



The Safety Evening Post

SUBSTANCE ABUSE AND SAFETY

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Ground Risk Assessment Tool (GRAT) was developed to augment the Composite Risk Management (CRM) planning and decision-making process. It assists in the identification, assessment and control of hazards associated with specified missions or tasks. Consisting of five integral parts, it provides the user with an automated CRM worksheet (DA Form 7566) that can be updated, saved and emailed.

To use GRAT, log onto safety.army.mil and click on the GRAT logo. You will be asked for your AKO or CAC card info.

September is **National Alcohol and Drug Addiction Recovery Month**.

Why are we talking about drugs and alcohol? Because the majority of Americans abusing drugs, alcohol, or both are employed. And their abuse problem almost always causes a *safety* problem.

People working under the influence of drugs or alcohol are three times more likely to have accidents. And they may not be the only ones hurt. Co-workers are often injured as a result of someone else's substance abuse on the job.

Think about these facts:

~Some 6.5 percent of full-time and 8.6 percent of part-time workers are current illegal drug users.

~Alcohol is the most widely abused drug among working adults. An estimated 6.2 percent of adults working full time are heavy drinkers.

~Of 12.4 million heavy drinkers, 30.5 percent are also current illegal drug users.

~More than 60 percent of working Americans know someone who has reported for work under the influence of alcohol or drugs.

~Up to 40 percent of workplace fatalities and 47 percent of injuries are linked to substance abuse.

There's no time like the present to take action if you or someone you know has an addiction problem. Awareness of the problem and of the treatment options is the first step to a healthier, safer life. The next step is getting help. And there's help just a phone call away for anyone who wants it.



Safety Is Everyone's Job

We can't be safe without you!

For us to achieve a safe workplace, management has to ensure that we comply with government regulations. Supervisors have to explain safety procedures, check for hazards, and train employees. And you have responsibilities, too.

At a basic level, you need to:

- Follow required job procedures.
- Wear appropriate PPE.
- Keep your work area clean.
- Use tools and equipment safely.

Beyond your particular job, your participation in a safe workplace involves:

- Reporting unsafe conditions and other hazards
- Obeying warning signs and other safety directions
- Reporting accidents and near misses
- Cooperating in accident investigations and safety audits

Your contribution to workplace safety also involves these important activities:

- Looking for ways to make the work and the workplace safer
- Participating in safety training and asking questions
- Making safe decisions every day
- Helping co-workers perform their jobs safely

CW2 Malley, SSG Mira, and SPC Meterer are always looking for ways to make Ne-va-duh National Guard a safer workplace while getting the mission done! If you can tell us in at least 150 words or less your idea(s) of a safer workplace, email SSG Mira at ra-chel.mira@us.army.mil. Best answer gets something wicked sweet.

Google won't search for Chuck Norris because it knows you don't find Chuck Norris, he finds you.



Upcoming events in NORTHERN Ne-va-duh:

If you live in the Reno/Tahoe/Carson City area, you already know August and September are busy months filled with lots of activities.

If you are planning to take your family or friends to any of these events, always have situational awareness, a DD (If drinking is involved), and staying safe while having fun!

-Aug 17-21: World Science Fiction Convention 2011

-Aug 19-21: Reno Greek Festival

-Aug 29-Sep 5: Burning Man

-Aug 31-Sep 5: Nugget Best in the West Rib Cook-Off

-Sep 9-Sep 11: The Great Reno Balloon Race

-Sep 9-Sep 11: Virginia City International Camel Races

-Sep 14-Sep 18: National Championship Air Races 2011

-Sep 21-Sep 25: Street Vibrations Fall Rally

Oct 1-Oct 2: Virginia City Outhouse Races

Oct 8-Oct 9: The Great Italian Festival

Think Before You Drink



Although the effects of alcohol vary, the following chart of Blood Alcohol Concentration (BAC) and intoxication levels from the University of Indiana shows the general pattern.

0.02-0.03 BAC: No loss of coordination, slight euphoria, and loss of shyness.

0.04-0.06: Feeling of well being, relaxation, lower inhibitions, sensation of warmth. Some minor impairment of reasoning and memory, lowering of caution.

0.07-0.09: Slight impairment of balance, speech, vision, reaction time, and hearing. Judgment and self-control are reduced, and caution, reason, and memory are impaired.

0.10 (legally intoxicated)-0.125: Significant impairment of motor coordination and loss of good judgment. Speech may be slurred; balance, vision, reaction time, and hearing will be impaired.

0.13-0.15: Gross motor impairment and lack of physical control. Blurred vision and major loss of balance.

Euphoria is reduced and anxiety and restlessness are beginning to appear.

0.16-0.20: Anxiety and restlessness predominate, nausea may appear. The drinker has the appearance of a "sloppy drunk."

0.25: Needs assistance in walking; total mental confusion.

0.30: Loss of consciousness.

0.40 and up: Onset of coma, possible death due to respiratory arrest.

PREVENT COMPUTER STRAIN

If you spend a lot of time on a computer at work or at home, make these adjustments to prevent strain and pain:

- * The **monitor** should be in front of you, about arm's length away, and positioned so that your eyes are aligned with a point 2 to 3 inches below the top of the screen.
- * The **keyboard** should be positioned so that your wrists remain in line with your forearms and not angled up or down or turned in or out.
- * The **mouse** should be positioned so that you can keep your elbow close to your body, with your mouse hand just above elbow level.



