

WELCOME

Installation Management Command
U.S. Army



Safety Brochure Spring and Summer



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Play

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& Natural Disasters.....4**

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FAMILY READINESS & NATURAL DISASTERS

Military Family Readiness

As part of our nation's military—whether active duty, reserves, civilian employee, or Family member—you play an important role in ensuring the welfare of our homeland. It is also important to prepare yourself and your Family for all types of emergencies so you can increase your personal sense of security and peace of mind. Preparing makes sense.
Get ready now.



As Hurricane Ike approached the Gulf Coast with predictions of five to 10 inches of rain, the Texas National Guard was assembling 900 personnel and 500 high-water vehicles in San Antonio for major search-and-rescue missions.

*Photo courtesy
of U.S. Army;
[www.flickr.com/photos/
soldiersmediacenter/2851462729/](http://www.flickr.com/photos/soldiersmediacenter/2851462729/)*

CONSIDERATIONS FOR ALL MILITARY PERSONNEL AND FAMILIES

- Every time you relocate, learn the types of emergencies likely to affect the area, and update your emergency kit and plan with new materials if necessary. Use the handy Family Emergency Plan insert on page 7 to help you prepare.
- Be aware that mass warning systems differ at different locations. It could be a “giant voice” outside speaker, siren, telephone alert, or some other system or procedure.
- You may not have extended Family nearby, so determining a rendezvous point or call-in contact for regrouping after an emergency may require more ingenuity. Establish an emergency plan with an out-of-town contact you can all reach. Keep in mind that one or more Family members may be deployed when disaster strikes.
- If you live off base, threat levels or other circumstances may keep you from getting back on the installation for day-to-day activities following an emergency. Know alternative places to shop or obtain things you normally get on post.
- Collecting and recording important personal and financial documents is already a part of preparing for deployment. Be sure to include these documents in your Family’s emergency kit.
- During or after an emergency, you need to report to your command. Learn and follow the established procedures. ☆

SPC Timothy C. Berlanga of the Texas Army National Guard hands out a bag of ice to a resident whose neighborhood in Raymondville, TX was severely flooded by the deluge of rain from hurricane Dolly.

Photo by 1st SGT Lek Mateo.

*Photo courtesy of U.S. Army:
www.flickr.com/photos/soldiersmediacenter/2712879495/*

IF YOU'RE STATIONED OCONUS

- The emergency number is probably not 911 and may differ on and off the installation. You and your Family should know the operable numbers.
- Your emergency kit should include some additional items, such as passports, birth abroad certificates for children born overseas, cash in the local currency, a card with local translations of basic terms, and an electrical current converter.
- If you live off base, learn a few key phrases in the host nation's language, and get to know neighbors who could alert you about an ongoing emergency.
- For an emergency that occurs "outside the fence," the local government will lead response (evacuations, shelter instructions, etc.). Cooperate with the host nation's responders and follow their instructions. ☆





Family Emergency Plan



Your family may not be together when disaster strikes, so plan what you will do in different situations and practice your plan.

Family Evacuation Procedure

Where the family will meet near home: _____ Phone (if any): _____

Alternate meeting place if access is blocked: _____ Phone (if any): _____

Family Communications Procedure

- Fill in the information below. Add other important information to suit your family's circumstances.
- Keep this plan with your emergency supplies kit, along with your command's standard and emergency reporting procedures.
- Make sure every family member has the most important contact information for each other.

Where the Family Spends Time

Work: Address: _____	Work: Address: _____	School: Address: _____
--------------------------------	--------------------------------	----------------------------------

Phone: _____	Phone: _____	Phone: _____
--------------	--------------	--------------

Evacuation Location: _____	Evacuation Location: _____	Evacuation Location: _____
----------------------------	----------------------------	----------------------------

School: Address: _____	Other: Address: _____	Other: Address: _____
----------------------------------	---------------------------------	---------------------------------

Phone: _____	Phone: _____	Phone: _____
--------------	--------------	--------------

Evacuation Location: _____	Evacuation Location: _____	Evacuation Location: _____
----------------------------	----------------------------	----------------------------

Contact Information

Out-of-Town Contact: _____ Phone: _____

E-Mail: _____ Alternate Phone Number: _____

Family Members

Name: _____ Birth Date: _____ Social Security #: _____ Drivers License #: _____

Passport #: _____ Prescriptions/Medical Information: _____

Name: _____ Birth Date: _____ Social Security #: _____ Drivers License #: _____

Passport #: _____ Prescriptions/Medical Information: _____

Name: _____ Birth Date: _____ Social Security #: _____ Drivers License #: _____

Passport #: _____ Prescriptions/Medical Information: _____



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Family Members *(continued)*

Name: _____ Birth Date: _____ Social Security #: _____ Drivers License #: _____

Passport #: _____ Prescriptions/Medical Information: _____

Name: _____ Birth Date: _____ Social Security #: _____ Drivers License #: _____

Passport #: _____ Prescriptions/Medical Information: _____

Name: _____ Birth Date: _____ Social Security #: _____ Drivers License #: _____

Passport #: _____ Prescriptions/Medical Information: _____

Name: _____ Birth Date: _____ Social Security #: _____ Drivers License #: _____

Passport #: _____ Prescriptions/Medical Information: _____

Local Command Information

Insurance Policy Numbers and Contacts

Medical/Dental: _____ Homeowners/Renters: _____

Automobile: _____ Life: _____

Provisions for Utilities

In various emergency situations, whether you evacuate or shelter-in-place, you may be advised to cut off ventilation systems or utilities. Write the locations of, and instructions for, these controls and any tools necessary to change them. (Like fire and evacuation plans, this is a good thing to review and practice with the whole family.)

