

BEAR *in* MIND



UNIVERSITY OF
NORTHERN COLORADO

JANUARY 2025

VOLUME 27, ISSUE 1

Safety/Fire Focus

New Colorado Hands-Free Law, January 1, 2025

A new Colorado law went into effect on January 1, 2025, prohibiting drivers from using a mobile device while driving, though hands-free accessories are permitted. The new law expands the ban on using cell phones beyond just texting. It now includes holding or manually using a phone or other mobile device for voice calls or any other reason, requiring all drivers to use a hands-free device. The law includes exemptions for individuals reporting emergencies and in parked vehicles.

Penalties for violating the law begin with a \$75 fine and two license suspension points for the first offense. Repeat offenders face higher fines and more license points. First-time violators can have the charge dismissed if they provide proof of purchasing a hands-free accessory.

There are several options available for hands-free driving accessories, including:

Dashboard/Phone Mounts: These secure your phone in a visible but safe position, enabling the use of navigation or hands-free calls without holding the device.

Apple CarPlay/Android Auto: Systems that integrate with your smartphone with your vehicle’s display, allowing you to control your phone through voice commands or your car’s interface.

Built-in Car Speaker Systems: Bluetooth-enabled speaker systems that allow hands-free communication and audio navigation. If your car does not have Bluetooth, there are plug-in devices for purchase that enable the feature through your vehicle’s existing stereo system.

By using one of these devices, you can avoid penalties.

FAQs and to learn more, visit:

[Colorado Department of Transportation](https://www.colorado.gov/pacific/cdot)



**New CO law
effective Jan. 1:
No hand-held phones
while driving.**

You must use a hands-free accessory.



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Dates to Remember

- January 13—Spring Semester Begins
- January 20— Martin Luther King Jr. Day (Campus Closed)
- February 17— Presidents’ Day (Campus Open)
- March 9—Daylight Saving Time Begins
- March 15-23—Spring Break
- March 17—St. Patrick’s Day

Safe Thought

“It hurts to be unsafe!”

Winter Safety & Considerations

Along with the cold weather come many hazards and risks. These hazards and risks can include, but are not limited to: hypothermia and frostbite, slips and falls, and carbon monoxide leaks.

So let's start with frostbite and hypothermia. It is important to avoid extreme cold temperatures whenever possible. Frostbite is the most common injury related to severe cold weather. It usually affects fingers, toes, nose, ears, cheeks, and chin. Hypothermia is defined as any body temperature that drops below 95 degrees Fahrenheit. If exposed to extreme cold temperatures, be prepared when it comes to attire, hydration, and supplies in case of an emergency.



Along with the snow storms, we must account for icy conditions as well. As technologically advanced vehicles have gotten over the years, icy conditions are still one of their largest and most dangerous opponents. When road conditions are impaired, it is important to remember to be cautious even if you are not driving. Make sure to follow proper road and pedestrian safety tips as well. These tips can include; wearing a reflective light or material to bring attention to drivers, looking both ways before crossing any street to ensure the drivers are able to make a complete stop without sliding, and make sure to walk with your head up avoiding distractions such as cell phones.

Slips and Falls happen to everyone eventually. Winter is a prime time for people to miss their footing which may result in an injury. When shoveling snow, extra precautions are needed to avoid these injuries. It is easy to lose your balance when shoveling snow because ice may be hidden. Here are a few tips to avoid slips and falls and staying safe outdoors in the winter.

- Wear appropriate winter boots or traction cleats on shoes (i.e. yaktrax).
- Wearing mittens over gloves. Even though gloves tend to be more popular and functional, mittens actually provide added warmth to hands because the body heat is centralized in one area rather than in each finger.
- Warming up before shoveling. Even though it is not commonly thought about, shoveling snow can be a strenuous activity and should be treated as one. By warming up muscles before shoveling, muscle strains are less likely to occur.
- Walk on surfaces (grass, dirt) that provide a little extra traction. It is very common for ice to form along walkways.
- Keep emergency supplies in the vehicle (such as bottled water, blanket, and food).

Carbon monoxide exposure becomes more common with lowered temperatures. Carbon monoxide exposure can be due to numerous reasons, so be aware how to prevent exposure. Low-level exposures may appear to be similar to flu-like symptoms and increase in severity as exposure levels and duration of exposure increases. The following are ways to help prevent exposure.

- Never use a generator indoors or in an enclosed space that is less than 20 feet from an open door, window, or vent.
- Heating systems, water heaters, and other gas appliances should be serviced each year.
- Ensure gas appliances are vented properly.
- Make sure a carbon monoxide alarm is present.



If you come into contact with carbon monoxide, immediately find fresh air outdoors. Then call emergency services and have them evaluate the situation. Do not return to the exposed area until emergency responders have given the 'all clear' to go back inside.

There are far more tips to surviving the colder temperatures each year. Overall, the best way to stay safe this winter season is to be aware. More information can be found at the [National Weather Service](https://www.weather.gov), [Ready.gov](https://www.ready.gov), and utility companies.

EnviroHealth

Daylight Saving Begins

On Sunday, March 9, 2025, daylight saving time will begin and clocks should be set forward one hour. The current daylight saving period was established with the Energy Policy Act of 2005, which went into effect in 2007.

