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**Reminder!**  
**Don't forget to complete your Composite Risk Management Training and your Army Accident Avoidance Course!**

## Summer Safety Message from the Nevada State Safety Office

As summer is now upon us once again, it is imperative that Commanders and Leaders at all levels remain safety conscious while travelling to and from and attending annual training. The following are simple, duty specific safety reminders.

**Commanders and Leaders:** Enforce standards and hold Soldiers accountable. Ensure Composite Risk Management is completed as a part of the planning process and implemented during training execution. Ensure unit safety briefings are being completed at the lowest levels prior to training event execution.

**NCO's:** Train your units to standard and ensure PCCs and PCIs are being accomplished. Enforce the battle buddy system and ensure Soldiers are looking out for each other. Ensure PMCS are being completed and documented. Follow published work-rest cycles based on heat category.

**Soldiers:** Learn from your NCO's knowledge and experience. Listen to them and hear what they are saying. Take care of and look out for each other, both on and off duty. Use your issued PPE during mission and training events. Avoid taking short cuts and perform every assigned duty to the standard. Remain safety minded.

Here are some simple on- and off-duty summer safety tips:

**DO:**  
 -Wear seatbelts and obey posted speed limit--Wear bicycle/motorcycle/skateboard/ATV helmets, reflective gear, and PPE.

- Wear sunscreen (minimum SPF of 30) and limit prolonged sun exposure to exposed skin.
- Wash and/or sanitize hands after using latrine, and before preparing or consuming food.
- Maintain adequate hydration.
- Ensure pets have water when outside and provide them shade.
- Wear life vests when boating or jet-skiing.
- Wear insect repellent with DEET, and check for tick bites at least daily as needed.
- Leave fireworks to the professionals.
- Wear eye and hearing protection, and sturdy footwear when operating lawn mowers or equipment.
- Plan travel and driving routes ahead of time.
- Only build campfires/bonfires in approved areas and keep pets and small children at a distance.
- Instruct young children to use the "buddy system" when riding bicycles or playing in the neighborhood.

**DO NOT:**

- Drink and drive or operate motorcycles, watercraft, ATVs, or other heavy equipment.
- Drive fatigued or impaired.
- Swim alone, run on boat docks or pool decks, or allow children to swim unsupervised.
- Text and drive.
- Consume alcohol in excess.
- Allow children under 16 to operate lawn mowers or ATVs, or those under 18 to, without supervision.
- Use charcoal or propane grills indoors, in garages, or within 10 feet of a building.
- Leave pets or children in vehicles unattended.
- Disturb or attempt to play with or capture wild animals or insects.

## The State Safety Office is now on SHAREPOINT!

The NVARNG State Safety Office is pleased to introduce our very own Nevada Army National Guard Safety SharePoint Webpage\*\*\*! Our desire for this page is to assist Safety Officers, NCOS, Commanders, and all soldiers on safety.

Please be sure to make it a "Favorite" on your Internet Explorer:

<https://states.gkoportal.ng.mil/states/NV/Joint%20Staff/Safety/SitePages/Home.aspx>

Highlights include:

1. On the right side of the page are links that will help assist unit and shop safety programs (CRM Worksheets, Publications/Regulations, Radiation Safety/CECOM, Combat Readiness Center, RCAS-SOH, and more.).
2. In the middle of the page are several links also there to serve you, including motorcycle safety and Army Safety Campaigns.
3. Most importantly, on the left hand side of the page, you will find a link that says, "Nevada Safety Resource Room". This link is there for EVERYONE! Here you will find a slew of information, including sample unit SOPS, GHS Training, Unit/Shop Training, Army Safety Regulations/DA PAMS, and more.

\*\*\*Must have already registered as a user on GKO. If you haven't registered, it is very easy and quick:

1. The website to start registration is: <https://gko.ngb.army.mil/Login/welcome.aspx>
2. Click on "Register for GKO Account"
3. Follow the instructions to register with your CAC.