Electricity: _____ Gas: _____

Water: _____ Ventilation: _____

Important Records

Use these checklists to help collect important papers to keep with your emergency supplies kit for ready access in case of evacuation.

Personal

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Military ID cards | <input type="checkbox"/> Social Security cards | <input type="checkbox"/> Citizenship papers | <input type="checkbox"/> Vehicle registration/ownership records |
| <input type="checkbox"/> Birth certificates | <input type="checkbox"/> Passports | <input type="checkbox"/> Medical records | <input type="checkbox"/> Marriage licenses, divorce records |
| <input type="checkbox"/> Wills | <input type="checkbox"/> Power(s) of attorney (personal/property) | | |

Financial

- | | | |
|---|---|--|
| <input type="checkbox"/> Bank/credit union statements | <input type="checkbox"/> Bills (electricity, gas, water) | <input type="checkbox"/> Tax returns, property tax statements |
| <input type="checkbox"/> Credit/debit card statements | <input type="checkbox"/> Health insurance cards and records | <input type="checkbox"/> Investment/retirement account records |
| <input type="checkbox"/> Mortgage statement or lease | <input type="checkbox"/> Other insurance records (auto/property/life) | <input type="checkbox"/> Income records (including government benefits, child support and alimony) |

Accountability Reporting Information

Army Disaster Personnel Accountability and Assessment System (ADPAAS) Website:

<https://adpaas.army.mil>

Army Info Hotline: 1-800-833-6622

Army OneSource

Within CONUS: 1-800-464-8107

Outside CONUS: Collect (484) 530-5980 / Toll Free (800) 3429-6477

Website: <http://aos.myarmylifetoo.com>

Military OneSource

Within CONUS (24/7): 1-800-342-9647

Website: <http://www.militaryonesource.com>

Spanish Speaking Callers:

1-888-732-9020 / 1-877-888-0727 / 1-877-255-7524

Hearing Impaired Callers & TTY/TTD:
1-800-364-9188



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PREPARE STRONG

Emergencies affect hundreds of thousands of people every year. One may hit your installation and community and affect you and your Family. When emergencies occur, military and civilian organizations respond, but it takes time to mobilize, and they focus on the most critical needs first. You should get ready to manage on your own for at least 3 days. Failure to prepare can put yourself, your Family, and your property in jeopardy!

The Army encourages all personnel to maintain a basic level of preparedness for all potential hazards.

You are encouraged to get an emergency supply kit, make a Family emergency plan, and be informed about what might happen.

It is your responsibility to understand the mass warning system

at your installation and, when notified, be prepared for the following:

- Evacuation.
- Moving to a civilian shelter.
- Moving to a designated safe haven.
- Temporarily sheltering-in-place.

Hurricanes

A hurricane is a tropical cyclone, a low-pressure system that originates in the tropics. The cyclone usually includes intense thunderstorms and strong winds that can exceed 155 mph. Hurricanes and tropical storms can further result in tornadoes and heavy flooding. Hurricanes can cause extensive damage through both strong winds and high flood waters from

rain and storm surges. Anyone living in an area frequently affected by hurricanes should take the special precautions described below.

How to Prepare for a Hurricane

- Stay informed and know hurricane terminology.
- Install permanent storm shutters or have supplies available to board up your windows.
- Install straps or clips to secure your roof to the frame structure.
- Get an emergency supply kit, and develop a Family evacuation procedure.
- Develop a Family communication procedure in case you are separated. Keep in mind that phone lines and cell phone towers may be down.