Today, most Americans spring forward (turn clocks ahead and lose an hour) on the second Sunday in March (at 2:00 A.M.) and fall back (turn clocks back and gain an hour) on the first Sunday in November (at 2:00 A.M.).



-For more information on the health and safety risks on switching the clock please read [Daylight Saving Time and Your Health](#).

Shovel First to Protect Stormwater

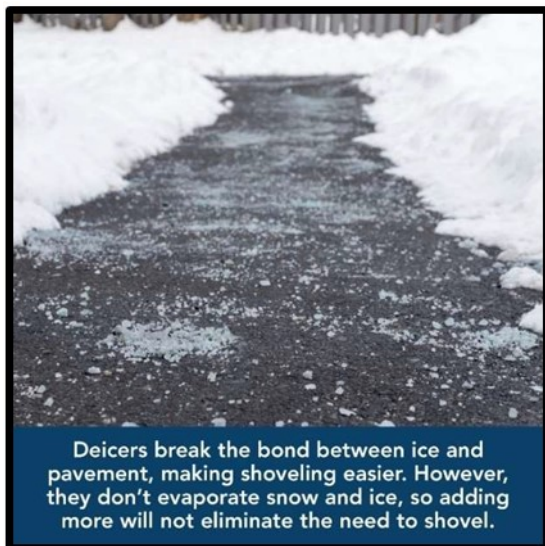
It's the season for snowy days here in Greeley and throughout Colorado! Snow can be beautiful during this time of year but can also be a maintenance headache for many. Shoveling and snow removal is not always a fun job, but it is necessary to ensure that pedestrians and bikers can travel safely and vehicles can be as safe as possible. Sometimes, people will apply salt or deicers to walkways, trails, etc. to help the snow melt faster, but these ice melts are not always great for the environment and can runoff and pollute stormwater.

When trying to protect your home or workplace to ensure it is as safe as possible for not only pedestrians but also for stormwater, follow these simple tips:

- Shovel first and put snow and ice on pervious surfaces, like grass or mulch areas, to allow for the snow to melt into the ground and not run off.
- Reduce the amount of salt and deicers used on impervious surfaces, like concrete or asphalt, by removing as much ice and snow manually and by only putting the amount of salt needed for the area being treated.
- Only apply salt and deicers when the conditions are right, per the manufacturer's instructions. Always read the label before applying these products to ensure you are not applying too much and to ensure they work the way they're intended.

Please visit the [City of Greeley's Stormwater](#) website for more information on how to protect stormwater in your neighborhood.

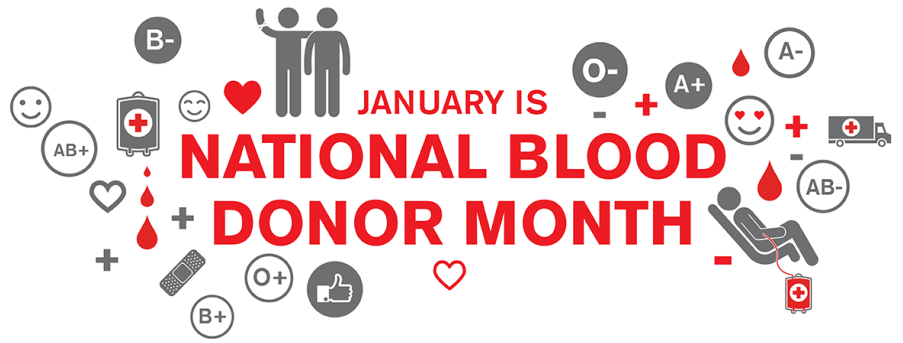
Help to Prevent Stormwater Pollution in your neighborhood this winter!



Health and Wellness

Blood Donor Month

The new year is upon us and January is National Blood Donor Month. During winter months' blood is traditionally in short supply due to travel schedules, inclement weather, illness, and of course the holiday season. This reduction in blood supply can put our nation's inventory at a critically low level which can affect our medical care facilities.



The American Association of Blood Banks and the American Red Cross are celebrating National Blood Donor Month in January 2025 to encourage donors to give or pledge to give blood. In the United States about 39,000 units of blood are 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 more local information on times and places to donate blood visit [Red Cross Blood](#) or call **1-800-RED-CROSS**.

National Nutrition Month

National Nutrition Month is an annual campaign started in 1980 by the Academy of Nutrition and Dietetics. During the month of March, we focus on the importance of making informed food choices, and developing sound eating and physical activity habits. This year's theme is "[Food Connects Us](#)". Here are some tips on how you can observe National Nutrition Month and ways to eat healthier this month.



Food Connects Us
2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics

- **Move your body**—Try a new activity like Zumba, swimming, or spinning to keep workouts fresh and exciting.
- **Find Inspiration**—Look up new recipes or watch cooking videos to find inspiration in the kitchen.
- **Meet with a dietitian**—They'll provide you with a detailed meal plan that makes sense for your lifestyle and goals.
- **Drink plenty of water**—Drink six or more glasses of water every day for benefits to your wellness.
- **Choose food over supplements**— Nothing beats the natural vitamins and minerals found in food.

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