**Libraries**  
Site Pages  
Safety Council Brief  
Nevada Safety Resource Room

**Lists**  
Calendar  
Tasks

**Discussions**  
Team Discussion

Recycle Bin  
All Site Content

### The Nevada Army National Guard Safety Office

My goal for our SharePoint Safety is to assist each and every Safety Officer, Safety NCO, Commander, and Soldier by providing tools, training, and awareness on everything safety. Please let me know how this site can benefit YOU! Thanks! ~SSG Rachel Mira

Current Hot Documents (Please check out the Nevada Safety Resource Room for more!): [MotorcycleSafety\\_Main.jpg](#)

[OSHA Checklist.pdf](#) [Nevada Motorcycle Safety.docx](#) [Safety Audit-CIP Checklist.pdf](#)

**Helpful Links:**  
[Army Publishing Directorate \(Pubs, Regulations, etc.\)](#)  
[GKO Nevada Safety Homepage](#)  
[Ground Risk Assessment Tool \(GRAT\)](#)  
[Nevada National Guard Safety Homepage](#)  
[Occupational Safety & Health Administration \(OSHA\)](#)  
[Radiation Safety Resource Center/CECOM](#)  
[Reserve Component Automated System \(RCAS-SOH\)](#)  
[U.S. Army Safety Center/Combat Readiness Center](#)

**HAZARDS** CAN OCCUR IN OFFICE ENVIRONMENTS TOO  
AVOID THIS . . . BY AVOIDING THESE!  
IDENTIFY AIR QUALITY HAZARDS  
USE RESOURCES  
ALWAYS USE GOOD SAFETY PRACTICES

**CAUTION**  
IF YOU THINK OSHA IS A SMALL TOWN IN WISCONSIN YOU'RE IN TROUBLE

KNOW WHAT'S RIGHT  
know the signs  
DO WHAT'S RIGHT

**BATTLE BORN**  
NEVADA

**RESERVE COMPONENT AUTOMATED SYSTEM**

Contact SSG Rachel Mira to receive emails on motorcycle benefits, discounts, events, and other newsworthy items!



## Working in Hot Conditions

According to the National Institute for Occupational Safety and Health, in order to maintain a fairly constant internal temperature, the body finds ways to get rid of excess heat. This is done primarily by varying the rate and amount of blood circulation through the skin and by the release of fluid onto the skin by the sweat glands. The process of lowering body temperature requires the heart to pump more blood, and blood circulates closer to the surface of the skin so the extra heat is lost to the environment.

If heat loss from increased blood circulation is not adequate, the sweat glands kick in and shed sweat onto the surface of the skin. Evaporation of the sweat cools the skin. But when humidity is high, evaporation decreases. More blood goes to the external surface of the body, with less going to muscles, brain, and other organs. This can cause a drop in strength, an increase in fatigue, and

possibly, a change in mental condition. Hot environments give rise to an increased risk of accidents because of slippery, sweaty palms; dizziness; foggy safety glasses; and a heat-related decline in alertness. When people are overheated, they also become more irritable and angry and may be more likely to take shortcuts.

Take these precautions:

- Drink at least four 8-ounce glasses of water or about a quart per hour throughout your shift.
- Wear light, loose-fitting, breathable clothing.
- Take frequent short breaks in cool shade.
- Eat smaller meals before work activity.
- Avoid caffeine, alcohol, and large amounts of sugar.
- Check with an occupational health professional about risks associated with medications.

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*“We now have unshakable conviction that accident causes are man-made and that a manmade problem can be solved by men and women.”*

*-W.H. Cameron*

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## Own an ATV? Get Smart by getting Trained! Check out [www.atvsafety.org](http://www.atvsafety.org)

All Terrain Vehicle Riders need to follow the Golden Rules of Riding!

1. Always wear a DOT-compliant helmet, goggles, long sleeves, long pants, over-the-ankle boots, and gloves.
2. Never ride on paved roads except to cross when done safely and permitted by law-another vehicle could hit you. ATVs are designed to be operated off-highway.
3. Never ride under the influence of alcohol or drugs.
4. Never carry a passenger on a single-rider ATV, and no more than one pas-

senger and operator on an ATV specifically designed for two people.

