Recently I had the privilege to attend a Mail Security presentation highlighting the latest risks in Mail & Package security as well as the current environment surrounding these risks.

Threats to the logistics system can occur through letters, parcels and logistical shipments such as pallet or truckload shipments. In these shipments you might find threats of powder, liquids, biological, explosives or even contraband such as weapons, listening devices and hoaxes. These threats can come through the USPS, small parcel carriers such as UPS, FedEx, interoffice mail, couriers, local deliveries, or 3rd party vendors.

The recent data from RAYSECUR, which is a mail security provider in the industry, states that most of the threats – 89% – come through letters or parcels that can fit in a curbside dropbox. As you might imagine, this method allows for anonymity.

Below is a breakdown of the targets for these types of threats from RAYSECUR. They state that threats to the education sector occur at a rate of 11%, while state/local government is at 13%. We still see that the most threats are coming direct to residences, courts, and/or corrections at 38%. What I found most interesting from their presentation is the increase of
mail threats from 2020 to 2021 in the education sector. The stat went from 2% to 11% in one year. I know that can sound worrisome, but I can say that we at Central Receiving have not seen that same increase. The cases I have seen in the past 6 years have either been hate speech related or fraudulent shipments. That doesn’t mean we shouldn’t stay vigilant.

At Central Receiving our staff goes through safety trainings related to Mail & Package security. We also have SOPs in place for various threat types such as suspicious mail and packages, odors, and hazardous material spills which may include leaking packages. In addition, posters are mounted throughout our department reminding those to be diligent about suspicious mail and packages. Not to mention our facility has video surveillance, limited access, and specific delivery areas for carriers to help mitigate our risk. If we believe there is a threat, our team is trained to act. We have amazing campus partners in Environmental Health Services and CSU Police Department that respond quickly and assist us in all matters. Even though we are the first line of defense here at Central Receiving, it is also important that you stay vigilant as well. It takes all of us to keep our campus community safe!

If you have further questions about Mail and Package Security, please don’t hesitate to reach out to any member of our team at the Departments of Central Receiving. You can reach me directly at heather.reimer@colostate.edu or 970.491.2736.

Thank you, Heather, for showing us how our mail is inspected for safety before going out onto campus. We should all be aware of package safety at work and at home. Bob
IF YOU’RE INTERESTED IN DAILY REPORTS FROM COLORADO

Here’s what a daily report from Colorado Office of Emergency Management looks like for those interested in see a daily report. Sometimes boring, sometimes some great tips!

Colorado Daily Status Report: May 17, 2022
Posted: 17 May 2022 07:35 AM PDT

Colorado Daily Status Report Link to the full report.

State Emergency Operations Center (SEOC) Status Level 2
The SEOC remains at Level 2 operations in support of: COVID-19 recovery, Marshall Fire recovery, HPAI and response to High Park Fire in Teller County. The SEOC is operational Monday through Friday from 8 a.m. to 5 p.m.

Colorado Joint Field Office
Activated with support from DHSEM and FEMA staff to support major disaster DR4634 Boulder Fires and Straight-Line Winds.

Highly Pathogenic Avian Influenza (HPAI)
The Colorado Department of Agriculture (CDA) and USDA are coordinating the state response to HPAI cases in the state. Use the CDA website and map below for resources and information updates. A situation report will be posted on the CDA HPAI webpage each Friday.

- Colorado Department of Agriculture HPAI webpage
- Colorado Department of Agriculture HPAI map
- Colorado HPAI Situation Report #1 April 22, 2022
- Colorado HPAI Situation Report #2 April 30, 2022
- Colorado HPAI Situation Report #3 May 6, 2022
Current Wildfires

- High Park Fire
  - Location: Teller County
  - Size: 1,573 Acres
  - Containment: 37%
  - Date Reported: May 16, 2022
  - Information Source for Updates: Inciweb webpage at https://inciweb.nwcg.gov/incident/8102/

View the Colorado Current Wildfires Map

Daily Status Report

Download or view the daily status report: https://bit.ly/COStatus051722

Stop the Bleed Training for Immediate Responders

by ANDY ALTIZER Wed, May 18, 2022

Click HERE to Listen to the Article Out Loud (7.5 minutes)

The Stop the Bleed Coalition points out that the average time for a person to bleed out is between three to five minutes. Jack Sava, MD, director of the Gold Surgery team at MedStar Washington Hospital Center is quoted saying that “An adult can die in less than five minutes from a bleeding wound in a critical area.” With the average time it takes an ambulance to arrive, it is more important than ever for people to know how to uncontrolled bleed (see Fig. 1).

Responding Immediately

Imagine a family hiking trip in a remote area of the Application Mountains, when one of the children takes a nasty fall down a small ravine, resulting in a compound femur fracture where the bone knicks the femoral artery and causes substantial blood loss. With the remote location and limited phone coverage, first responders would likely take nearly an hour to arrive. The child’s life depends on the family members’ actions.