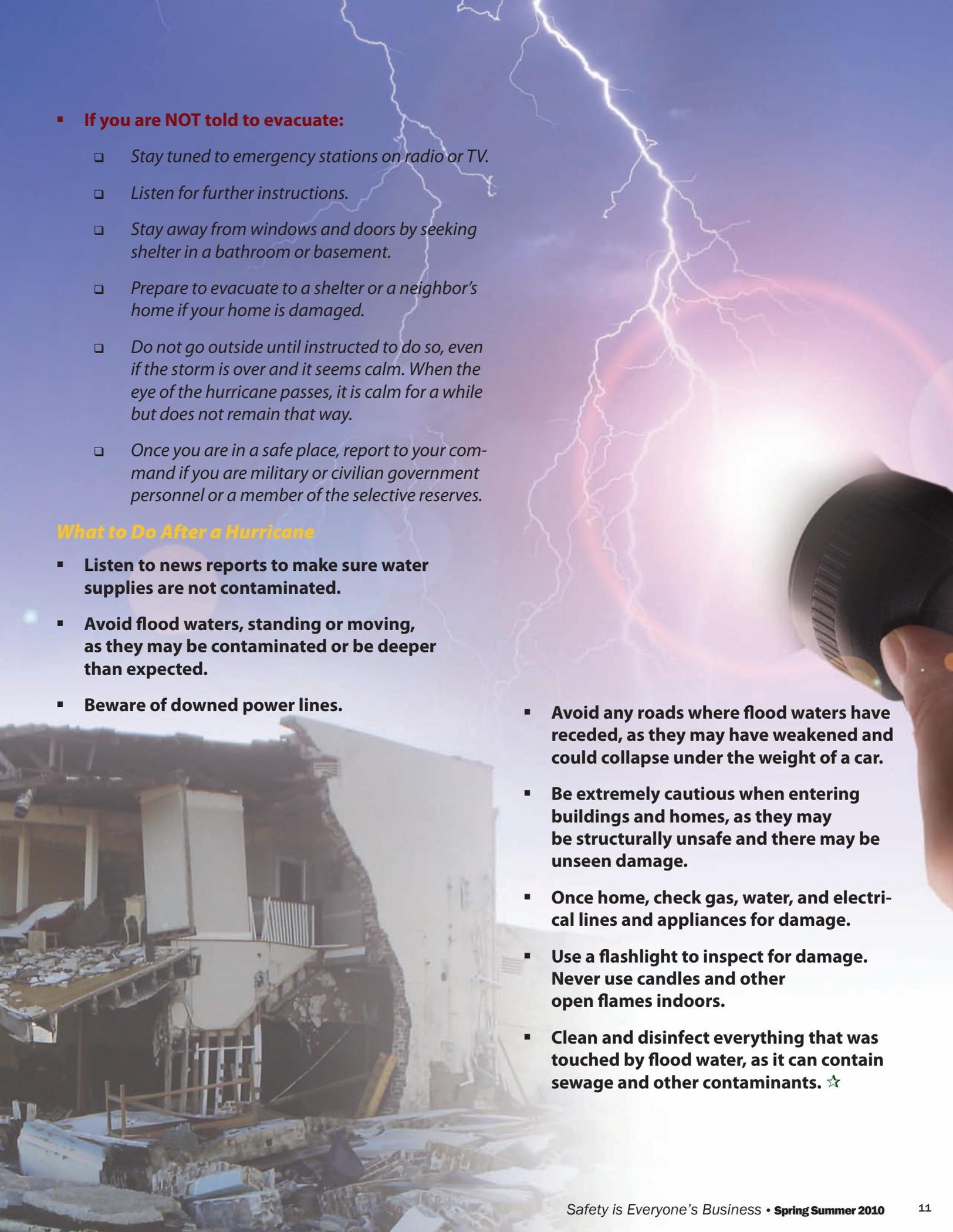
What to Do If There Is a Hurricane

- **Listen to the radio or TV for more information and further instructions.**
- **Secure your home by closing the storm shutters and bringing outdoor furniture inside.**
- **Ensure a supply of water for household purposes.**
- **Turn your refrigerator to the coldest setting and keep the door closed.**
- **Turn off utilities if told to do so.**

If you are told to evacuate:

- ❑ *NEVER ignore an evacuation order.*
- ❑ *Follow the guidelines given regarding evacuation times and routes.*
- ❑ *Take only essential items and your emergency kit.*
- ❑ *Turn off gas, electricity, and water if you have not already done so.*
- ❑ *Disconnect all appliances.*
- ❑ *Do not walk in moving water.*
- ❑ *Do not drive in high water (as little as 6 inches can cause a stall or loss of control).*
- ❑ *Follow the designated evacuation procedure and expect a high volume of traffic.*





- **If you are NOT told to evacuate:**

- ❑ *Stay tuned to emergency stations on radio or TV.*
- ❑ *Listen for further instructions.*
- ❑ *Stay away from windows and doors by seeking shelter in a bathroom or basement.*
- ❑ *Prepare to evacuate to a shelter or a neighbor's home if your home is damaged.*
- ❑ *Do not go outside until instructed to do so, even if the storm is over and it seems calm. When the eye of the hurricane passes, it is calm for a while but does not remain that way.*
- ❑ *Once you are in a safe place, report to your command if you are military or civilian government personnel or a member of the selective reserves.*

What to Do After a Hurricane

- **Listen to news reports to make sure water supplies are not contaminated.**
- **Avoid flood waters, standing or moving, as they may be contaminated or be deeper than expected.**
- **Beware of downed power lines.**
- **Avoid any roads where flood waters have receded, as they may have weakened and could collapse under the weight of a car.**
- **Be extremely cautious when entering buildings and homes, as they may be structurally unsafe and there may be unseen damage.**
- **Once home, check gas, water, and electrical lines and appliances for damage.**
- **Use a flashlight to inspect for damage. Never use candles and other open flames indoors.**
- **Clean and disinfect everything that was touched by flood water, as it can contain sewage and other contaminants. ☆**

TORNADOES

Tornadoes, the most violent natural hazard, are rotating, funnel-shaped clouds formed from thunderstorms. Strong winds are their most destructive aspect, with gusts reaching as high as 300 mph. The damage path can be a mile wide. Tornado season is generally March through August, but tornadoes can occur any time of the year. They most often occur at the tail end of a thunderstorm. Eighty percent of tornadoes occur between noon and midnight. While some areas are more prone to tornadoes than others, they can occur anywhere, so it is best to be prepared.

How to Prepare for a Tornado

- **When a tornado threatens, take immediate action. Do not delay!**
- **Stay informed and know tornado terminology:**
 - ❑ **Tornado watch**—Weather conditions are favorable for the development of a tornado. Stay tuned to the radio or TV for more information and further instructions.
 - ❑ **Tornado warning**—A tornado has been spotted. Take shelter immediately.
- **Identify a place in your home and at work to take shelter in case of a tornado:**
 - ❑ A storm shelter or basement provides the best protection.
 - ❑ Stay away from windows, doors, and outside walls.
 - ❑ In homes and small buildings, go to an interior part of the lowest level—closets, bathrooms, or interior halls. Put as many walls between you and the outside as possible.

- ❑ *In schools, nursing homes, hospitals, factories, and businesses, go to the pre-designated shelter areas. Interior hallways on the lowest floor are usually best.*
- ❑ *In high-rise buildings, go to an interior small room or hallway.*
- ❑ *Leave areas with high, open-roof enclosures such as auditoriums, gymnasiums, and aviation hangers.*
- ❑ *Leave mobile homes or vehicles, and go to a substantial shelter. If there is no shelter nearby, lie flat in the nearest ditch, ravine, or culvert with your hands shielding your head.*

- **Have frequent tornado drills.**
- **Get an emergency supply kit and make a Family emergency plan.**

What to Do If There Is a Tornado

- **Take shelter immediately in the designated room.**
- **If you are outside, find shelter immediately or, if shelter is unavailable, lie flat in a ditch or low-lying area.**
- **If you are in a car, stop immediately and find shelter. Do NOT try to drive through a tornado.**
- **Stay tuned to radio or TV for information and instructions as they become available.**
- **Stay in your shelter until the tornado has passed.**
- **Once you are in a safe place, report to your command if you are military or civilian government personnel or a member of the selective reserves. ☆**



Crank Radio

An emergency kit should include a battery or crank powered radio so during emergency situations where electricity is out, news and weather reports can still be heard. There are many different brands of radios available at many different price points.

