

Safety Tip of the Month:



STALKING: MYTHS & FACTS

- MYTH:** You can't be stalked by someone you're dating.
- FACT:** If your "friend" tracks your every move in a way that causes you fear, that is stalking.

- MYTH:** Technology is too expensive and confusing for most stalkers to use.
- FACT:** Stalkers can buy easy-to-use surveillance equipment for as little as \$30.

- MYTH:** Only celebrities are stalked.
- FACT:** The vast majority of the 6.6 million people who were stalked were ordinary citizens.

- MYTH:** If you ignore stalking, it will go away.
- FACT:** Stalkers seldom "just stop." Victims should seek help from law enforcement to stop the stalking.

- MYTH:** Stalking is annoying but not illegal.
- FACT:** Stalking is a crime in all 50 states, the District of Columbia, and the U.S. Territories.

- MYTH:** If you confront the stalker, he or she will go away.
- FACT:** Confronting or trying to reason with a stalker can be dangerous. Get help.
(Courtesy of stalkingawarenessmonth.org)



Courtesy of ISU Public Safety

Courtesy of ISU Public Safety

Warm Up to the Hazards of the Cold!



A cold environment pulls heat from the body and forces it to work harder to maintain its temperature. If you are not properly prepared to work in these conditions, the cold can lead to hypothermia, frostbite, chilblains or trench foot, or cause asthma and arthritis to flare up. The effects-decreased dexterity, mental skills and coordination, among others-can make an accident or injury much more likely.

Risk factors

It should come as no surprise then that OSHA lists inadequate or wet clothing as a major risk factor on its fact sheet for working in cold environments. Other risk factors include:

- Taking drugs such as alcohol, nicotine or caffeine, or any medication that impairs judgment or inhibits the body's ability to properly generate heat.
- Having a cold, diseases such as diabetes, or problems associated with the heart, thyroid or circulation.
- Being male. Men experience far greater death rates due to cold exposure than women.
- Becoming exhausted or immobilized, especially due to injury or entrapment.
- Aging-it is difficult for older people to generate heat as quickly as the young.

Experts agree that wearing proper clothing is the single most important step workers can take to avoid cold-related stress. Clothing should be loose fitting and consist of at least three layers. This helps trap the heat and provide insulation. Garments should also allow for perspiration. The inner layer should be cotton or polypropylene to draw moisture away from the skin. Use wool, fleece or a synthetic fabric such as Polartec for the middle layer to retain body heat. The outer layer should protect you from wind and water. It should also be resistant to oil, fire, chemicals or abrasion, depending on the work situation.

Pay special attention to the face, feet and hands. Up to 40% of the body's heat can be lost through the head, so remember Mom's advice when you were a kid to wear a hat. Hoods and masks can prevent frostbite. Eye protection is advisable if you are exposed to blowing snow and ice.

For the feet, wear sock liners, woolen or polyester socks and waterproof insulated boots. Avoid tight-fitting footwear that could restrict blood flow. Similarly, layer the hands with glove liners, gloves and mittens. If the job requires dexterity, consider fingerless gloves with attached mittens that can be folded back. Of course, always have a change of clothing available just in case garments become excessively wet.

Eat, drink and be cautious

Besides clothing, there are several other precautions workers can take:

- Eat & drink plenty of high-calorie foods. Cold suppresses thirst. OSHA recommends sugar water or sports-type drinks and hot pasta dishes.
- Use the buddy system - try to work in pairs so you can keep an eye on each other.
- Try to do the heaviest work during the warmer parts of the day.

Be prepared for a vehicle breakdown. Keep extra clothing, gloves and blankets as well as normal vehicle emergency supplies on hand.

(Courtesy NASA Science News & OSHA)

FUN FACTS

Germany made the first artificial Christmas trees. They were made of goose feathers and dyed green.

If you received all of the gifts in the song "The Twelve Days of Christmas," you would receive 364 gifts.

In Mexico, wearing red underwear on New Year's Eve is said to bring new love in the upcoming year.

Christmas became a national holiday in America on June, 26, 1870.

The first state to recognize the Christmas holiday officially was Alabama.

Clearing up a common misconception, in Greek, X means Christ. That is where the word "X-Mas" comes from. Not because someone took the "Christ" out of Christmas.

Inside this Issue

Warm up to the Hazards of the Cold!	1
Emergency Preparedness Tip of the Month: Active Shooter	2
Safe Holiday Drinking Tips	2
Reporting a Crime	2
ISU Snow Closures	3
Holiday Crime Prevention Tips	3
Public Safety Spotlights Renovations	3
Safety Tip of the Month	4

Emergency Preparedness Tip of the Month — Surviving an Active Shooter

When an Active Shooter is in your vicinity, you must be prepared both mentally and physically to deal with the situation. There are three options to consider:

RUN OUT (Avoid)

- Have an escape route and plan in mind
- Leave belongings behind
- Evacuate regardless of whether others agree to follow
- Help others escape, if possible Do not attempt to move the wounded
- Prevent others from entering the area where the shooter may be.

