



Winter Health & Safety Tips

Tips for Staying Warm

Exposure to cold can cause life-threatening health conditions. Avoid serious conditions such as frostbite and hypothermia by keeping warm.

- Wear a hat, hood, or scarf, as most heat is lost through the head.
- Wear layers, as they provide better insulation and warmth.
- Keep fingertips, earlobes, and noses covered when you go outside.
- Keep clothing dry; if a layer becomes wet, remove it.

Safety Tips for Winter Walking

A few simple measures can make it safer to walk outdoors in the winter. Removing snow and ice, putting sand or salt on areas where people walk, and wearing the right footwear all make a big difference.

Once the snow and ice arrive, make sure walking surfaces are safe:

- Keep entrances and sidewalks, at work and home, clear of ice and snow.
- Report hazards at building entrances, and on sidewalks or pathways to Public Safety at ext. 2515.
- Carry a small bag of grit, sand or non-clumping cat litter in your jacket pocket or handbag to sprinkle when you are confronted with icy sidewalks, steps, bus stops, entrances, etc.

Walking on Ice:

- Choose a good pair of winter boots that are well insulated and waterproof, have a thick non-slip tread sole, wide low heels and are light in weight.
- Slow down, think about your next move. Keep your body loose & spread your feet to more than a foot apart to provide a base of support.
- Keep your knees loose and don't lock them, bend them a little to keep your center of gravity.
- Take small steps and place your whole foot down at once.
- If it feels better, drag or shuffle your feet.
- Ask a passer-by to help you cross the street.

Car Checklist for Winter Travel

- Get a tune-up
- Check battery
- Check coolant
- Fix leaks
- Check wipers
- Fill your tank
- Fill washer fluid
- Carry sand bags
- Check rear de-froster
- Know your car
- Get snow tires
- Carry extra blankets
- Carry extra clothing
- Carry an ice scraper
- Have a phone
- Carry tire chains
- Clean off your car
- Go slowly
- Carry other emergency gear (i.e., first aid kit, water, food)

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 also will be notified. An additional notice will be posted 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 about the policy, call x2515.



Wash Your Hands!
According to health professionals around the world, our best defense from all the colds, flu and the sick yuck we suffer from each winter is "washing your hands."

Every wonder what you would do if a person with a gun entered your workplace or classroom? Public Safety has two videos entitled "Shots Fired" setup for viewing on our Emergency Response website. They offer information or "what if" tips on what to do if an active shooter enters your classroom or workplace Visit our website at: http://www.isu.edu/pubsafe/emergency_menu.shtml



"I am certain that after the dust of centuries has passed over our cities, we too will be remembered, not for victories or defeats in battle, but for our contribution to the human spirit."
John Fitzgerald Kennedy



“Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.”

Norman Vincent Peale

STOP HATE

EVERY YEAR

more than half a million college students are targets of bias-driven slurs or physical assaults.

EVERY DAY

at least one hate crime occurs on a college campus.

EVERY MINUTE

a college student somewhere sees or hears racist, sexist, homophobic or otherwise biased words or images.

When bias motivates an unlawful act, it is considered a hate crime. Race and religion inspire most hate crimes, but hate today wears many faces. Bias incidents (eruptions of hate where no crime is committed) also tear communities apart — and threaten to escalate into actual crimes.

According to FBI statistics, the greatest growth in hate crimes in recent years is against Asian Americans and the gay and lesbian community. Once considered a Southern phenomenon, today most hate crimes are reported in the North and West.

And these numbers are just the tip of the iceberg. Law enforcement officials acknowledge that hate crimes — similar to rape and family violence crimes — go under-reported, with many victims reluctant to go to the police, and some police agencies not fully trained in recognizing or investigating hate crimes.

*“And so happy Christmas
For black and for white
For yellow and red ones
Let's stop all the fight
A very merry Christmas
And a happy New Year
Let's hope it's a good one
Without any fear.”*
John Lennon

10 Ways to Fight Hate

#1 Identify, Report, and Assess the Hate & Violence

Recognizing and reporting the extent of hate, violence and bias-motivated crime is necessary to understand the scope of the problem and accurately develop appropriate prevention measures.

#2 Assist Victims of Hate

Victims of hate crimes and hate incidents face many of the same traumas as victims of other violent crimes. Their trauma is often compounded, however, because of the unique nature of bias-motivated hate as deeply personal and intended specifically to terrorize the victim. Supporting victims of such hate improves the overall climate of the community, helps ensure the health and well-being of community members, and can de-escalate tensions, all of which is significant to prevention efforts.

#3 Respond to Hate

Immediate response, collective action, and condemnation by the community is critical to contain unrest in the community, prevent retaliatory hate crimes and copycat crimes, and reassure the targeted individuals and community that these crimes will not be tolerated. Responding effectively to all hate incidents deters them from escalating into more violent hate crimes.

#4 Work with Hate Crime Offenders

Working with hate crime perpetrators is a significant prevention activity. Effective diversion programs and aftercare can reduce repeat offenses among these groups. Understanding that hate crime offenders are not a homogeneous group, but complex individuals with varying motivations is significant to developing effective programs to prevent a return to past behaviors and activities.

#5 Advocate for Hate Crime Prevention

College students are not just victims and perpetrators of hate crimes. They are essential allies in a comprehensive approach to hate crime prevention. By using tools from violence prevention and prejudice reduction programs, college students can become the most effective advocates for hate crime prevention on campus.

#6 Train Volunteers in Intervention, Response & Prevention

Hate crime prevention training creates a network of informed community members who are equipped to address the specific needs of victims; work with hate crime offenders; understand hate crime legislation, policy and protocol; develop prevention programs; and build relationships with other professionals working to prevent hate crimes and hate incidents.

#7 Develop Hate Crime Partnerships and Coalitions

Develop partnerships and coalitions among key players to improve communication between campus groups (i.e. public safety, student leaders, judicial officials, dean of students, etc.), increase the effectiveness of programs, avoid redundancy, lend credibility to initiatives, strengthen advocacy efforts, encourage comprehensive program approaches, and improve the potential for success.

#8 Change Hate Crime Policy and Protocols

Influencing policy at the federal, state, local and campus level may include drafting and implementing changes to policies to encourage early intervention to hate and violence. Funding hate crime prevention strategies, creating state or federal prevention networks or coalitions, and developing training and materials are examples of ways in which policy and legislation can promote hate crime prevention. Creating and supporting local campus human rights and diversity task forces focuses public attention on prejudice and intolerance and raises awareness of hate incidents and hate crimes.

#9 Raise Awareness, Education & Outreach

Community education through mass media and campus groups encourages involvement and support from the community by raising awareness of the injustice and divisiveness of hate crime and highlighting opportunities to make a difference through prevention programs on campus.

#10 Re-evaluate & Look to the Future

Evaluation of strategies, practices, programs, and policies enables ongoing revision, increases effectiveness, and improves credibility. Implementing the steps of a comprehensive approach requires time, dedication, and sustained resources. Hate crime prevention, violence prevention, and working to alleviate the tension caused by prejudice and bigotry is ongoing.



All over the country people are fighting hate, standing up to promote tolerance and inclusion. More often than not, when hate flares up, good people rise up against it — often in greater numbers and with stronger voices.

(Courtesy of StopHate.org, an educational initiative of Campus Pride)