5. Ride an ATV that's right for your age.

6. Supervise riders younger than 16; ATVs are not toys.

7. Ride only on designated trails and at a safe speed.

8. Take a hands-on ATV RiderCourse and the free online e-course offered on <http://www.atvsafety.org/> or 800-887-2887 (Call to locate the ATV RiderCourse nearest you).



## Tips for Safe Summer Celebrations

**Be a safe swimmer.** Water sports and fireworks are two of the biggest pastimes for Fourth of July celebrations, and these are both linked to numerous deaths and injuries each year. Never swim alone, and make sure that kids' water play is adequately supervised at all times. Many drownings occur when parents and other adults are nearby, so always have a designated chaperone for water play and don't assume that others are watching the kids. Statistics show that most young children who drown in pools have been out of sight for less than five minutes.

**Cover food and beverages outdoors** to discourage bees and wasps from attending your party. If someone is allergic to insect stings, you should have an emergency anaphylaxis kit on hand. Wearing shoes, long sleeves, and long pants outdoors and avoiding fragranced body products, bright colors, and sugary drinks can also help prevent bee stings.

**Apply sunscreen** both before and during an outdoor party. Ultraviolet rays from the sun can cause both premature aging and skin cancer in the long term, and a painful burn the next day. Even those with darker skin should use a sunscreen with a minimum sun protection factor (SPF) of 15, according to recommendations from the American Academy of Dermatology.

**Keep children away from campfires and grills.** Gas leaks, blocked tubes, and overfilled propane tanks can be a cause of grill fires and explosions.

**Don't leave the picnic spread out all day.** Allowing food to sit in outdoor temperatures can invite food borne illness. The U.S. FDA suggests never leaving food out for more than one hour when the temperature is above 90 F and not more than two hours at other times. Foods that need to be kept cold should be placed in a cooler with plenty of ice or freezing packs and held at a maximum temperature of 40 F. While mayonnaise and other egg dishes are often associated with food poisoning, any food can potentially become contaminated. Adequate hand washing and food preparation can also help prevent food poisoning.

## Battle Born Motorcycle Safety Group!

To provide better communication and possible incentives for our Nevada Motorcycle Riders/Soldiers, the Safety Office is forming a communication group that will cater to Nevada Army Guard Soldiers who ride a motorcycle. Riders will receive information on benefits, discounts, upcoming events, and newsworthy items related to motorcycles/sport bikes/dirt bikes/cruisers.

If you know of soldiers who ride and can benefit from these types of emails, please contact SSG Rachel Mira with their information so they too can receive NVARNG motorcycle information. If soldiers stop riding or do not wish to receive these type of informative emails, you can always send a request to SSG Mira and they will be taken off the email list.



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*“It is better to lose  
one minute of life  
than to lose life in  
a minute”*

*-Unknown*

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*Safety in our State!*

## Own a boat? Take the Official Boater Safety Education Course!

Get your Nevada Boater Education Certificate in 4 Easy Steps!

1. Visit <http://www.boat-ed.com/nevada/>

2. **Study and Pass the Nevada Boater Safety Course.** Study the free online course material. After completing the course, you'll take the Nevada Certification Exam. (If you don't pass on the first try, don't worry. Keep taking the exam for free until you pass.)

3. **Pay and Print Your Temporary Certificate.** After passing and paying the \$29.50 course fee, you'll instantly print out a temporary certificate, which is your temporary oper-

ating permit to operate legally on Nevada waters while you wait for your permanent card to arrive.

4. **Receive Your Boater Education Card in the Mail.** Your lifetime Nevada Boater Education Certificate will arrive by mail in 8-10 business days. (Use your Temporary Boater Education Certificate to get on the water immediately after passing the course and until your permanent card arrives.)

**Note:** All persons born on or after January 1, 1983, operating a boat over 15hp or personal watercraft on interstate waters needs this card!



## 30th Annual Carson City National Night Out!

The Carson City Sheriff's Office and the National Association of Town Watch will co-sponsor the 30th Annual National Night Out crime and drug prevention event on Tuesday, August 6th at Mills Park from 5-8pm.

