

Nevada State Safety Office

The Safety Evening Post

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Personal Travel Safety Tips

Take care of yourself while taking care of business

Be extra cautious and alert when traveling on business. You are more vulnerable to crime when traveling than when you are on home ground, so take precautions to protect your personal safety from threats such as theft, mugging, assaults, and other criminal acts. For example, check in daily with your supervisor. Also leave a copy of your itinerary with family or friends. And bring traveler's checks and a credit card but leave valuables at home.

If you're flying:

- Book a nonstop flight and arrive at the airport early.
- Pack light and stow medicines in your carry-on bag.
- Leave valuables at home whenever possible, and never leave baggage or personal items unattended.
- Keep purses, wallets, and other valuables secure, and be alert to what's going on around you.
- Report any suspicious individuals or activities and unattended luggage to terminal security.
- After check-in at the airport, go directly to your gate, where you will be more secure.
- Keep an eye on your bags as you pass through the security check.

If you're driving:

- Know your travel route and make sure your vehicle is in good condition.
- Keep doors locked while driving, and lock up when you leave your vehicle.
- Wear your seat belt and drive defensively.
- Avoid suspicious-looking people, and never pick up hitchhikers.
- Park close to your destination as much as possible in a well-lit, visible spot.
- When returning to a parked car, have keys ready and glance around to make sure it's safe. Once inside, lock doors.

If you're in an unfamiliar city:

- Stay with the crowd on well-lit streets, and walk with someone when possible.
- Walk briskly and confidently and keep alert to your surroundings.
- Avoid shortcuts through parks, pedestrian tunnels, or alleys.
- Have the fare for public transportation ready so that you don't have to take out your wallet.
- Avoid entering an empty subway car, and sit near the driver on a bus at night.



Exercise Excuses May is National Physical Fitness and Sports Month



Here are five exercise excuses along with possible solutions from the Weight-control Information Network (WIN), an information service of the National Institutes of Health:

I don't have time.

Give exercise the same priority you give brushing your teeth. Schedule active chores every day.

*Make family time active with walks, ball games, and bike rides.

I'm too tired at the end of the day.

*Incorporate exercise into your day by taking the stairs.
* Find another time to exercise.

It's boring.

*Find activities you like.
*Make it social.
Plan activities with friends.

It's expensive.

*Choose free exercise, such as gardening or walking.
*Look for discounts, such as gym membership specials.

No one I know exercises.

*Lead by example.

Consult with your health professional before beginning an exercise program.

"The future mind saves the behind..."

Automated External Defibrillators (AEDs)



Sudden cardiac arrest (SCA) is responsible for more than 300,000 deaths every year in the United States. Prompt treatment with an AED to restart the heart can save many lives. AEDs are available for less than \$2,000, and as a result, most ambulances and first-response vehicles are now equipped with AEDs. Increasingly, AEDs are also located in public places and many workplaces.

SCA occurs when ventricular fibrillation (VF) takes place or when the heart stops beating altogether.

Causes include heart attack, electrocution, and asphyxiation (loss of consciousness and death caused by inadequate oxygen in the work environment, such as in a confined space).

Most often cardiac arrest is due to VF, the uncoordinated beating of the heart, which can be restored to a normal rhythm if treated early with electric shock (defibrillation). The sooner defibrillation is started, the more likely the victim will survive. The optimum time for defibrillation is 3 to 5 minutes after the onset of

the cardiac arrest. Even with an AED at hand, emergency personnel should be called immediately—follow-up treatment at a medical facility will be required.

AEDs are computerized medical devices that can check a person's heart rhythm. They can recognize a rhythm that requires a shock and advise the rescuer when a shock is needed. The AED uses voice prompts, lights, and text messages to instruct the rescuer. Users should complete a short training program on the AED.

What causes Accidents?

Know so you can avoid!

- Most careless accidents can be pinned down to one of these causes:
- Complacency. When you have been doing a job for a long time, you may begin to think that you know all there is to know about it. So you go around on autopilot. Or you take shortcuts.
- Emotions. It's human nature to get angry or upset because of things happening at home, because of an incident with a co-worker on the job, or even because some-

one cut you off on the way to work. These are all understandable emotions, but they can distract you from your work and make you careless.

- Fatigue. When you are tired, your physical and mental reactions are slower. You have trouble paying attention and remembering what to do. Of course, you can't always prevent being tired, but you can be aware of fatigue and how it can affect your performance. And this awareness can prompt you to slow down, get help, or

switch to a task that doesn't require as much precision or caution.

- Lack of Knowledge. Do you give only half your attention to training? Do you think it's not very important? These are dangerous attitudes that can lead to accidents.
- Recklessness. Do you think you know it all? Or do you sometimes not care what you know-or what you do? Would you rather show off and slack off than work? If so, you put yourself and your co-workers at risk.



“Accidents don't happen on purpose.”

Free Icon MilSpec Rider's Vest & Motorcycle Training

NVARNG motorcycle riders who have registered as a rider in GKO and completed a MSF course of instruction, contact the Safety Office to get instructions for obtaining a **free Icon Mil-Spec Rider's Vest**.

Upon completion of the Basic Rider's Course, Soldiers who continue to ride a motorcycle after 12 months of riding need to attend the advanced course, which is no charge to the soldier. Prior coordination must still be made with the State Safety Office.

To register go to the provided GKO link:

https://gkoportal.ngb.army.mil/sites/G3_AVS/Safety/Ground/MST/default.aspx)



Safety Tips for Dangerous Snakes & Spiders in Nevada

Nevada is home to a diverse variety of wildlife, including a few species of venomous snakes and spiders. While the bites of these snakes and spiders may be painful, the vast majority are not fatal when treated properly. Learning about dangerous snakes and spiders in Nevada allows you to avoid encounters and minimize harm in the event of a bite.