Photo courtesy of U.S. Army: <http://www.army.mil/-images/2009/04/23/35966/>



WILDFIRES

Wildfires can start unexpectedly and spread quickly. You may not be aware of a wildfire until you are in danger, so it is important to be prepared, especially if you live in a dry, wooded area. Wildfires can be incredibly destructive and dangerous. They pose a threat not only to your home and community, but also to your Family if you are not prepared.

How to Prepare for a Wildfire

- **Be aware of your area's risk for wildfires.**
- **Practice fire safety:**
 - *Install smoke detectors on every level of your home.*
 - *Never leave a fire (including a cigarette) burning unattended.*
 - *Avoid open burning.*
 - *Create a 30–50-foot safety zone around your home.*
 - *Clear the area of all flammable vegetation, including dry leaves and branches.*
 - *Remove vines from the side of your home.*
 - *Regularly dispose of trash at approved sites.*
 - *Store gasoline and oily rags in proper safety cans.*
- **Regularly clean debris from your roof and gutters.**
- **Make sure you have a fire extinguisher, as well as a hose, that can reach all areas of the home.**
- **Get an emergency supply kit.**
- **Develop a Family evacuation procedure and a communication plan.**



SGT Mark Walch from Company A, 297th Support Battalion, one of the initial 295 Soldiers mobilized to fight the wildfires burning in California, uses an ax to cut down trees to form a fire break preventing burning material from crossing lines and spreading to unburned areas.

Photo courtesy of U.S. Army: <http://www.flickr.com/photos/soldiersmediacenter/2667428473/>

Photo by STAFF SGT Andrew Hughan

The Michigan Army National Guard uses a bambi bucket, an aerial firefighting tool suspended below a helicopter, to extinguish a fire 10 miles from Tahquamenon Falls State Park, MI.

Photo courtesy of U.S. Army: <http://www.flickr.com/photos/soldiersmediacenter/1063556470/>

Photo by STAFF SGT Helen Miller



What to Do When There Is a Wildfire

- **Listen to radio and TV for information and instructions.**
- **If you spot a wildfire, call 911 immediately. Don't assume that someone has already reported it.**
- **If you are directed to evacuate, do so immediately:**
 - ❑ *Turn on porch lights and all the lights inside to make your home easier to spot in heavy smoke.*
 - ❑ *Leave doors and windows unlocked for firefighters.*
 - ❑ *Turn off the gas supply to your house and appliances.*
 - ❑ *Fill any large containers with water, including pools, garbage cans, and tubs.*
 - ❑ *Close all the doors in your house to prevent a draft.*
 - ❑ *If time permits, clear any flammable items from the house and the area around it, including firewood and cloth curtains.*
 - ❑ *Take your emergency kit.*
- **Wear protective clothing that fully covers your arms and legs. Check the labels on your clothing for the words "fire retardant." These are materials designed to withstand heat and resist burning.**

- **Once you are in a safe place, report to your command if you are military or civilian government personnel or a member of the selective reserves.**

You Can Avert Tragedy

You cannot prevent natural disasters, but you can safeguard yourself and your Family by being prepared and protected. ☆



HOUSEHOLD SAFETY

Dialing Emergency Telephone Numbers

(USING LAND LINES AND CELL PHONES)

When an emergency occurs on the military installation, using a hardwired garrison phone line to dial 911 will route the emergency call to a military police desk or emergency operator.

Hardwired phones provide for a more timely response from Garrison Military Police and Fire Department units.

When dialing 911 from a cell phone on a military installation, you will normally contact a 911 operator outside of the installation causing a delayed emergency response time. Please notify the 911 operator of your location and/or location of the emergency and the garrison you are calling from.

If you need to make an emergency call using a cell phone, make direct contact with Fire Department or Military Police personnel by using the alternate direct dial emergency telephone numbers for the garrison you are calling from; these numbers are usually available on the garrison website. Program these numbers into your cell phone contacts list so they are readily available.



HOME FIRE PREVENTION AND PREPAREDNESS

Fires and burns continue to be a major cause of unintentional injury and/or death at home. Particularly at risk are the very young and the very old.

Facts

- 80 percent of all fire deaths occur in the home.
- The leading cause of fire deaths is careless smoking.

- Having a working smoke detector more than doubles one's chances of surviving a fire.

Follow the safety tips listed below to protect yourself and your family.

Smoke Detectors

- One is definitely NOT enough! Every home should be equipped with smoke detectors on every level, particularly outside of sleeping areas.

- Ensure that your smoke detectors are tested monthly and batteries are replaced twice a year. Change batteries when you change your clocks.
- Encourage children to help test the smoke detectors. Familiarize them with the sounds of the alarm(s).