The 2012 National Night Out Report advised that over 15,704 communities from all 50 states, U.S. territories, Canadian cities, and military bases worldwide participated serving an estimated 37.5 million people.

The Carson City National Night Out is the largest crime and drug prevention event in our nation. Last year Carson City Sheriff's Office continued to ex-

perience growth. We had over 154 exhibits and served an estimated 8,000+ citizens. We received national recognition as our event was ranked 6th in the nation in our category.

The purpose of National Night Out is to heighten crime and drug prevention awareness, community safety, emergency preparedness, generate support for and participation in, local anti-crime programs and strengthen neighborhood spirit and police-community partnerships.

**The State Safety Office will have their very own booth. Come by and try out our Fatal Vision "drunk" goggles and pick up some safety swag! Stop by and say hi!**



# Before Emergency Strikes

From the McReady Oklahoma Grassroots Initiative Group



*It is important to know how to be prepared before an emergency occurs.*

Developing a family emergency plan and assembling a disaster supply kit can help ensure your safety when the unthinkable happens. Before creating a household emergency plan, learn about the types of emergencies that may affect your community, how you'll be notified when an event does occur and what plans are already in place to deal with these events. Recognize what your community's warning system sounds like (see page 5) and what to do when you hear it. Emergencies may strike when your family members are away from home, so find out about plans at your workplace, school or other places where you spend time.



## *Create an Emergency Plan*

**Steps to take in creating a household emergency plan include:**

- Schedule a family meeting to discuss the dangers of possible emergency events including fire, severe weather, hazardous spills and terrorism.
- Discuss how you and your family will respond to each possible emergency.
- Discuss what to do in case of power outages or personal injuries.
- Draw a floor plan of your home and mark two escape routes from each room.
- Teach adults how and when to turn off the water, gas and electricity at main switches.
- Post emergency contact numbers (see back cover) near all telephones, and pre-program emergency numbers into phones with autodial capabilities.
- Teach children how and when to dial 9-1-1 to get emergency assistance.
- Because it is often easier to call long distance during an emergency than within the affected area,



choose an out-of-state friend or relative whom all family members will call if separated during an emergency.

- Instruct household members to turn on the radio for emergency information.
- Pick two meeting places — one near your home and one outside your neighborhood in case you cannot return home after an emergency.
- Take a basic first aid and CPR class.
- Keep family records in a water- and fireproof safe. Inexpensive models can be purchased at most hardware stores.

## *Prepare a Disaster Supply Kit*

**Electricity, water, heat, air conditioning or telephone service may not work in an emergency. Preparing disaster supply kits in advance can save precious time in the event you must evacuate or go without utilities for an extended period.**

Store items for a "go" kit in an easy-to-carry bag, such as a shopping bag, backpack or duffle bag and keep the kit in a car or in the garage. The "home" kit can be stored in a plastic tub or garbage can and kept in your home's safest place where you will take shelter.

Consider including the following items when putting together your disaster supply kit:

- At least a 3-day supply of water (1 gallon per person per day). Store water in sealed, unbreakable containers. Replace every 6 months.
- A 3- to 5-day supply of nonperishable packaged or canned food and a non-electric can opener.
- A change of clothing, rain gear and sturdy shoes.
- Blankets, bedding or sleeping bags.
- A first aid kit and prescription medications (be sure to check expiration dates).
- An extra pair of glasses or contact lenses and solution.

# The Safety Evening Post



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](mailto:rachel.mira@us.army.mil)



**From the 3rd Quarter Newsletter! What's wrong with this photo?** The power strip is powered by an additional power strip. According to DA PAM 385-26 Chapter 2-4 Paragraph o., use power strips only for low amperage equipment such as computer monitor, fan, computer, printer, and so forth and they will not be daisy chained. Do not plug extension cords into plug strips. Winner was not chosen for this quarter.



*A picture is worth a thousand words...*



**"That is some tasty green tea!"**

**WRONG!**



What's wrong with this picture? The 13th person to email SSG Mira with the correct answer will win a prize (Tip: Get your soldiers to participate)! Answer will be in the next newsletter!