

The Safety Evening Post

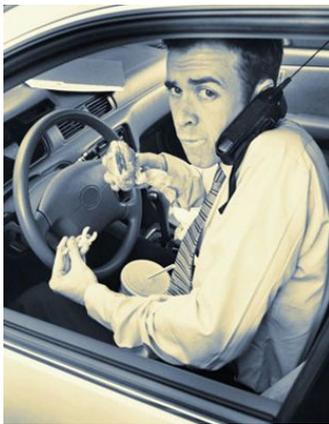
Let it snow Edition!

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By Rachel Mira

You're on the road. It's stop and go traffic on I-10. You're bored. All of a sudden, you hear a magical ringing from the passenger seat. Why, it's your cell phone! What do you do? WHAT DO YOU DO!?!?

You better not pick it up! Forget texting too.

Nevada has banned handheld cell phone use and text messaging for all drivers. As of October 1st, law officers may stop and *WARN* motorists

who are texting or using handheld cell phones.

TICKETING will start January 1, 2012. Fines will start off with \$50, then \$100, and then \$250. Quite the expensive conversation...or text message!

What can you use? Hands free accessories are given the "OK" for cell phones, such as Blue Tooth devices.

Is it really worth to take your eyes off the road just to get to that ever so important text message? Is it worth trying to navigate your 2,800 LB vehicle going 65 MPH with one hand, and dialing the number to your mother with the other?

I'll admit that when I'm at a stoplight I'll glance over to see if my sweetie sent me a text or

two. However since this law came into effect, I'll look forward to my messages and missed calls when I reach my destination. They can wait! It's not worth the embarrassment of being pulled over on I-80 by a mean massive patrolman to tell me to get off the phone.

Check out this statistic: In the last five years, at least 63 deaths have been caused due to distracted driving in Nevada! Let's start with us. Put down the phone. Put your eyes on the road. Drive. It's that easy.





(Sitting on fake Santa's lap)

"This is extremely important. Will you please tell Santa that instead of presents this year, I just want my family back. No toys, nothing but Peter, Kate, Buzz, Megan, Linnie, and Jeff. And my aunt and my cousins. And in a few years time, my Uncle Frank. Okay?"

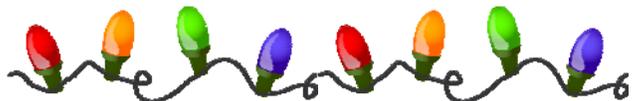
-Kevin, from the movie, "Home Alone"



How to Drive Safely in Winter Conditions

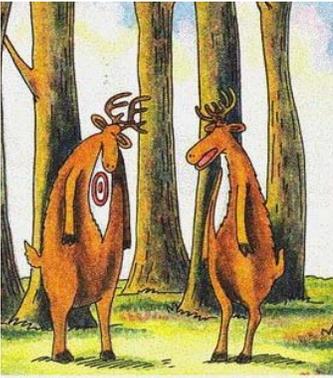
1. Make certain your battery is holding an adequate charge. Batteries are less efficient and engines are more demanding in cold conditions. Mechanics use "load tester" meters to determine if the battery is adequately charged.
2. Be sure your tires are adequate for wet/dry climates. All-season tires with plenty of tread are adequate, but mountainous and northern places often call for snow or studded tires.
3. Make sure your tire chains are the right size and type for your tires. Mismatched chains can cause tire failure.
4. Regularly check tire pressure in frigid weather. Tires lose roughly 1 pound per square inch of pressure with each 10-degree temperature decline. Never reduce tire pressure in an effort to increase traction in snow, ice or mud.
5. Make sure your windshield wipers and defroster are in good repair and that your washer reservoir is filled with antifreeze washer fluid. Keep snow and ice from accumulating on windshields, windows, rearview mirrors and headlights.
6. Be sure your radiator contains an adequate mixture of water and antifreeze for utmost protection.
7. Although it's tempting to neglect a dirty vehicle because it'll probably rain or snow again anyway, road salt, slush, grime, and the like are particularly brutal to your car's finish. To minimize rust and paint damage, regular washings and waxes are necessary. Full or self-service car washes make the task much more tolerable in cold weather.
8. Brake, accelerate, and turn slowly. Keep plenty of distance between cars. You never know when you will hit an icy spot.
9. Plump the brakes slowly and gently if your car lacks antilock brakes. If you start to skid, let up on the gas and the brake, then shift into neutral. If your rear wheels are skidding, turn smoothly in the direction you want to go. If the front wheels are skidding, avoid steering until the car slows enough for the tires to regain traction.

