

March 2007

Courtesy of ISU Public Safety
and the ISU Safety Committee



SPEAK OUT
Decide to End
Sexual Violence



Sexual Assault Awareness Month
April 2007

Upcoming Events

- ◆ **National Denim Day—April 18th:** Faculty, staff and students are urged to break the dress code and the silence Wednesday, April 18th by wearing jeans to participate in Denim Day as part of an international protest of an Italian High Court decision to overturn a rape conviction because the victim was wearing jeans. The Italian Supreme Court dismissed charges against a 45-year-old rape suspect because his 18-year old victim was wearing jeans at the time of the attack. The Court stated in its decision that "It is common knowledge...that jeans cannot even be partly removed without the effective help of the person wearing them...and it is impossible if the victim is struggling with all her might." The judgment sparked a worldwide outcry from those who understand coercion, threats and violence go along with the act of rape. The unpopular verdict became an international symbol of myth-based injustice for sexual assault victims.
- ◆ **Poetry Slam April 19th 7pm at Red Hot Roasters on Clark St. across from Post Office.**

- ◆ **Project Hope's Annual Take Back The Night Rally—April 27th,** starts at 6:30pm at the Bannock County Courthouse and ends at the ISU Quad where they will serve food, have guest speakers and raffle some prizes.

Accident & Injury Self-Defense

Most of these safety principles take only a moment, but they can prevent months of pain or even save a life:

- **Always** put Safety first.
- **Take responsibility** to spot and correct Safety risks.
- **Follow** all of your employer's safety rules to the letter. ISU's Safety Manual can be found at www.isu.edu/pubsafe/manuals/manual_index.html
- **Concentrate** on what you are doing.
- **Wear** personal protective equipment when needed.
- **Choose** the right tool for the job.
- **Avoid** shortcuts with equipment and machinery.
- **Report** any unsafe work conditions to your supervisor, and learn ISU's Worker's Compensation Policy.

(Courtesy of the Utah Safety Council)

10 Smart Routes To Bicycle Safety

1. Protect your head. Wear A Helmet.
2. Assure Bicycle Readiness. Make sure your bicycle is adjusted properly.
3. Stop it. Always check brakes before riding.
4. See and be seen.
5. Avoid Biking at Night.
6. Stay Alert. Always keep a lookout for obstacles in your path.
7. Go With the Flow and Use Bike Lanes where available. The safe way is the RIGHT way.
8. Check for Traffic. Always be aware of the traffic around you.
9. Learn the Rules of the Road. Obey Traffic Laws.
10. Don't Flip Over Your Bicycle. Wheels should be securely fastened.

(Courtesy of the NHTSA)



Tips for Workplace Friendships



- ⇒ Be cautious with what you share among your co-workers. Friends at work may share information with you that they do not want spread around the office.
- ⇒ Watch out for conflicts of interest. If you think your friendship is putting either of you in a compromising position, talk about it.

(Courtesy of the Well Workplace)

Remember the "Golden Rules" of ATV Safety

Riding all-terrain vehicles can be a unique way for families to spend quality time together. Fifteen million Americans ride ATVs, with 70 percent riding as a family recreation activity, according to the Irvine, CA-based ATV Safety Institute. However, riding these powerful vehicles means choosing the right engine size, wearing the appropriate gear and having the proper supervision every time.



The ATV Institutes "Golden Rules:"

- ◆ Take an approved training course.
- ◆ Ride an ATV that's right for your age. The guidelines are:

6 years and older	less than 70cc
12 years and older	70cc to 90cc
16 years and older	>90cc

- ◆ Supervise riders younger than 16.
- ◆ Always wear the correct safety gear, especially a helmet, when you ride.
- ◆ **Never carry a passenger.**
- ◆ Always avoid paved surfaces. Never ride on public roads.
- ◆ **Ride only on designated trails, and ride responsibly.**

(Courtesy of Utah Safety Council)

In order to succeed, your desire for success should be greater than your fear of failure."
Bill Cosby