

The Safety Evening Post



SUMMER WOOT!

Got Awareness? By SSG Rachel Mira

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The U.S. Army Combat Readiness/Safety Center stands ready to support you this summer in a collective mission to safeguard our most precious resource, our Soldiers, and, in doing so, keep our team Army Strong.

safety.army.mil offers posters, videos, and featured articles on several summer safety topics including grilling, food preparations, travel, swimming, and ATV safety. Please provide these topics to your troops, family members, and civilians as they enjoy their off time.

Now that summer is here, all the outdoor activities are right at our fingertips. I know myself I like to partake in floating down the Truckee River with my buddies, camping out at Topaz Lake, the all-you-can-eat sushi excursions, and other cool stuff that makes our state amazing. Of course there's always the rigorous Annual Training and our warm weekend drills.

Along with those activities, I always have safety in the back of my mind. Safety is one of those words that is shunned upon in our society (Especially at work, when people give me the evil stink eye). So I'll replace the word "safety" with "awareness". Awareness of my surroundings. Awareness of the hazards that I face (Whether it is at work or at home). Awareness of looking

ahead and having a plan B.

Even when I'm not working as a safety specialist I'll still put my "awareness" hat on. It's one of those thought processes that's ingrained in me. I don't know if it's because I am a natural nerd (Don't make fun of me), or because of the job that I do, but overtime I've developed this 6th sense of self-awareness.

I encourage not only you as an individual but also as a soldier to develop a self-awareness in your own life. Challenge yourself to think about what you are doing before you actually do it. Take the time to plan out and strategize your activity, your day, and your weekend. You'd be surprised the thoughts that you come up with. Heck you might even be creative when you

develop your own self awareness. If you have family, take the time to talk to your spouse and your kids about safety and awareness. Do you have plans on going camping? How about that pilgrimage to Disneyland? Include everyone in the planning process to develop an idea of what your family is going to expect, rather than leaving them in the dark. It keeps everyone on the same wave length when it comes to planning ahead and *ahem* awareness of what's going on.

Leaders, keep your soldiers informed. Give them the awareness they deserve. Make sure your troops know what to expect when the unexpected happens.

I hope everyone has a fantastic and blessed summer. Have fun!



“Chuck Norris once won an underwater breathing contest with a fish.”

“When Chuck Norris does push-ups, he doesn’t push himself up, he pushes the world down.”

“Chuck Norris can set ants on fire with a magnifying glass. At night.”

Water Emergency: KNOW & RECOGNIZE A DROWNING!

***Know how to recognize an emergency.**

Many emergencies can happen quickly and silently.

***Know how to tell if a swimmer is in distress or is drowning.**

A distressed swimmer or drowning victim needs help immediately!

A swimmer in distress may still try to swim but makes little or no forward progress. If not helped, a swimmer in distress will soon become a drowning victim.

An active drowning victim may be vertical in the water but unable to move forward or tread water. An active drowning victim may try to press down with the arms at the side in an instinctive attempt to keep the head above the water.

A passive drowning victim is motionless and floating face down on the bottom or near the surface

Do not assume that a swimmer in distress is joking or playing around.

***Know how to respond to an aquatic emergency.**

If someone is missing, check the water first.

Reach or throw, don’t go.

Know how and when to call 9-1-1 or the local emergency number.

Enroll in Red Cross water safety, first aid and CPR courses to learn what to do.

***Have the right equipment.**

Have reaching and throwing equipment on hand, such as ring buoys or reaching poles, or even a water jug tied to a rope or a broom.

Whenever boating or near water, even if you don’t expect to go in, always have U.S. Coast Guard-approved life jackets available. Life jackets should be the proper size for each individual and in good condition.

Have cell phones or portable phones nearby to help ensure that you can quickly call 9-1-1 in the event of

Have a well-stocked first aid kit on hand. Ensure that you know how to use the equipment and that expiration dates have not passed.

How to Get Sand out of your eye

Things You'll Need

- Eye cup or drinking cup
- Water (bottled and tap)
- Antibacterial soap

1. Wash your hands using soap. Clean the inside of an eye cup or a plain drinking cup using antibacterial soap. Rinse very thoroughly to remove all traces of the soap.

2. Fill the cup to the brim with room-temperature water. Bottled water is ideal, but if this is not available, allow the tap

to run for a full minute before filling the cup (to avoid using water containing particles as a result of sitting in the pipes for an extended period of time).

3. Place the water-filled cup on a flat surface. Lower your face over the cup, immersing your affected eye inside the water.

4. Blink your eye while it's immersed in the water to help flush away the sand particles. It usually

takes 10 to 20 seconds of flushing to remove all sand particles, but you may flush the eyes for up to 15 minutes.

5. Monitor for signs of eye infection for 48 hours after the sand is removed from your eyes. Any time a foreign object comes in contact with the eyes, there is a chance that an infection will develop. Signs of an infection include redness, swelling, pain/discomfort and eye discharge.





Crush: Okay. Squirt here will now give you a rundown of proper exiting technique.

Squirt: Good afternoon. We're gonna have a great jump today! Okay, first crank a hard cutback as you hit the wall. There's a screaming bottom curve, so watch out. Remember: rip it, roll it, and punch it.

Marlin: It's like he's trying to speak to me, I know it.

Marlin: [to Squirt] Look, you're really cute, but I can't understand what you're saying. Say the first thing again.

From the Disney movie, "Finding Nemo"



Extreme sports: Not your daddy's games

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Football, baseball, basketball OR sky surfing, hang gliding and BASE jumping?