Bright Ideas for Lights



- Indoors or outside, always use lights that have been tested for safety by a recognized testing laboratory that indicates conformance with safety standards.
- Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets.
- Use no more than three standard-size sets of lights per single extension cord.
- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.
- Before using lights outdoors, check labels to be sure they have been certified for outdoor use.
- Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use insulated staples to hold strings in place, not nails or tacks. Or run strings of lights through hooks (available at hardware stores).
- Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks. Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.

Hunting...for safety!



"Bummer of a birthmark, Hal!"

"Over the years I got to be quite a connoisseur of soap. My personal preference was for Lux, but I found Palmolive had a nice, piquant after-dinner flavor - heady, but with just a touch of mellow smoothness. Life Buoy, on the other hand..."

-Adult Ralphie, from the movie, "A Christmas Story"

Our national forests are a refuge for wild animals, including dangerous animals like bears and venomous snakes. Wild animals can be upset by human presence and can unexpectedly become aggressive. Do not give them a reason or an opportunity to attack. Always keep your distance. Your safety is your responsibility.

- Tell someone where you will be hunting.
- Avoid outings alone. If you go alone be extra careful and hunt in familiar areas.
- Dress properly and be

prepared for the worst possible conditions.

- Check the weather forecast before going into the woods.
- Identify your target before shooting.
- Check hunting equipment before and after each outing, and maintain it properly. Familiarize yourself with its operation before using the equipment in the field.
- Always wear enough blaze orange to be highly visible to other hunters.
- Always wear a safety harness when hunting from a tree-stand. Each

season hunters get injured, when they fall asleep and take a dive off their tree-stands, or slip and fall when climbing in or out of the tree.

- Never cross a fence, ride a 4-wheeler or climb a tress with a loaded rifle.
- Never carry a loaded rifle in your truck or car. Be sure to unload your rifle when you get back to camp or when you stop hunting for the day. Source: <http://www.fs.fed.us/r8/boone/safety/camp/huntsafe.shtml>

What's Your Safety Role?

You're more important than you may think

Read each question or statement below, and circle the best choice (a, b, or c).

1. How would you describe your role in ensuring your safety?
 - a. You play the most important role.
 - b. You play the least important role.
 - c. You play no role.
2. Taking ownership for safety means that you:
 - a. Make your own safety rules
 - b. Are responsible for your safety
 - c. Have to buy your own PPE
3. Continuous safety improvement is primarily driven by:
 - a. Management initiatives
 - b. Discipline for violations
 - c. Your safe behavior
4. What is the relationship between safety on the job and safety at home?
 - a. You should take your work PPE home to use around the house.
 - b. You should practice the safety precautions at home that you do at work.
 - c. There is no relationship.
5. One good way to improve safety on the job is to:
 - a. Set personal safety goals.
 - b. Compete with co-workers for safety incentives and rewards.



Answers: (1) a (2) b (3) c (4) b (5) a

Built to Last

When you stack, start at the bottom



The pyramids in Egypt have been standing for thousands of years. How come they've lasted so long? Because their builders knew how to stack. That's right. The secret of the pyramids is that all those stone blocks were stacked just right. The ancient Egyptians knew that starting with a secure, safe base was the best way to build safe and durable stacks.

Look at it this way. The base of any structure is the most important part because it has to support the entire weight of everything that goes on top of it—kind of like the foundation of a house. After all, you wouldn't want to live in a house or apartment building that wasn't built on a firm, solid foundation, would you?