*1f y0u @4n @34d
7h15, y0u
@34||y n33d 70
637 h3|9!*





"I enjoy having breakfast in bed. I like waking up to the smell of bacon, sue me. And since I don't have a butler, I have to do it myself. So, most nights before I go to bed, I will lay six strips of bacon out on my George Foreman grill. Then I go to sleep. When I wake up, I plug in the grill. I go back to sleep again. Then I wake up to the smell of crackling bacon. It is delicious, it's good for me, it's the perfect way to start the day."

-Michael Scott from the TV Series, "The Office"



Safety Abbreviations

Match the letters to the definition

When it comes to workplace safety, you have to be familiar with an alphabet soup of important abbreviations. For example, OSHA stands for the Occupational Safety and Health Administration. How many other safety-related abbreviations can you identify? Write the letter of the appropriate definition in the right column on the line before each abbreviation in the left column.

- | | | |
|-----------|------|---|
| 1. _____ | PPE | A. Musculoskeletal disorder |
| 2. _____ | MSDS | B. American Natl Standards Institute |
| 3. _____ | dB | C. Degrees Fahrenheit |
| 4. _____ | MSD | D. Multipurpose fire extinguisher |
| 5. _____ | IDLH | E. Lockout/tagout |
| 6. _____ | ANSI | F. Decibel |
| 7. _____ | PEL | G. Pounds per square inch |
| 8. _____ | psi | H. Personal protective equipment |
| 9. _____ | F | I. Cardiopulmonary resuscitation |
| 10. _____ | LOTO | J. Immediately dangerous to life and health |
| 11. _____ | CPR | K. Permissible exposure limit |
| 12. _____ | ABC | L. Material safety data sheet |

Answers:
 (1) H (2) L (3) F (4) A (5) J (6) B (7) K (8) G (9) C (10) E (11) I (12) D

Yard Work Injuries

Every year hundreds of thousands of people are injured using lawn mowers, and the injuries are often serious. To prevent injuries:

- Wear sturdy shoes.
- Use eye protection to shield eyes from dust and flying debris.
- Survey the area before you mow for rocks, sticks, toys, and other items that can become dangerous

missiles when thrown by your mower blade.

-Keep children and pets well clear when mowing.

-Allow the motor to cool before refueling.

Yard work often involves digging, raking, hoeing, and handling bulky materials such as bagged fertilizers, wood chips, and big, heavy bags of garden refuse. Take precautions to

prevent back injuries by using the same safe lifting techniques you use on the job.

Also be careful when using pesticides, weed killers, and other chemicals. Keep them in their original containers, well out of reach of children. Follow directions for mixing, application, and required personal protective equipment.

Don't be that guy...

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

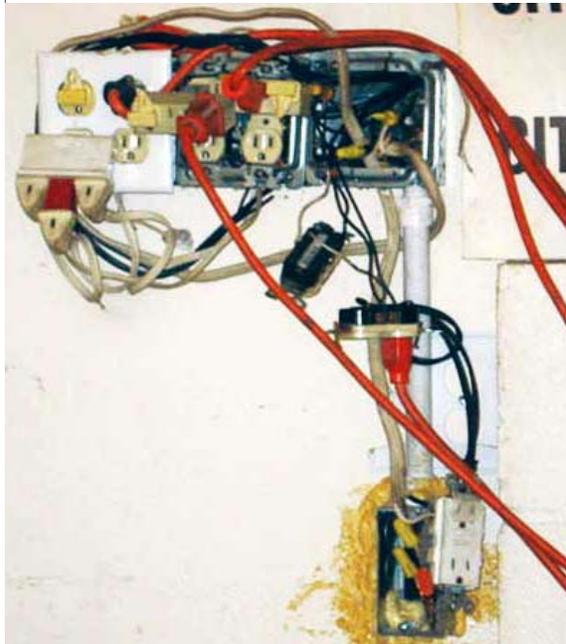
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If you have any
suggestions or
contributions for
the next Quar-
terly Safety
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Thanks!



...EPIC FAIL!

How To Focus When You're Upset

1. Free the body and mind with exercise to experience a boost of endorphins, the neurotransmitters that mimic the uplifting effect of drugs like opium and morphine, according to the American Cancer Society. Engage in gentler forms of exercise, such as yoga, massage and meditation, or power up the heart rate with running, cycling and aerobics.

2. Do not suppress your anger, as that will only fuel its continuation, according to the American Psychological Association. Redirect anger by focusing on someone else's needs --

- volunteer at a local non-profit organization, help a neighbor or assemble a care package for an overseas soldier.

3. Indulge yourself --- if you can afford some time before a work deadline or before your family's dinner preparations. Feel the tension melt away as you enjoy a long bubble bath, go on a motorcycle ride, do some window shopping or hit a few balls at the local golf range or batting cage.

4. Borrow a friend's shoulder to explain the situation and ask for some impartial insight. Notice how much better you feel and more clearly your thoughts flow

after allowing all that frustration to escape. Follow up by rejuvenating yourself and resting; sleep's restorative properties provide the clarity your brain needs to get refocused.

5. Utilize the best medicine of all --- laughter. Head to a local comedy club or watch a favorite movie for the tenth time to relieve tension and bring about a general sense of happiness that is due, in large part, to the chemical release of endorphins, according to the American Cancer Society.