



Health and Wellness

STOP THE BLEED – A FREE Life Saving Training

On October 2015, the White House, in collaboration with the medical community and representatives from the federal government, the National Security Council, U.S. military, FBI, and other emergency medical response organizations, launched a nationwide awareness campaign called Stop the Bleed. “Stop the Bleed” is one of our nation’s largest public health campaigns and serves as a call to action to encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency, such as a mass casualty or major incident, before professional help arrives.

Uncontrolled bleeding injuries can result from natural and manmade disasters, and from everyday accidents. If bleeding is severe, it can kill within minutes, potentially before first responders arrive. Bystanders, with little or no medical training, can become lifesavers if they know how to stop bleeding. Similar to the use of CPR and automatic defibrillators, improving public awareness on how to stop severe bleeding can be the difference between life and death for an injured person.

The top cause of preventable death in trauma is bleeding. 20% of people who have died from traumatic injuries could have survived with quick bleeding control. Through training, you can potentially save the life of a family member, friend, colleague, or person next to you, whether you know them or not.

In an effort to inform and empower students and staff, UNC is in the process of installing Bleed Control Kits next to AED units in campus facilities and UNC is offering FREE Stop the Bleed training. Training sessions will include:

- How to ensure your own safety,
- Identify nearby “tools” to assist you, such as a publicly placed bleeding control kit or everyday items that can be used to control bleeding
- How to use your hands to apply direct pressure at the site of the wound to control bleeding
- How to pack a wound with cloth or gauze
- The correct way to apply a tourniquet

Trauma is the #1 cause of death for Americans between the ages of 1-46 years old every year. Trained bystanders can have a significant impact on trauma survival rates.

Trainers are available during your department or student group meetings throughout the year. To schedule a training, contact Student Health Services at (970) 351-1919 or email debra.miller@unco.edu for more information.



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Dates to Remember

August 18 - Residence Halls Open

August 22 - Fall Semester Classes Begin

September 5 - Labor Day (University Closed)

September 14 - Health and Safety Festival

Safe Thought

“Don’t learn safety by accident”

EnviroHealth

Spill Prevention and You

Spills can happen just about anywhere. From a leaky car engine to a spilled bucket of paint, contamination such as these examples can be very harmful if they fall on the ground and enter our local surface waters. Simply put, every pollutant that falls on or is deposited on roadways, lawns, and parking lots can cause stormwater pollution in our streams, lakes, and rivers. Spills, even small ones, can lead to

pollution in our local waterways, such as the Cache la Poudre and South Platte Rivers, which have a negative impact on water quality. As stated by the EPA, stormwater pollution is the #1 cause of water pollution in the country.

It is important to be able to identify potential pollutant sources and try to minimize the risk to our surface waters at the source. You can help identify these types of pollutions and help to prevent them from entering surface waters.

By keeping a watchful eye out for spills on the ground or near stormwater inlets, streams, and roadways and making sure those spills are cleaned up quickly, we can prevent additional stormwater pollution in our environment and surface waters. Please help do your part to protect our streams from unnecessary stormwater pollution. Following these tips can help keep our water clean and protect the environment:

- If you see a spill, clean it up or notify someone who can help (if the spill is potentially hazardous, ensure you have the correct training and personal protective equipment to clean it up)
- Store potentially hazardous substances where they can't easily be spilled onto the ground
- Perform regular car maintenance to ensure liquids aren't leaking onto the ground
- Report a spill to your local Stormwater Division

Only together can we prevent pollution from entering our local waterways and keep our local streams, lakes, and rivers clean today and for future generations.

To report a spill, or if you would like more information on stormwater pollution and what you can do to help, please visit: [City of Greeley Stormwater Division](#).



World Ozone Day

World Ozone Day is observed on September 16th every year to spread awareness among people about the depletion of the Ozone Layer and find possible solutions to preserve it. On this day, people from all over the world hold talks and seminars on the ozone layer. Educators teach students about the benefits of the Ozone layer. Special events and activities are organized to spread awareness.

