

GENERAL MEMBERSHIP MEETING

Wednesday, January 18, 2006, 11:30 a.m. - 1:00 p.m., Royal Fork (Columbia Mall)
"Electrical Safety" - Greg Mattson and Brian Harris, Century Electric

Payment Plan for guest meals - If you bring a guest to a NOSHA meeting, we ask that you pay NOSHA for the meal as you sign in at the NOSHA registration table. Please do not pay at the Royal Fork's cash register. Make checks payable to NOSHA in the amount of \$7. Thank you!

2006 NOSHA BOARD MEMBERS

- **Steve Harken, UND - EERC (President)**
- **Al Maloney, Midwest Refrigeration, Inc. (Vice President)**
- **Connie Mondry, Rydell GM Auto Center (Secretary)**
- **Joe Strang, Valley Dairy / Valley Car Wash (Treasurer)**
- **Pat Balstad, Northland Community and Technical College**
- **Rich Carl, Transystems, Inc.**
- **Kirk Douglas, Cirrus Design Corporation**
- **Patty Hajostek, Kelly Services**
- **Bonnie Knutson, RiverView Healthcare Association**
- **Debbie Pierson, RDO Foods Company**
- **Annette Shane, Grand Forks Park District**

BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH / 6:00 - 8:00 PM. / (FEBRUARY & MARCH) GRAND FORKS PARK DISTRICT OFFICE / 1210 7TH AVE S

NEXT MEETING → February 2nd "Groundhog Day"

- A BIG THANK YOU to the outgoing board members for all your time, talents and dedication to NOSHA - We wouldn't be where we are today without you! *Thanks again to Mike Lorenson, Lyle Ross and Joy Stanghelle.*

COMMITTEES

Communication Committee

(Linda Wiley, Rich Carl, Kathy Cvancara, Patty Hajostek, Al Maloney, Annette Shane)

MONTHLY MEETINGS: TUESDAY BEFORE BOARD MEETING / 11:30 AM - 12:30 PM / NORTHSTAR INSULATION / 1120 S 46TH ST

NEXT MEETING → January 31st

- Looking for some safety information? Check out our LINKS at www.nosha.net

Education Committee

(Lyle Ross)

(Upcoming GM Meeting Presentations)

- **February 15, 2006**
 - "Meth Awareness in the Working World"
 Officer Sue Shirek, GF Police Department.

Membership Committee

(Davis Hoverson, Mike Lorenson)

- Welcome to NOSHA! GW Sondreal Construction

NOSHA Safety Tip!

PO Box 14663, Grand Forks, ND 58208-4663 • www.nosha.net • info@nosha.net

Be Safe on Ice * Walking Safely Like a Penguin in a Winter Workplace Wonderland

Walking to and from the parking lots or between buildings at work during the winter requires special attention to avoid slipping and falling. * In cold temperatures, approach with caution and assume **that all wet, dark areas on pavements are slippery and icy.** * Wear shoes or boots that provide traction on snow and ice. * Use special care when entering and exiting vehicles; use the vehicle for support. * Walk in designated walkways as much as possible. Look ahead when you walk; a snow- or ice-covered sidewalk or driveway, especially if on a hill, may require travel along its grassy edge for traction. * **Point your feet out slightly like penguin!** Spreading your feet out slightly while walking on ice increases your center of gravity. * Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible. * Extend your arms out to your sides to maintain balance (keep your hands out of your pockets) * Watch where you are stepping and . . . **GO S-L-O-W-L-Y!!** * Take short steps or shuffle for stability. * Wear a heavy, bulky coat that

will cushion you if you should fall. * Try to avoid landing on your knees, wrists, or spine. Try to fall on a fleshy part of your body, such as your side. * Try to relax your muscles if your fall. You'll injure yourself less if you are relaxed.

* **Do the Penguin Shuffle** [Information found at www.iwif.com] - They have a great information sheet to print off and post at your worksite! **Check it out!!!**