- Keep hands visible
- Call 911 when you are safe

HIDE OUT (Deny)

- Hide in an area out of the shooters view
- Lock door or block entry to the hiding place
- Silence cell phones (including vibrate mode) and remain quiet

FIGHT IT OUT (Defend)

- Fight as a last resort and ONLY when your life is in imminent danger
- Attempt to incapacitate the shooter
- Act with as much physical aggression as possible
- Improvise weapons or throw items at the active shooter
- Commit to your actions...your life depends on it



When law enforcement arrives:

Remain calm and follow instructions.

Drop items in your hands (i.e., bags, jackets).

Raise hands and spread fingers.

Keep hands visible at all times.

Avoid quick movements towards officers, such as holding onto them for safety.

Do not ask questions when evacuating.

Information to provide to 911 operators:

Location of active shooter.

Number of shooters.

Physical description of shooters

Safe Holiday Drinking Tips

More people drink during the holidays due to numerous parties and other festivities. Many holiday drinkers don't drink very often, so they have a lower tolerance for alcohol. The holidays are busy and sometimes stressful. People are hurrying more than normal and winter road conditions make driving more dangerous. Add alcohol to this scenario and you have a recipe for disaster.



To help you keep your alcohol intake at a healthy level, consider these strategies:

- Avoid using alcohol to quench your thirst. Drink a 1:1 ratio of water for every alcoholic beverage you consume. Alcohol is a diuretic and can leave you dehydrated if you neglect the water.
- Avoid drinking on an empty stomach. This can cause stomach upset and rapid absorption of alcohol in your system.
- When you go to a party, preplan a limit of three or fewer drinks for the evening and spread them out accordingly.
- If you're serving alcoholic beverages, have non-alcoholic beverages available also, and serve something to eat.

- Have alternative transportation available for intoxicated persons. **DON'T LET FRIENDS AND GUESTS DRINK AND DRIVE!**
- **DON'T DRINK AND DRIVE!** Be responsible— decide how you will get home before the party. Drive to social events in groups of two or more and have the driver agree not to drink.
- If you even think you have had too much to drink, call a taxi or consider staying overnight at your host's house.

Reporting a Crime

Students, faculty, and staff are encouraged to report a crime or any suspicious activity to Public Safety by calling **282-2515** or at **208-282-2911**. Public Safety Dispatch and Officers are on duty 24/7.

A crime can be reported on-line at <https://www.isu.edu/publicsafety/incident-report-form/#form>

If you see a crime occurring on campus and would like to report it anonymously, please fill out the form at the link below. When this form is transmitted, you will not be identifiable by the recipient, which is a Public Safety Official. If you have any questions about this program, please write to Public Safety.

<https://www.isu.edu/publicsafety/anonymous-reporting-form/#form>



ISU's Snow Closure Policy



With the approach of winter, Public Safety would like to issue a reminder about the University's **snow-closure policy**. Public Safety maintains a school closure information line, **x3936**. When a decision is made to close the university, a message will be placed on the snow-closure line for both the Pocatello and Idaho Falls campuses. Local radio and television stations will also be notified.

Notice will be sent by ISU Alerts via, phone, text, email, facebook, Twitter, on the [ISU homepage](#) and on the [ISU Public Safety Web page](#). For information specific to the Idaho Falls campus, call x7825. For more information call x2515.

Crime Prevention—Holiday Crime Prevention Tips

Here are some crime prevention tips for the Holidays—

- When parking your vehicle to go shopping, remember where you parked it! Always park in a well lit and well traveled area. Do not park in a remote dark area.
- When you return to your vehicle, scan the interior of your car to be sure no one is hiding inside. Check to see if you are being followed.
- Have your keys in hand when approaching

your vehicle. You will be ready to unlock the door and will not be delayed by fumbling and looking for your keys.

- When storing items purchased at the stores, place them out of sight. The best place is in a locked trunk.
- Do not leave your purse, wallet, or cellular telephone in plain view.
- Don't resist if someone tries to take any of your belongings.



Don't chase someone who robs you, they may have a weapon.

- Instead call 911.
- Lock your vehicle and put up your windows even while you are driving.
- If you go to an automatic teller machine for cash, check for people around and make sure it is well lit and in a safe location.

Public Safety Spot Light—Renovations at Public Safety

The Public Safety Office is going through renovations from December through February.

During that time Parking Services will be located on the ground floor of the Pond SUB, Room 111.

Bengal Card Services will be available at the Campus Connections Information Desk.

Public Safety Officers, Dispatch and other administrative responsibilities will still be located at the Public Safety Office and can be reached at 208-282-2911 or 208-282-2511.