Fire Extinguishers

- **Keep an all-purpose fire extinguisher in your kitchen (one rated for grease fires and electrical fires).**
- **It is a good idea to keep fire extinguishers near the furnace, garage, and anywhere else a fire may start. These extinguishers are affordable, life-saving equipment for your home.**
- **Make sure every able-bodied member of the Family is trained and familiar with the proper way to use the fire extinguishers.**
- **If you must use an extinguisher, make sure you have a clear way out in the event you cannot put out the fire.**

Flammables

- **Keep matches, lighters, and candles out of reach and out of sight of children!**
- **Smoking is dangerous! No one should ever smoke in bed. Make sure that cigarettes/cigars are extinguished properly before dumping ashes.**
- **Dispose of materials from fireplaces and grills in non-flammable containers.**
- **Never put children to sleep in “day” clothes. Fire-retardant sleepwear can make a difference in burn outcomes.**



Electrical Safety and Heat Sources

- Make sure your electrical system is not being over-taxed. This can cause a fire. Do your lights dim or flicker when extra appliances are plugged in? If you have questions or concerns, consult a certified electrician.
- Inspect wires. If you find any worn or exposed wiring from appliances, discontinue their use immediately! A fire is imminent!
- Keep appliances unplugged when not in use.

Escaping a Fire: EDITH—Exit Drills in the Home

- Practice EDITH (Exit Drills in the Home). These tips can help you put together and practice an effective home fire escape plan.
- Pull together everyone in your household and make a plan. Draw a floor plan of your home showing two ways out of each room, including windows. Do not forget to mark the location of each smoke alarm. Make it easy for all members of the Family and visitors to understand.
- Make sure that everyone understands the escape plan and recognizes the sound of the smoke alarm.

- Be fully prepared for a real fire: when a smoke alarm sounds, get out immediately; and once you are out, stay out, leave the firefighting to the professionals!
- If you live in an apartment building, make sure that you are familiar with the building's evacuation plan. In case of a fire, use the stairs, never the elevator.
- When planning for a Family with young children, be sure to teach them not to hide from fire or smoke and to go to the firefighters who are there to help them.
- All children should be familiar with the ideas of "crawling underneath the smoke" to escape a fire. "Stop, drop, and roll" is another safety principle that must be ingrained into children's minds.
- Multi-storied buildings are of special concern. Ensure that everyone is familiar with how to use an escape ladder if necessary.
- Make sure every sleeping room has two means of escape in the event of a fire.

- Windows provide a secondary means of escape. Ensure they are in proper working order, are not painted shut, and guards are able to be disengaged in case of fire and escape is necessary through that window.
- Make sure to practice your escape plan periodically. It will be easier to remember in case of an emergency.
- Call emergency responders from a neighbor's house. Young children should know their street address and last name (and, of course, how to dial 911 or garrison emergency number).
- After you've planned for the Family, don't forget the pets. Alert firefighters about your pets. Don't rely on window or door decals to alert firefighters—such decals are often found to be outdated. In the event your pet suffers from smoke inhalation, rush the animal to the vet.





COOKING FIRE SAFETY

Many Families gather in the kitchen to spend time together, but it can be one of the most hazardous rooms in the house if you do not practice safe cooking behaviors. Cooking equipment, most often a range or stovetop is the leading cause of reported home fires and home fire injuries in the United States. Cooking equipment is also the leading cause of unreported fires and associated injuries.

It is a recipe for serious injury or even death to wear loose clothing (especially hanging sleeves), walk away from a cooking pot on the stove, or leave flammable materials, such as potholders or paper towels, around the stove. Whether you are cooking the Family holiday dinner or a snack for the children, practicing safe cooking behaviors will help keep you and your Family safe.

Safe Cooking Behaviors

Choose the Right Equipment and Use It Properly

- Always use cooking equipment tested and approved by a recognized testing facility.
- Follow manufacturers' instructions and code requirements when installing and operating cooking equipment.
- Plug microwave ovens and other cooking appliances directly into an outlet. Never use an extension cord for a cooking appliance, as it can overload the circuit and cause a fire.
- Avoid grease build-up in the kitchen and on appliances. Cooking fires are common. Do not leave food cooking on stovetops unattended.

Watch What You Heat

- The leading cause of fires in the kitchen is unattended cooking.
- Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you're cooking.

If Your Clothes Catch Fire

If your clothes catch fire, stop, drop, and roll. Stop immediately, drop to the ground, and cover face with hands. Roll over and over or back and forth to put out the fire. Immediately cool the burn with cool water for three to five minutes and then seek emergency medical care.

- **Stay alert!** To prevent cooking fires, you have to be alert. You won't be if you are sleepy, have been drinking alcohol, or have taken medicine that makes you drowsy.
- If a fire should occur, smother it with a pot/pan lid or a cookie sheet, or close the oven door.
- In case of an oven fire, turn off the heat and keep the door closed to prevent flames from burning you or your clothing.
- If you have a fire in your microwave oven, turn it off immediately and keep the door closed. Never open the door until the fire is completely out. Unplug the appliance if you can safely reach the outlet.
- After a fire, both ovens and microwaves should be checked and/or serviced before being used again. ⚠

Keep Things That Can Catch Fire and Heat Sources Apart

- Keep anything that can catch fire—potholders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels, or curtains—away from your stovetop.
- Keep the stovetop, burners, and oven clean.
- Keep pets off cooking surfaces and nearby countertops to prevent them from knocking things onto the burner.
- Wear short, close-fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire if it comes into contact with a gas flame or electric burner.

How and When to Fight Cooking Fires

- When in doubt, just get out. When you leave, close the door behind you to help contain the fire. Call 911 or the local emergency number after you leave.
- If you do try to fight the fire, be sure others are already getting out and you have a clear path to the exit.
- Always keep an oven mitt and a lid nearby when you are cooking. If a small grease fire starts in a pan, smother the flames by carefully sliding the lid over the pan (make sure you are wearing the oven mitt). Turn off the burner. Do not move the pan. To keep the fire from restarting, leave the lid on until the pan is completely cool.





