

GENERAL MEMBERSHIP MEETING

Wednesday, April 18, 2007, 11:30 a.m. - 1:00 p.m., Royal Fork (Columbia Mall)

“Weather Watchers”, Greg Gust, National Weather Service

This one is for all you who BICYCLE TO WORK.....

How to Not Get Hit by Cars

Important lessons on Bicycle Safety

by Michael Bluejay

This page shows you real ways you can get hit and real ways to avoid them. This is a far cry from normal bicycle safety guides, which usually tell you little more than to wear your helmet and to follow the law. But consider this for a moment: **Wearing a helmet will do absolutely nothing to prevent you from getting hit by a car!** Sure, helmets might help you if you get hit, and it's a good idea to wear one, but **your #1 goal should be to avoid getting hit in the first place.** Plenty of cyclists are killed by cars even though they were wearing helmets. Ironically, if they had ridden *without* helmets, yet followed the guidelines listed below, they might still be alive today. Don't confuse wearing a helmet with biking safely. An ounce of prevention is worth a pound of cure. It's better to not get hit. That's what real bicycle safety is about.

Ten Ways to Not Get Hit

Collision Type #1: THE RIGHT CROSS – This is one of the most common ways to get hit (or almost get hit). A car is pulling out of a side street, parking lot, or driveway on the right. Notice that there are actually two possible kinds of collisions here: either you're in front of the car and the car hits you, or the car pulls out in front of you and you slam into it.

How to avoid this collision:

1. **Get a headlight.** Even for daytime riding, a bright white light that has a flashing mode can make you more visible to motorists who might otherwise Right Cross you
2. **Honk.** Get a loud horn and USE IT whenever you see a car approaching (or waiting) ahead of you and to the right.
3. **Slow down.** If you can't make eye contact with the driver (especially at night), slow down so much that you're able to completely stop if you have to.
4. **Ride further left.** The farther left you are, the more likely the driver will see you.

Collision Type #2: THE DOOR PRIZE – A driver opens his door right in front of you. You run right into it if you can't stop in time. If you're lucky, the motorist will exit the car before you hit the door, so you'll at least have the pleasure of smashing them too when you crash, and their soft flesh will cushion your impact..

How to avoid this collision:

1. **Ride to the left.** Ride far enough to the left that you won't run into any door that's opened unexpectedly.

Collision Type #3: RED LIGHT OF DEATH – You stop to the right of a car that's already waiting at a red light or stop sign. They can't see you. When the light turns green, you move forward, and then they turn right, right into you. Even small cars can do-you-in in this way.

How to avoid this collision:

1. **Don't stop in the blind spot.** Simply stop BEHIND a car, instead of to the right of it. This makes you very visible to traffic on all sides. It's impossible for the car behind you to avoid seeing you when you're right in front of it.

Collision Type #4: THE RIGHT HOOK

Collision Type #5: THE RIGHT HOOK, Pt. 2

Collision Type #6: THE LEFT CROSS

Collision Type #7: THE REAR END

Collision Type #8: THE REAR END, Pt. 2

Collision Type #9: THE CROSSWALK SLAM

Collision Type #10: WAY WALLOP

I only had enough room for bits and pieces of the first 3 ways to “Not Get Hit” – Please refer to the following website for all of Michael Bluejay's GREAT BICYCLE SAFETY TIPS! www.bicyclesafe.com/

BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH / 6:00 – 8:00 PM. / GRAND FORKS PARK DISTRICT / 1210 7TH AVE S
NEXT MEETING → May 3rd

- Our Fall Seminar is now in the planning stage!

BOARD MEMBERS

Steve Harken (President) • Al Maloney (Vice President)
Joe Strang (Treasurer) • Debbie Pierson (Secretary)
Pat Balstad • Davis Hoverson • Bonnie Knutson
Greg Lian • Cedric Masa • Lyle Ross • Annette Shane

COMMITTEES

Communication Committee

(Linda Wiley, Carol Gierszewski, Bonnie Knutson, Annette Shane)

- Trying to find an article that was in a previous issue of “The NOSHA NEWS” from 2006? Check out the **NOSHA News Archive** on our website! @ www.nosha.net !!!

Education Committee

(Bonnie Knutson, Pat Balstad)

(Upcoming GM Meeting Presentations)

- **May 16, 2007**
- “Workplace Violence”, Jason Uhler, Director of Campus Safety and Security/Risk Management/UND
- **June 20, 2007**
- “Forklift Safety”, Brad Erickson, Northland Community and Technical College
- **July 18, 2007**
- “Lockout/Tagout”, Brian Harris, Century Electric

Membership Committee

(Davis Hoverson, Greg Lian)

★ 60 MEMBERS STRONG...and GROWING!

Annual membership includes reserved seating for lunch at monthly association meetings, a monthly newsletter, and any other printed materials that may be distributed. Membership is open to firms and individuals serving in the capacity of safety management as professionals or practitioners.

THANK YOU DR. MASA AND AURORA URGENT CARE/OCCUPATIONAL MEDICINE FOR SUPPLYING DOOR PRIZES FOR OUR MARCH GM MEETING!

“Think Spring”

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When Old Man Winter calls it quits for the year, people all across the world climb ladders to spruce up the exterior of their homes, examine gutters, paint and perform other tasks associated with spring cleaning. While working around the house can be very rewarding, hundreds of thousands of injuries occur each year as a result of mishaps related to electric tools, ladders and lawn mowers. THINK SAFETY FIRST!

- On average about 220,000 people make emergency room visits due to ladder mishaps each year.
- More than 87,000 people are treated annually in hospital emergency rooms for lawn mower injuries - casualties of burns, dismemberment, electric shock, falls and thrown objects.
- Another 76,000 people sustain injuries from power garden tools such as trimmers, lawn edgers and pruners.