on throughout Colorado this winter visit [Colorado Live](#).

ENVIRONMENTAL HEALTH AND SAFETY

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.

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<http://www.unco.edu/facility/ehs/newsletters.html>

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It is the mission of the Environmental Health & 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.