A 2015 report points out that there are different levels of responders:

- *Immediate responders* – Individuals at the scene who can immediately control bleeding with their hands and available equipment
- *Professional first responders* – Prehospital responders at the scene with the appropriate equipment and training
• **Trauma professionals** – Hospital health care professionals with the equipment and skills to provide definitive care

The immediate responder (e.g., family members on a hiking trip) can provide lifesaving first aid during an emergency, especially when first responders are not nearby or are overwhelmed by multiple casualties. For example, as taught in Texas A&M Engineering Extension Services’ (TEEX) Civilian Response to Active Shooter Events course, it takes an average of three minutes for police to arrive in an active shooter situation. The first arriving officers have the crucial initial priority of neutralizing the shooter (“stop the killing”), and the follow-up officers or Rescue Task Force typically begin first aid (“stop the dying”). Depending on the severity and location of the injury, a person can bleed out in three to five minutes.

A person can bleed out in 3-5 minutes. So, immediate responders might be that person’s only chance of survival.

Although the term immediate responders might be new to some, there has been an increase in this type of response. Examples include events/venue staff, coaches, athletic trainers, security officers, and parents. In addition to the immediate responders mentioned above, other groups that would benefit from STB training include:

- Bus drivers and other transportation officials
- Facility workers – plumbers, construction, building services (housekeeping)
- Executive assistants
- Over the road truckers
- Faith-based staff – ordained, support staff, and volunteers
- Special events workers
- Parents
- Building managers/fire wardens/volunteer crisis coordinators
- Teachers/professors
- Teaching assistants/lab workers/principal investigators
- University students – Such training may also help them in their future careers and add to their resumes. Infusing training topics like STB is also a great addition to students’ academic curriculum, for example:

This non-exhaustive list provides suggestions to encourage others to think about possible immediate responders within specific organizations. By getting STB training, the people within an organization would be more prepared to respond to an incident immediately.

**Stopping the Bleed**

According to the American College of Surgeons **STB program**, bleeding is “the most common cause of preventable death after injury.” As such, it is important to know how to stop the bleeding and not to rely on first responders who may take too much time to reach critically bleeding victims. Learning to control bleeding is a skill easily learned and should be considered by various people and professions.
For bleeding control, The Hartford Consensus III: Implementation of Bleeding Control report describes immediate responders as:

Traditionally thought of as “bystanders,” these immediate responders should not be considered passive observers and can provide effective lifesaving first-line treatment. Immediate responders contribute to a victim’s survival by performing critical external hemorrhage control at the point of wounding and prior to the arrival of traditional first responders. Immediate responders contribute to what is the critical step in eliminating preventable prehospital death: the control of external hemorrhage.

Finding Training

Many fire departments and EMS organizations have certified trainers and offers training to the public. The STOP THE BLEED ® Coalition also provides a search feature for trainers and additional information, including upcoming training in specific locations.

The number and type of immediate responders trained in STB are essential for community preparedness. Missionaries, little league coaches, umpires/officials, poll workers, etc. Get creative. The class is also a great way to build collaboration with others. As FEMA illustrates: “Life-threatening emergencies can happen fast, and emergency responders aren’t always nearby. You Are the Help Until Help Arrives.”

WHY IT MATTERS

Uncontrolled bleeding is a major cause of preventable deaths. About 40% of trauma-related deaths worldwide are due to bleeding or its consequences, establishing hemorrhage as the most common cause of preventable death in trauma.*

*Curry N. Hopewell S. Doree C. Hyde C. Brohi K. Stanworth S. The acute management of trauma hemorrhage:

Fig. 1. Graphic from the Stop the Bleed Coalition.
Andy Altizer is the Director of Emergency Management at Kennesaw State University, which works closely with Cobb Fire Rescue to provide an active Stop the Bleed training program on campus. He is also a Stop the Bleed Ambassador promoting the program and training to save lives.

Read the full article from here:

www.domesticpreparedness.com/stop-the-bleed-training-for-immediate-responders

Whether we like it or not. Whether we’re prepared or not – we’re often the only immediate first responders available in our workplaces. When we call 911, police and emergency responders are only minutes away but may be delayed or have other duties to prevent further injuries or deaths and we may be called to stand up, rather than being bystanders. Consider taking classes in basic life support, CPR, AED use, and Stop the Bleed. Your family may need you in an emergency too.

Bob

Your Notes and Ideas here:
As always, the American Red Cross has lots of tips for fire safety. In a recent article it is suggested that every home have a plan for preventing fires including: Cooking Safety, Child Safety, Heating and Electrical Safety, and Candle Safety among others.

