



For COVID-19 Health Alerts and Information [click here](http://www.unco.edu/coronavirus) or visit [www.unco.edu/coronavirus](http://www.unco.edu/coronavirus)

## 20 Year Anniversary

This year, 2022, marks the 20th Anniversary for the Bear in Mind newsletter. Over the past 20 years, the newsletter has had different looks but one thing that has stayed the same throughout the past 20 years, the Environmental Health and Safety Department has provided articles, to the campus community, focused on environmental, sustainability, fire, safety, health, wellness, emergency preparedness, and regulatory information.

CELEBRATING  
**20**  
YEARS

Archived newsletters, from the past three years, can be found on the Environmental Health and Safety [website](#).

We hope you continue to enjoy these newsletters for the next 20 years!



2005 - 2018

**Bear in Mind**

2002 - 2004



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## Dates to Remember

**January 10** - Spring Semester Begins  
**January 17** - Martin Luther King Jr. Day (Campus Closed)  
**February 21** - Presidents' Day (Campus Open)  
**March 13** - Daylight Savings Time Begins  
**March 12-20** - Spring Break  
**March 17** - Saint Patrick's Day

## Safe Thought

*"Safety is a state of mind — Accidents are an absence of mind"*

# Health and Wellness

## National Blood Donor Month

The new year is upon us, and January is National Blood Donor Month. The COVID-19 pandemic has created a critical blood shortage in the U.S. It's not due to COVID-19 patients needing blood products, rather, it's a lack of donations coming in during the pandemic. Medical facilities generally have a one-to-two-week blood inventory. But now, during the pandemic, many areas of the country have a one-to-two-day supply of blood.



The American Association of Blood Banks and the American Red Cross are celebrating National Blood Donor Month in January 2022 to encourage donors to give or pledge to give blood. In the United States, blood is needed by hospitals and emergency facilities to accommodate the need for fresh blood. This blood is used when dealing with many different types of diseases, organ transplant recipients, and other medical uses.

If you are at least 17 years of age or weigh a minimum of 110 pounds you are eligible to donate blood. Everyone is encouraged to donate and help a good cause that could save someone's life when they are in need of blood. Save a life and donate today!

For local information on location and times to donate blood visit [Red Cross Blood](#) or call **1-800-RED-CROSS**.

## Safety/Fire Focus

### Outdoor Winter Safety

With winter fast approaching it is the perfect time to get outdoors and enjoy all that Colorado has to offer in terms of winter sports. Colorado is one of the best places during the winter months with pristine snow and almost always sunny conditions. It makes the perfect time of the year to get out and get active. There are many different benefits to getting outside in the winter, being active outdoors can help with weight management and is an effective way to combat seasonal affective disorder. Even getting outside and going for a walk can have lasting benefits and promotes creative thinking, lowered stress, fewer allergies, greater social well-being, and can help with cardiovascular disease. Being outside will also give you a dose of vitamin D which can reduce inflammation and promote better immune function. Even being outside as little as 10 minutes can give help your body function properly.



No matter what activity you chose to partake in, remember to prepare for the elements. If you're not cold and uncomfortable you are more likely to enjoy yourself. Dress in three layers:

1. Think moisture-wicking materials such as polyester should be next to the skin
2. A middle insulating layer of wool or fleece
3. An outer waterproof layer made of nylon or Gore-Tex

Always remember to stay hydrated. It is easy to get dehydrated in the cold without noticing. Take frequent breaks from the cold to let the body warm up. While outdoors, the snow may cause the sun's rays to be more harmful than normal and it is not uncommon to get a sunburn. Make sure to wear and regularly apply sunscreen even on cloudy days. It's good to have a basic outline of what the day will look like. One of the most common mistakes people make, when going to a new area, is forgetting to let someone know where they went and what time they will be back. These two pieces of information are crucial to getting help in case of an emergency.

If you want to get outdoors and explore the wilderness but lack winter gear, check out the Campus Recreation Center Outdoor Pursuits, located on the west side of Harrison Hall. Outdoor Pursuits has over 1,000 pieces of water sport, hiking, camping, and snow sports rental gear that are available to Faculty, staff and students free of charge.

Visit [Outdoor Pursuits](#) for more information.



## Daylight Savings Begins

On March 13, 2022, daylight saving time (DST) will begin and clocks should be set forward one hour. The United States first observed DST in 1918, known as "fast time". The name was repealed less than a year later. DST is intended to save energy and make better use of daylight. Most digital clocks will reset themselves but remember to change manual devices and spring forward.