For more information on how you can participate in World Ozone Day visit the link below:

[International Day for the Preservation of the Ozone Layer](#)



Safety/Fire Focus

Wildfire Safety

Living in Colorado we experience a variety of different weather events. During the summer the main weather event that can be expected are thunderstorms and with it comes the risk of wildfires. Every year wildfires burn across the U.S. and with housing expanding more people are living where wildfires tend to occur. Wildfires mainly occur in natural areas such as forests, grasslands, or prairies and can spread quickly and devastate communities. There are a few actions that can be taken to mitigate the risk and help you respond accordingly when a fire occurs.



1. **Warnings and Alerts** – prepare and have several ways to receive alerts. Several apps are available to be downloaded. One of them is the [FEMA app](#) which has real-time alerts from the National Weather Service.
2. **Make an Emergency Plan** – a plan can vary depending on your location, but you should have emergency meeting locations, different escape routes, an evacuation plan for pets or large animals, a family communication plan designating an out-of-area friend or relative to act as a point of contact, and an emergency supply list or go bag with necessities for three days.
3. **Review Important Documents** – make sure insurance policies, personal documents, and an ID are up to date; keep copies in a secure password-protected digital space.
4. **Strengthen Your Home** – Use fire-resistant material to build, renovate or make repairs. Create a fire-resistant zone that is free of leaves, debris, or flammable materials away from your home. Designate a room that can be closed off from outside air. This can be helpful if you have a portable air cleaner to keep indoor pollution levels low when smokey conditions exist.
5. **Know Evacuation Routes** – You may have to evacuate quickly so practice evacuation routes with your household and pets. Follow instructions from local authorities.

Flood Safety

The risk of catastrophic floods exists every year, and heavy downpours often lead to dangerous flooding conditions, especially in areas where wildfires have occurred. It is important to note that while wildfires help to increase the risk of floods, it is not the only time that a flood could occur. Many people think that because they don't live next to a stream or body of water that a flood is unlikely but natural weather events are not the only time that a flood could occur. Floods can be caused by several things such as a dam break, water line ruptures, thunderstorm, or stormwater backup. In the event of a flood, there are some safety precautions that you can do to help protect yourself and your property.



1. Listen to the local television or radio station for updates.
2. Have important documents such as ID and immunizations records in a waterproof container.
3. Bring outdoor items such as furniture, and grills inside or tie them down.
4. If an evaluation is necessary, turn off all utilities at the main power switch and close the main gas valve.
5. Evacuate areas subject to flooding such as low spots, canyons, and other areas where water accumulates.
6. Gather emergency supplies including food, water, and have enough supplies for at least three days.

Health and Safety Festival

You are invited to the 15th annual Health and Safety Festival on Wednesday, September 14th, from 11:30 AM – 1:30 PM. This event is free, open to the campus community and general public. You will have an opportunity to see inside a Medivac Helicopter, watch Weld County K-9 demonstrations, participate in a hands-on presentation with the Greeley Fire Department and Greeley Police Bomb Squad, donate blood and visit many other safety and health agencies at their information booths. At this event, UNC Police Department will provide the Annual Bike Auction. This auction will begin at 12:30 PM.



See Something, Say Something

We can all help keep our communities safe by paying attention to our surroundings and reporting suspicious activity to local law enforcement. "If You See Something, Say Something" is a campaign that aims to raise public awareness of indicators of terrorism and violent crime. It also emphasizes the importance of reporting suspicious activity to the proper State and local law enforcement authorities. You can watch the [campaign video](#) and determine for yourself if behaviors you observe are suspicious and need to be reported.

If there's something you want to report and does not require immediate response by law enforcement, you may submit a confidential tip via:

email: cdps_ciac@state.co.us

phone: 877-509-2422 or

submit: [Colorado Information Analysis Center](#)

Always report all suspicious activity on campus to the UNC Police Department at 970-351-2245. If the information you report requires immediate assistance, call 911.

When reporting, describe specifically what you observed, including:

- **Who** or **what** you saw
- **When** you saw it



**SEE
SOMETHING**

**SAY
SOMETHING**



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.