They highly encourage installing and properly maintaining smoke alarms and checking batteries regularly (which applies to all alarms like CO, etc.) and that every family should practice a “2-Minute Home Fire Escape Plan” regularly, closing with the quote “Prepare so you can protect.”

A few minutes invested monthly, even weekly, could save a lifetime of regrets from a tragedy wherein no one knew how to escape. Please take a minute for your family.  

Bob

*Let’s all practice safety at home as well as at work, please!*  

[www.redcross.org/content/dam/redcross/Home-Fire-Safety-Checklist.pdf](http://www.redcross.org/content/dam/redcross/Home-Fire-Safety-Checklist.pdf)
Readiness Updates Are Coming

I am very pleased to announce that, now that COVID is heading into history, Assistant Vice President Marc Barker (assistant vice president for Safety and Risk Services and chief resilience officer) has made a priority of updating the university’s emergency readiness and operations plan and is reviewing the Emergency Readiness training program to ensure that it meets the highest standards and benchmarks for readiness trainings. Vice President Barker has been at CSU for several years and is addressing safety and readiness issues in order of their potential impacts on campus safety.

“Safety and Risk Services is a new unit resulting from an organizational restructure and oversees several departments within University Operations, including Environmental Health, Risk Management, University Policy Office, Clery Compliance Office, the CSU Police Department and Emergency Management. Marc also serves as co-chair of the Pandemic Preparedness Team and will continue in a leadership role of all future Campus Emergencies, such as the pandemic.

Throughout his career in higher education, Marc has been persistent in his advocacy for military and veteran students. Marc has provided testimony to the House and Senate Veteran Affairs Committee’s relative to the Post 9/11 GI Bill, and additional educational topics for military and veterans students…

Additionally, he has served on various community boards and panels dealing with military and veteran issues including the Kentucky/Tennessee Chapter of the Association of the United States Army (AUSA), and the Larimer County (CO) Veteran and Workforce Advocacy Panel.”

The Readiness Training Team looks forward to collaborating with Marc and his planning team to improve our emergency readiness plans, trainings, and capabilities. Marc has the experience and passion to lead us in making these improvements.

Stay tuned for updates as they develop. Bob

* Photo and quoted content from the Executive Leadership Team website. Thank you who maintain the web.
AN HONEST THANK-YOU

There’s no such thing as too many heartfelt thank-yous.

This principle has served me well, even though I’m not as good at it as I’d like to be. But it’s a habit that I’ve been trying to form as a manager, as a leader, and as a contributor to various groups.

But it’s not as simple as it sounds.

There’s that business about being honest and heartfelt. That means without having an agenda of any kind. No manipulation. No objective other than to strengthen the bond between us.

Manipulation can be a tricky thing, because we all know there are various ways to slip it in. I might try to slip in some advice or “helpful criticism.” I might want you to do something for me in the future.

So, what does a thank-you sound like? The most powerful simply conveys that I recognize you did something for me, I appreciate that it improved my life, so I want to thank you for doing that. Simple. Honest. Personal.

This is a much different concept than “appreciation” in the corporate context. That’s not personal, and there’s a sense of some manipulative intent behind it. I need to give you this gift because you’re my employee, I need to “motivate” you, and it’s about “employee retention.”

We’ll even “improve morale” because we recognized you in front of the group.

Now, there’s certainly a place for these kinds of programs, don’t get me wrong. But it’s not the heartfelt and honest thank-you which strengthens human bonds.

Who have you said thank you to today?

This article used with permission from:

Carl Dierschow PCC
Small Fish Business Coaching
+1 (970) 225-6889
www.smallfish.us

Carl’s article reminds me that speaking truth, in love, is an effective way to build communication and connection. It shows you can be trusted and that you care, something we all need more of today.

It seemed to me that a positive article like this was a good way to close this edition. Thank you to all who are reading and submitting articles. Simple. Honest. Thank you. Bob
For more resources visit the Talent Development Website and click on Emergency Readiness Training

training.colostate.edu/emergency-readiness-trainings

Ready Colorado State Newsletter is published six times each year – January, March, May, July, September, and November and distributed to subscribers. It includes information from Building Proctors, university staff and faculty, from businesses and professional groups and publications, government sources, and from other campuses throughout Colorado and Wyoming. These articles researched and compiled by your Ready CSU Training Team, a university wide coalition of peers concerned about preparedness, safety, and YOU the readers.

Check with your proctor to see what’s up in readiness here at CSU! Better yet, tell coworkers they can also subscribe to the newsletter at:

https://lists.colostate.edu/cgi-bin/mailman/listinfo/ready_csu_newsletter

This publication is intended to serve YOU, the folks who serve our students: if you have information that may be included here for the benefit of your colleagues, please send it to Bob Chaffee at Talent Development at this email address:

bchaffee@colostate.edu