## Colorado Winter Chain Law Update

In Colorado, driving in the snow can become a hazard very quickly. Because of this, Colorado passed a law in 1996 that requires chains or alternate traction devices (ATDs). The Colorado Chain Law is not just for commercial vehicles but can be for all vehicles.

In 2019, the state legislation updated new requirements for drivers using state highways during winter months. Specifically, it changed the required minimum tire tread for vehicles on snowy roads to 3/16 (6/32) of an inch. The statute also says the minimum tire tread for dry roads in 2/16 (4/32) of an inch.



The updated law reaffirmed the department's ability to close state highways during inclement weather, and requires any motor vehicle to have one or more of the following during winter driving:

- tire chains;
- an alternative traction device;
- four-wheel drive with adequate tire treads;
- all-wheel drive with adequate tread; and/or
- tires with manufacturer marking for snow/mud and adequate tread.

The major change is that these requirements for adequate tire tread and traction control devices now apply to passenger vehicles, whereas they did not before. This means every vehicle traveling on Colorado state highways must have adequate tire tread and traction-control devices in their vehicle during inclement weather and snow events.

While the law specifies the I-70 mountain corridor, this does not limit the applicability of the law to this corridor. CDOT traction and chain law applies to all state highways.

For additional information, visit CDOT [Colorado Chain Law](#).  
Visit CDOT, throughout the winter, for updated [Road Conditions](#).

## EnviroHealth

### World Water Day



Since 1993, World Water Day is held every year on March 22<sup>nd</sup> to highlight the importance of freshwater. This day aims to celebrate water and raises awareness to the 2.2 billion people in the world without access to clean water.

United Nations Water is the coordinator for World Water Day, who selects the theme each year which is relating to clean water, sanitation, and hygiene. These are meant to be in line with the targets of Sustainable Development Goal 6(SD6). SD6 is about clean water and sanitation for all by 2030. This year the theme is centered around water and climate change and how the two are linked.

On the [World Water Day Website](#), they will be announcing events and other activities to participate in World Water Day.

For more history about World Water Day please visit the [United Nations Water](#).



## Winter Stormwater

Winter is here, and with it comes road salts, chemical deicers, piles of snow and many pollutants hidden until spring thaw.

These seasonal elements may impact water quality, and our hope is to keep the winter season wonderful by preventing pollution from reaching our waterways. Just like rain, snowmelt can carry pollutants into storm drains and streams. Think of all the black snow that accumulates along roadways; once it melts, that dirty water, full of petroleum products and other contaminants, finds its way to a stream, where it can harm wildlife, as well as pollute our drinking and recreational water resources.



We often attempt to make the job easier by using various products to melt snow and ice. Salt and sand have traditionally been perceived as the cheapest and most effective materials for de-icing surfaces such as highways, walkways, and parking lots. However, some people do not realize that many of these products have hidden impacts. When ice melts, the salt and chemicals dissolve and flow into street drains that lead directly to a lake or stream. Depending on the product used, these impacts can range from: reducing oxygen levels in our lakes and streams; to “burning” or killing vegetation along sidewalks and roadsides; damaging concrete and carpets; introducing toxic chemicals and increasing sediment and salinity levels into our parks, detention ponds, lakes and streams.

By making smart decisions while battling the cold, ice and snow this season, we can prevent additional stormwater pollution. Why not do your part this winter season to protect our streams from unnecessary stormwater pollution? Following these tips can help keep our water clean and protect the environment:

- Dispose of shoveled snow in vegetated areas; never dump it into streets or waterways. The more water can be absorbed by plants or sink into the ground, the less water will run off through the storm drainage system, carrying pollutants into streams.
- Use safe and effective alternatives to salt the ice, and follow the application rate on the label. Safety is of utmost importance, but salt is damaging to plants, animals, concrete and water quality. Instead of focusing on melting the snow on your driveway or sidewalks, use gritty material to help gain traction. Kitty litter, gravel and sand don't actually melt snow and ice, but they do provide traction. After the snow is gone, be sure to sweep this material up to prevent it from entering our waterways.
- The most important step in deicing is to physically remove as much snow and ice as possible by shoveling or snow blowing before applying a deicer. The sooner snow is removed from a surface the better, as less ice will form and less deicer can be used. Remember to blow or shovel your snow into a lawn or planted area. If you must use a deicer, use a salt-free deicer, and apply enough material to break the ice-pavement bond, then remove the slush by shoveling.
- Store salt piles, deicers and traction materials in a covered area or under a roof to prevent inadvertent runoff.

Have a safe and happy winter, and thank you for keeping the health of the watershed in mind. Your efforts can make a difference.

For more information on Stormwater, visit the [City of Greeley Stormwater Division](#).

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.