POISON SAFETY CHECKLIST

Each year unintentional poisoning causes over 14,000 deaths, according to recent data from the Centers for Disease Control and Prevention (CDC). Half a million children will ingest poisonous household products and medicine this year, according to estimates by the American Association of Poison Control Centers. Protect a child—prevent a tragedy. **The national, toll-free Poison Control Center locator number is: 1-800-222-1222;** when you call you will be automatically redirected to the nearest poison center in your area. Adhere to the following safety precautions.

Medication

Be responsible with your medicine.

- **Keep medicine out of reach of children.** Follow instructions on labels exactly. Heed the cautions, and consider the side effects. Make note of the antidote in case of accidental ingestion. Discard medicine once an illness is over or when the expiration date has lapsed. Only buy medicine in child-resistant containers.
- Most accidental ingestion of medicine involves containers that are not child-resistant. **Always keep medicine in its original container.**

Household Products

Use and store poisonous household products safely.

- **Read product labels carefully.** Abide by instructions; be aware of cautions.
- **Buy products in child-resistant containers.**
- **Don't stockpile poisonous products.** Buy them only for a specific purpose in the quantities required.
- **Inspect the condition of containers, including their labels.** If appropriate, discard any leftover product when no longer needed. Follow installation hazardous material disposal directives.
- **Only store poisonous products in locked storage sheds,**

closets, and cabinets. Immediately return products to safe storage after use.

- **Keep products in their original containers.** Never transfer them to secondary containers like soft drink bottles.
 - *Chemicals do more harm to the eyes than to any other part of the body. Be sure to wear eye protection as well as other required protective equipment when handling or working around chemicals. ☆*

Safety Procedures

Be prepared.

- **Post near your phone the numbers of the national or local Poison Control Center, your doctor, and any other emergency care providers.**

- **Keep a bottle of ipecac syrup, which induces vomiting.** Don't administer ipecac syrup without consulting a medical authority first.

Know what to do.

- **Inhaled poison:** Place the person in fresh air, avoid breathing fumes, loosen their clothing, and open doors and windows. If the victim is unconscious, check breathing and begin artificial respiration, if required.
- **In eye:** Remove contact lenses if present, and flood the injured eye for 15 minutes with lukewarm water from a glass held two to three inches away from the eye. Blink during flooding. Don't rub the eye or force it open.

- **Swallowed:** Immediately consult a medical authority, identifying the product and the amount ingested, how long ago it was ingested, and the condition of the victim. Be prepared to give milk, water, or ipecac syrup as directed.

Medicine Cabinet Clutter

Most medicine cabinets are a haphazard accumulation of half-used and outdated medications that can actually be more dangerous than helpful. If your medicine cabinet fits this description, it's time to do something about it.

Almost all medicines deteriorate with age, particularly when exposed to heat, air, moisture, and

light. Ideally, you should discard outdated medications from your medicine cabinet once a month.

Start your cleanup by disposing of the following:

- Any medicine that has changed color, formed a residue at the bottom of the bottle, or is more than 2 years old.
- Aspirins that are crumbly or that give off a vinegary odor.
- Hydrogen peroxide that no longer bubbles vigorously when applied.
- Antiseptic solutions that have become cloudy (unless the label says

this is normal) or that have a solid residue at the bottom.

- Milk of magnesia that has become caked.
- Ointments (or salves) that have separated, developed spots, or become discolored.
- Nose drops that have become cloudy or have developed a sediment.
- Eye wash or eye drops left over from treating any eye disorder. Fungus growth may develop in these.



HOME APPLIANCE SAFETY

General Safety Rules For Appliances

- Never operate an electric appliance while touching a metal object (especially plumbing), standing on a wet surface, or taking a bath or shower. Teach your children not to reach for an appliance that has fallen into water.
- Always unplug appliances before cleaning or repairing, and when not in use.
- Keep cords away from water and heat.
- If you need to use an extension cord, choose the right type. Use a 3-wire cord with a 3-prong plug for appliances that require grounding.
- Don't plug too many appliances into one circuit.
- All appliances should be approved by a recognized testing laboratory such as Underwriters Laboratories (UL).

LAWN MOWERS



Mowing the lawn can sometimes seem like a mundane activity, made even more boring by virtue of repetition. In reality, a lawn mower can be a dangerous and even deadly tool, capable of amputating hands and feet, and throwing objects with deadly speed. According to government estimates, injuries resulting from lawn mowers average 74,000 each year. The American Academy of Pediatrics recommends that no one under age 16 should use a riding mower, and no one under age 12 should use a push-type power mower. Follow these tips for safe lawn mower operation.

Know Your Mower

- Read and follow the instruction manual.
- Know how to stop the machine quickly in an emergency.

- Push the mower forward, never pull it backward.
- If the lawn slopes, mow across the slope with a walk-behind mower, never up and down. With a riding mower, drive up and down the slope, not across it.
- Inspect the mower for potential hazards, loose bolts, missing guards, etc.
- Disengage the drive and clutch before you start the engine.
- Disconnect the spark plug wire (or electrical power cord) before doing any maintenance work on your lawn mower.

Gasoline-Powered Mowers— Fill The Tank Safely

- Before refueling, let the engine cool for a few minutes. Gas spilled on hot engine parts can cause a flash fire.
- Fill the mower outdoors, so vapors won't build up. Never smoke while filling the tank.

Electric Mowers— Prevent Electrical Shocks

- Never use an electric mower in wet conditions.
- Use a UL-approved, grounded power cord in good condition. Check the owner's manual for recommendations on choosing a power cord.
- Always be aware of the location of the power cord, and keep it away from the mower blade.

Dress for Safety

- Wear heavy-duty shoes with non-slip soles. Never mow in bare feet or sandals. Always wear eye and hearing protection during mowing.

