

# Dining Services Safety Reference Card

## WORKER'S COMPENSATION

As a state employee, you are automatically insured under the Worker's Compensation Act for injuries sustained in the course of your employment.

It is your responsibility to ***immediately*** report an accident occurring at work to your supervisor and seek treatment within **72 hours**, in accordance with the prescribed rules and regulations of the State of Colorado. Late reporting will affect compensation benefits. A designated care provider must treat any on-the-job injury to be eligible for Worker's Compensation. Worker's Compensation will not pay for care given by an unauthorized carrier.



***Report an  
incident***



***Further  
information***

## PHONE NUMBER REFERENCE

***Tell Someone:*** (970) 491-1350

If you are concerned about the health, well-being or safety of a CSU student or employee, you are encouraged to *Tell Someone*.

***Ombuds Office & Employee Assistance:*** (970) 491-1527

***Office of Equal Opportunity:*** (970) 491-5836

***Student Resolution Center:*** (970) 491-7165

***CSU Police Department:*** (970) 491-6425 or 911

***CSU Health Network Main Line:*** (970) 491-7121

***CSU Health Network Counseling Services:*** (970) 491-6053

***On-Call Counselor (after hours):*** (970) 491-7111

***Victim Assistance Team (24/7):*** (970) 492-4242

***Women & Gender Advocacy Center:*** (970) 491-4242

***Office of Title IX Programs & Gender Equity:*** (970) 491-4242

***Crossroads Safehouse:*** (970) 482-3502

# EMERGENCY COMMUNICATIONS

AT CSU

[www.safety.colostate.edu](http://www.safety.colostate.edu)

Health, safety, risk, prevention and emergency information is posted to this website. This is the university's primary repository for health and safety information related to incidents on and near campus.

## ***CSU Emergency Text Alert System***

Used to send text alerts in the event of an emergency on the Fort Collins campus. The system is only used during and immediate, ongoing safety emergency or unexpected closing on the campus, such as a snow day. All students, faculty and staff are strongly encouraged to sign up.

[safety.colostate.edu/sign-up-for-emergency-alerts/](http://safety.colostate.edu/sign-up-for-emergency-alerts/)



***Sign up for  
emergency text alerts***

## **RUN, HIDE, FIGHT**

*Make a plan to survive in the event  
of an active assailant attack*

### ***If you can, run***

- Have an escape route in mind. Check exits in public places and practice situational awareness.
- Leave your belongings behind. Take your cell phone if you can, but don't risk your life for it.
- Keep running until you are far away from the threat.
- Once you are safe, call or text 911.
- Keep your hands visible if police are already responding. They need to see you don't have a weapon.

### ***If you cannot run, consider hiding***

- Hide in an area out of the threat's way.
- If you are hiding inside, block the entry, turn off lights, electronic devices and lock doors and windows.
- Close blinds or curtains if you can.
- Keep calm and out of sight.
- Silence your cell phone and other devices.

### ***If hiding does not work, you must be prepared to fight***

- Fight **ONLY** as a last resort, when your life is in imminent danger
- Try to incapacitate the threat.
- Act with physical aggression and improvise weapons.
- Use everything you have. Call upon all of your strength and commit to your actions. Plan to take the assailant out.

***CSU Police Department:*** (970) 491-6425 or 911