- **Types.** The arid, rocky landscape of Nevada is an ideal habitat for reptiles such as snakes. According to the University of Nevada Cooperative Extension, only five venomous snake species have been identified in Nevada. These include the Speckled, Sidewinder, Western Diamondback, Mohave and Great Basin rattlesnakes. Three venomous spider species--including the Desert Recluse, Western Black Widow and Brown Widow--have been identified in Nevada, according to Venombyte.com.
- **Identification.** Being able to identify dangerous snakes and spiders is important for avoiding encounters and treating bites. Most Nevada rattlesnakes are between 1.5 and 4 feet in length and have

broader heads than non-venomous snakes. While rattlesnakes sometimes use their rattles when agitated, they do not always do so before striking. Among the spiders, both Brown and Black widows have an hour-glass marking on their abdomens, though it may range in color from yellow to red depending on the species. The Desert Recluse is yellow to tan in color and lacks the violin pattern seen on the Brown Recluse spider. All recluse species have six eyes instead of eight like most other spiders. Eyes are grouped in three separate pairs across the head instead of rows of four, further distinguishing the recluse from other U.S. spiders.

- **Preventing Bites.** Avoiding contact with venomous spiders and snakes is the best prevention against bites. When venturing into the outdoors, stay on designated trails while avoiding dark, secluded spots such as bushes and rocks where snakes dwell. Wearing thick protective boots and carrying a walking stick may offer further protection

in the event of a snake encounter. If you come into contact with a snake, avoid shooting it away or making other sudden moves toward it. Always take a buddy with you when camping or engaging in other outdoor activities where snakes could be lurking. To prevent spider bites, avoid disturbing spider webs and shake out old blankets and other stored items before use.

- **Treatment.** If you've been bitten by a venomous spider or snake, seek immediate medical attention. Instead of attempting first aid, call for help or drive to the nearest hospital to obtain treatment. Only attempt to identify the snake or spider if you can do so quickly and without risking further injury. When used correctly, a snake bite kit may offer increased protection against snake venom, though more research is needed in this area.

This article was written by Tracii Hanes on May 10, 2011 for eHow. Reference: http://www.ehow.com/info_8393570_safety-dangerous-snakes-spiders-nevada.html



"The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it."
-Albert Einstein



ATV Safety Gear

Each and every year, emergency rooms in the United States treat many thousands of ATV-related injuries, some of which result in fatalities. Many of these injuries and deaths could be reduced or prevented all together if only the rider adhered to some simple safety guidelines: read the ATV's operation manual, sign up for a training program, never allow children on adult an ATV, don't ride tandem, do not ride on pavement or operate an ATV under the influence. Finally, one of the most important elements of ATV safety is wearing the proper protective gear.

Helmets. Wearing a helmet is absolutely necessary whenever operating an ATV. Helmets come in many styles and sizes, but must be designed for ATV use. Helmets that are made for skateboarding, bicycling or rollerblading do not offer adequate face protection, nor are they capable of absorbing the same amount of energy as an ATV helmet. Purchase a helmet that has a label of approval from any or all of the following: the Snell Memorial Foundation,

the Department of Transportation, and/or the American National Standards Institute.

Eye Protection. If your helmet is not equipped with a proper face shield, you will need to purchase a pair of appropriate goggles. The right goggles will protect your eyes from debris such as dirt and rocks, insects, twigs and mud or water. Again, there are many goggles on the market. Look for those that are approved by the major safety agencies. There are also goggles specifically designed for those who must wear prescription eyeglasses.

Body Protection. Proper safety gear also includes wearing a long-sleeve shirt, long pants, gloves and boots. A long-sleeve shirt and long pants will help prevent many cuts and abrasions that may result from riding through brush or in the event of a crash. Serious riders should invest in pants and shirts, padded at the elbows and knees, that are manufactured specifically for operators of off-road vehicles.

Gloves are another important part of ATV safety. The

proper glove will not only offer protection from scratches and cold weather, but prevent fatigue caused by vibration. Once again, there are gloves on the market made solely for the purpose of operating all terrain vehicles.

Last, an over-the-ankle boot with a heel is recommended for operators of ATVs. A boot that goes over the ankle will help reduce the risk of ankle sprains or breaks, while a heel prevents your feet from slipping on the foot pegs. Work or motorcycle boots are good alternatives if you don't wish to purchase actual ATV or Motocross boots.

Serious riders, or those interested in racing, may also wish to look into chest, arm and leg guards, as well as a kidney belt.

Article by Arthur Barnhouse for ehow, April 3, 2012: http://www.ehow.com/list_5755274_atv-safety-gear.html



AR385-10 (11-9)

Motorcycle and all-terrain vehicle rider protection. Commanders will ensure that all individuals covered by this regulation and all persons at any time on an Army installation wear the following PPE while riding motorcycles and ATVs. Commanders are highly discouraged from adding PPE requirements at the local level.

For personnel riding motorcycles and ATVs in the United States, helmets shall be certified to meet DOT Federal Motor Vehicle Safety Standard No. 218, United Nations Economic Commission for Europe Standard 22-05, British Standard 6658, or Snell Standard M2005 in accordance with DODI 6055.04, April 20, 2009, references (v), (w), (x), and (y).



A picture is worth a thousand words...



**Business travel safety tip:
Travel with others when possible.**



Harmonizing hazardous substances.

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



Plug ALL electrical power strips into the wall outlet, NOT into an-