Clear the Area

- Pick-up sticks, stones, toys, and debris that could be ejected from the mower and cause injury.

- *Children should not be allowed on or near the lawn when the mower is in use. ☆*

GARDEN SPRAYS

SAFETY CHECKLIST

Any chemical pesticide or herbicide available to the home gardener can be used safely and without harm to the user, pets, or the environment. Simply be aware of and knowledgeable about what you are doing, use proper personal protective clothing and equipment, have respect for the chemicals and their effects, and use common sense. By following these basic guidelines, you can enjoy healthy lawns and plants without the risk of injury or illness.

- Read and Follow Label Instructions.
- Pesticide labels contain “signal words” that indicate one of three levels of toxicity:
 - **CAUTION:** The least toxic chemical pesticides.
 - **WARNING:** Mid-level toxicity pesticides.
 - **DANGER—POISON:** The most toxic category of pesticides. These are available for purchase and application only by a licensed applicator.
- Always use the **LEAST TOXIC** pesticide available to treat your particular need.
- Wear protective clothing.
- Head covering (cap or wide-brim hat).
- Eye protection (*when mixing liquid pesticides that carry **WARNING** or **DANGER** signal words*).

- Rubber gloves (never use fabric, leather, or paper gloves).
- Long-sleeved shirt.
- Long pants or coveralls.
- Shoes and socks (not sandals or flip-flops).

Handling Garden Chemicals

- Always follow directions when mixing chemicals.
- When filling a spray container, use a funnel to avoid spilling.
- Never hold the container higher than chest level when pouring.
- Divert your head from the container when opening.
- Don't spray on windy days.
- Control access to the sprayed area as directed by the label.
- Always wash your hands and face afterward.

First Aid

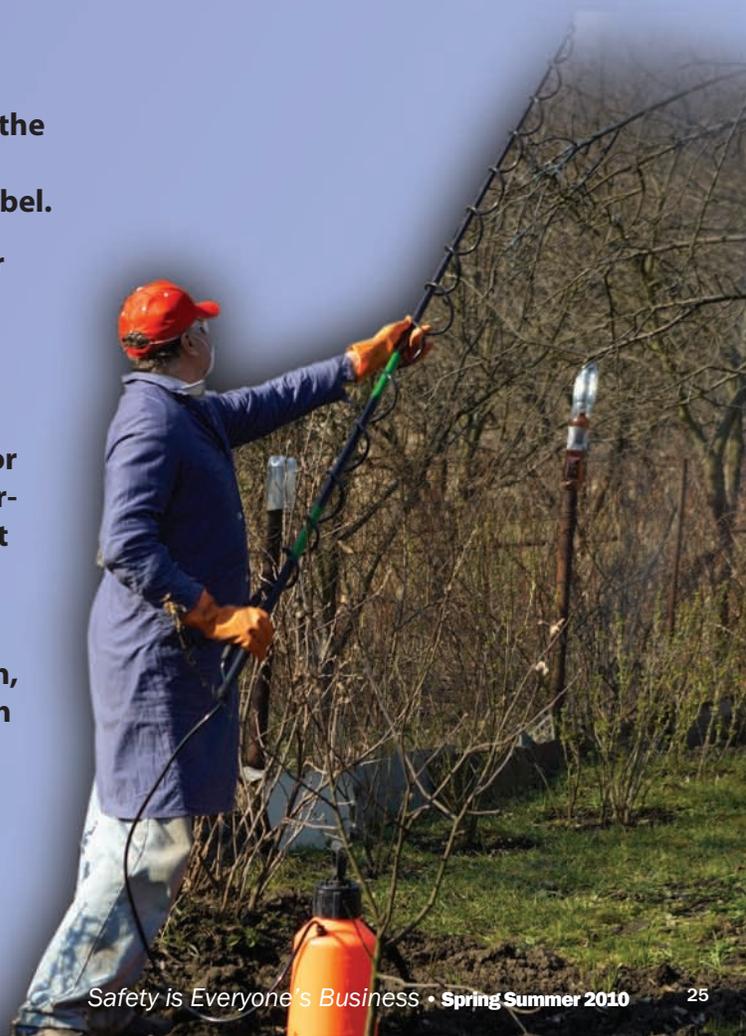
- Check the label for symptoms of over-exposure and first aid procedures.
- If the chemical contacts your skin, immediately wash with soap and water.
- If the chemical is swallowed and the vic-

tim is still conscious, induce vomiting. Keep the victim calm. Consult a physician immediately.

- Take the label to the physician.

Storage

- Don't leave any chemicals in spray equipment at the end of the work day.
- Always store garden sprays in their original container with the labels clearly visible. Never store pesticides in soft drink bottles or food containers, which can be mistaken for food or drink.
- Store pesticides in a dry, secure place out of the reach of children and pets. ☆



BARBECUE GRILL SAFETY

Outdoor cooking is very popular. In fact, 66 million Americans cook outdoors regularly, according to the Barbecue Industry Association. You're probably one of those 66 million. Hopefully you will not be one of the people treated in emergency rooms this summer for injuries related to charcoal, propane, and wood-burning grills. As an outdoor cook, you need to avoid injuries by observing some safety precautions.

Before Cooking

- Instruct children on the dangers of a lit grill.
- Choose a safe grilling location away from children's play areas and areas of heavy traffic. The area should be well-ventilated to avoid danger from carbon monoxide and other combustion by-products. Never grill inside or even in a semi-enclosed area, such as a tent or camper. Always grill on a flat, stable platform.
- Make sure you're not wearing clothing that could contact the fire, such as hanging shirt-tails or dangling strings.
- Never leave a grill unattended.