Your choice probably reveals your age, because your parents may not even recognize the second group. The first group is 'old' sports; the others are extreme sports, described as those activities having inherent danger, which often involves speed, height, a high level of physical exertion, highly specialized gear or a spectacular stunt.

The list of these types of sports continues to grow. For example:

A recent news release on www.prweb.com claimed: 'Extreme-Sport Jumping Stilts Now Go Higher with More Safety,' and claimed: 'Running up to 20 mph? Jumping 3-5 meters in the air? You may think this isn't possible, but we think otherwise. Find out how some have made this a reality!'

Stilts?
Get the picture here?

Athletes who want to bounce 12-15 feet into the air on stilts aren't your average person. Don't look for them at a flag football game.

Thanks to the popularity of the X Games and other events, the number of Soldiers and Family members involved with extreme sports has increased, along with safety warnings from medical organizations.

The American Academy of Orthopedic Surgeons advises caution because they say tricks and flips at high speed bring a high chance of injury for participants.

"Children watch extreme sporting events on television and they think flying through the air on a snowboard looks easy," says Dr. George Russell, spokesperson for the AAOS. "They do not see all the practice it takes to do that- and they don't see how often extreme athletes get injured while learning their stunts."

The academy offers the following tips to help prevent injuries from extreme sports:

- Do not try to imitate stunts seen in televised events. The

people in those events are professional athletes with years of training. If you have children who watch these events, make sure they understand the difference.

- Never participate in extreme sports alone. Many extreme sports enthusiasts have a coach or responsible party overseeing any activity. Have a partner who can assist you or can go for help if you get injured.

- Wear appropriate protective gear, including helmets, gloves and padding, and make sure equipment is in good working order and used properly.

- Take frequent water breaks to prevent dehydration and overheating.

- Avoid participating in any sport when experiencing pain or exhaustion.

- When falling, try to fall on your side or buttocks. Roll over naturally, turning your head in the direction of the roll.

- Pay attention to the weather.



Captain Steven Hiller:

"Y'know, this was supposed to be my weekend off, but noooo. You got me out here draggin' your heavy a** through the burnin' desert with your dreadlocks stickin' out the back of my parachute. You gotta come down here with an attitude, actin' all big and bad...and what the hell is that smell? I could've been at a barbecue!"

-From the movie, "Independence Day"



Inaction Can be Unsafe, Too

Just think of what could happen if you didn't...

When you think about safety, you probably think about all the things you're *supposed* to do. In safety meetings you often hear about unsafe acts and risky behavior. But sometimes it's failure to act that can get you or a co-worker in trouble. For example:

~ Imagine what could happen if you failed to report a leaking chemical container. Hazardous vapors could fill the air in dan-

gerous concentrations and start a fire, cause an explosion, or make co-workers sick.

~ What if you didn't bother to wear required PPE, like a hard hat in an area where heavy objects could fall from above? Something could come smashing down on your head and cause a serious, perhaps fatal, brain injury.

~ Or just think what could happen if you saw a co-worker doing something risky and failed to talk to him or her about it.

That person could be involved in an accident and be badly hurt. How would you feel then, knowing you might have been able to prevent the accident if only you'd spoken up?

~ Here's another one. You fail to inspect a piece of equipment before using it, and it turns out that there is something wrong with it—something you could easily have spotted if you'd taken a couple of minutes to look. You'd be kicking yourself if you got hurt.

KEEP ON TOP OF CHANGES

Even though your job might be pretty much the same from day to day, there are still changes over time that could affect your safety. For example:

- New procedures may be introduced.
- New equipment may be installed or old equipment may be upgraded.
- New employees may join the work team, and some of them may be inexperienced or

lack knowledge about safety hazards and required precautions.

- New chemicals or materials may be used in your work area.

In addition, over the course of a workday, combustible trash or scrap may build up and cause a fire hazard. Or a co-worker might leave tools or other items lying around that create a tripping hazard.

Someone might spill something and fail to clean it up. You could come along and slip.

Just because a hazard wasn't there yesterday or an hour ago doesn't mean it isn't there now. Keep your eyes open! And be especially careful in other parts of the facility where you might not be as familiar with hazards as you are in your own work area.

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 Prevention
Lifeline

NV ARNG State Chaplain
CPT Harold Woomer
Office: (775) 887-7249



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!

**Don't
be
that
guy...**



**...EPIC
FAIL!**

How to Cook Meat Safely

1. Refrigerate fresh meat within 2 hours of buying it. Meat left at room temperature for too long will spoil.
2. Plan to cook meat soon after you buy it. Whole pieces of beef, lamb or veal will stay fresh in a refrigerator for three to five days, but ground meat will only last two days.
3. Cook whole pieces of meat, like beef, veal, lamb steaks or chops, to at least 145°F (medium rare) in order to kill surface bacteria. While medium rare is the minimum cooking requirement, you might prefer your meat medium (160 degrees F) or even well done (170 degrees F).
4. Make sure ground meat reaches a minimum of 160 degrees F. When meat is ground, surface bacteria can be spread throughout the meat so it is not safe to serve hamburgers or meat loaf underdone.
5. Use a meat thermometer to check if the cooking meat has reached a safe temperature. Be sure to insert the thermometer into the thickest part of the meat.
6. Keep cooked meat at 140 degrees F before you serve it and put it in the refrigerator within two hours.
7. Throw out refrigerated leftovers after four days.