The same principles apply to stacking materials at work. To make sure every stack is supported by a solid base, follow these important tips:

- r Put the big, heavy objects on the bottom.
- r Make sure the base is big enough (in terms of length and width) to support the materials that will go on top.
- r Stack evenly so that no items are sticking out, which could create a hazard for passersby and weaken your stack.
- r Use a portable rack or pallet when dealing with a particularly heavy load. This will give you a firm foundation to build on.

"The first step in the risk management process is to acknowledge the reality of risk. Denial is a common tactic that substitutes deliberate ignorance for thoughtful planning."

-Charles Tremper

Risk Assessment Love

How often do you hear from your leaders, "Make sure you do your risk assessment!" before your big task, project, class, mission, etc.? Why do you think that is?

According to DA PAM 385-30: *Army Leaders will integrate CRM and its component, mishap risk management, into all aspects of military and industrial planning, missions, development, systems, operations, equip-*

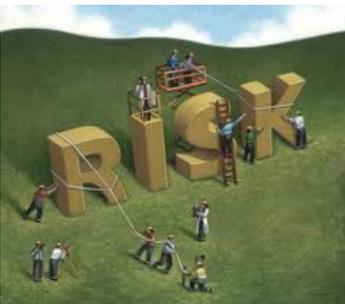
ment, procurement, testing, and processes to increase efficiency and effectiveness by eliminating or controlling adverse and risk conditions that will degrade their execution and value to the Army.

Did I lose you? Yeah I couldn't believe that all fit into one sentence!

Here's what it boils down to: Prevention. The idea of creating a plan for the purpose of

preventing injuries and loss of equipment. Being ahead of the game by knowing your risks and round-kicking them to the ground.

So next time someone asks you to conduct risk assessment, put your Chuck Norris face on and get to business. Oh and don't forget to AAR your risk assessment.



If you or someone you know is in crisis, please call:

1-877-885-HOPE (4673)
Nevada Suicide Prevention
Hotline
Or
1-800-273-TALK (8255)
National Suicide Preven-
tion Lifeline

NV ARNG State Chaplain
MAJ Harold Woomer
Office: (775) 887-7249
Cell: (775) 291-7705



If you have any suggestions or contributions for the next Quarterly Safety Newsletter, please contact SSG Rachel Mira at 775-972-2731 or at rachel.mira@us.army.mil. Thanks!



*From the Safety Office, we wish you all a
Fantastic, safe Christmas
and a Happy New Year.
Here's to another successful year!*

What did Fluffy eat!?

Despite our best merry-making intentions, the holidays can be stressful for the whole family, including our furry friends.

Here are some top holiday dangers that bring some pets to the emergency room:

1. **Trash.** This is probably a no brainer, but during the busy time of the year when unaware company can throw off family routines, a pet is more likely to get into the trash.
2. **Unusual foods.** Overindulging your pet with fatty treats, like gravy or turkey, can cause upset stomach or pancreatitis. Of course chocolates are a no-no.

3. **Decorations.** You'd think that cats and Christmas lights go quite well together when they are in reality a nightmare (Think of the movie, "Christmas Vacation")! Curious creatures are likely to swallow these enticements.

4. **Alcohol.** Leaving cups of holiday cheer where dogs can reach them are a no go at this station. Pets are not accustomed to drinking alcohol, and too much consumption can find their dogs in a coma.

5. **Plants.** Poinsettias, amaryllis lilies, red azaleas, and paper whites are the most common holiday plants to have around the house. Just keep em' away from the cats.

6. **Presents.** If you have packages filled with various treats that tempt your dog's olfactory senses, don't leave them out while your dog is alone at home.

7. **Christmas Tree Water.** If you treat your tree's water bowl with chemicals meant to extend freshness, be sure it is safe for pets who might want to drink it.

For more info or to read more of this article please go to: <http://www.pawnation.com/2010/11/24/10-holiday-season-pet-dangers/>