Cooking With Propane (LP) Gas Grills

- Read the owner's manual and operating instructions carefully.
- Use the exact type of tank and fuel specified.
- Check hoses and valve connections often. Do this by pouring soapy water on the connection points. If bubbles appear, retighten the connections and test again.
- Transfer and store liquid propane cylinders in an upright position and never where temperatures can reach 125 degrees.
- Whether your grill lights by match or push button igniter, always follow the manufacturer's instructions.

Cooking With Charcoal Grills

- Never start a fire with gasoline.
- If using an electric fire starter, use an insulated indoor/outdoor

cord plugged into an outlet protected by a ground fault circuit interrupter.

- Be sure the ground is dry and you're not standing in water when plugging the starter into an outlet.
- The starter will stay hot for several minutes after use, so place it out of reach by children and on a surface that will not burn.
- **If using instant-light briquettes:** Spread instant-light briquettes into a single layer, making sure they touch at the edges. Light several of them at their edges with a match.
- **If using standard charcoal briquettes:** Stack standard briquettes in a pyramid to allow air to circulate around them, causing them to light faster. Apply lighter fluid before lighting; wait at least one minute before lighting to allow the lighter fluid to soak in. Never add fluid to the coals once they've been lit.



Flare-Ups

Fat from your meat will drip onto the fire. The fire ignites the fat, causing flare-ups. The following tips can help prevent flare-ups.

- Grill low-fat meat.
- Trim excess fat from your meat.
- Place a drip pan beneath the meat to catch fat before it hits the coals.
- Don't place meat directly over the heat source.
- Keep the grill cover closed, and adjust vents as necessary. ☆

ANIMAL AND SPIDER BITES

With Spring comes the warmer weather and unfortunately an increased risk for animal and insect bites.

DOGS

According to the CDC each year, 800,000 Americans seek medical attention for dog bites; half of these are children. Of those injured, 386,000 require treatment in an emergency department and about 16 die. The rate of dog bite-related injuries is highest for children ages 5 to 9 years, and the rate decreases as children age. Almost two thirds of injuries among children ages 4 years and younger are to the head or neck region. Injury rates in children are significantly higher for boys than for girls. In 2006, more than 31,000 people underwent reconstructive surgery as a result of being bitten by dogs.

Who is Most at Risk?

- **Children:** Among children, the rate of dog bite-related injuries is highest for those ages 5 to 9 years, and children are more likely than adults to receive medical attention for dog bites than adults. Recent research shows that the rate of dog-bite related injuries among children seems to be decreasing.
- **Adult males:** Among adults, males are more likely than females to be bitten.
- **People with dogs in their homes:** Among children and adults, having a dog in the

household is associated with a higher incidence of dog bites. As the number of dogs in the home increases, so does the incidence of dog bites. Adults with two or more dogs in the household are five times more likely to be bitten than those living without dogs at home.

Before you bring a dog into your household:

- Consult with a professional (e.g., veterinarian, animal behaviorist, or responsible breeder) to learn what breeds of dogs are the best fit for your household.
- Dogs with histories of aggression are

not suitable for households with children.

- Be sensitive to cues that a child is fearful or apprehensive about a dog. If a child seems frightened by dogs, wait before bringing a dog into your household.
- Spend time with a dog before buying or adopting it. Use caution when bringing a dog into a household with an infant or toddler.

If you decide to bring a dog into your home:

- Spay/neuter your dog (this often reduces aggressive tendencies).
- Never leave infants or young children alone with a dog.





- Don't play aggressive games with your dog (e.g., wrestling).
- Properly socialize and train any dog entering your household. Teach the dog submissive behaviors (e.g., rolling over to expose the abdomen and giving up food without growling).
- Immediately seek professional advice (e.g., from veterinarians, animal behaviorists, or responsible breeders) if the dog develops aggressive or undesirable behaviors.

Preventing Dog Bites

Dog bites are a largely preventable public health problem, and adults and children can learn to reduce their chances of being bitten.

To help prevent children from being bitten by dogs, teach the following basic safety tips and review them regularly:

- Do not approach an unfamiliar dog.
- Do not run from a dog or scream.
- Remain motionless (e.g., "be still like a tree") when approached by an unfamiliar dog.

- If knocked over by a dog, roll into a ball and lie still (e.g., "be still like a log").
- Do not play with a dog unless supervised by an adult.
- Immediately report stray dogs or dogs displaying unusual behavior to an adult.
- Avoid direct eye contact with a dog.
- Do not disturb a dog that is sleeping, eating, or caring for puppies.
- Do not pet a dog without allowing it to see and sniff you first.
- If bitten, immediately report the bite to an adult.

First Aid

Always call a physician to determine if you should be seen. Some dog bites need antibiotics, particularly if they are deep puncture wounds. Additionally, military installations have regulations for reporting dog bites and monitoring the dogs that are initiated by the medical treatment facility. Cleaning a dog bite wound immediately after the dog attack or bite incident occurs is essential to preventing infection. If a visit to the emergency room is required, clean the wound before departing because in cases where the dog bite victim is not critical, you may have to wait for several hours.

- Clean the wound with soap and warm water for five minutes.
- Flush the wound for an additional five full minutes, allowing water to run into the dog bite wound.
- Pour a liberal amount of Betadine into the dog bite wounds and saturate the skin around the wounds as well. Use hydrogen peroxide if Betadine is not available.
- Using a sterile gauze pad, apply a generous amount of antibiotic ointment into each wound.
- Cover the wound with a clean, dry dressing.
- Watch for signs of infection and seek medical attention if they appear:

- Redness
- Swelling
- Heat
- Weeping pus. ☆



SPIDERS

Although spider bites are common in many parts of the United States, most domestic spiders are not substantially venomous to man. According to the CDC, the best known exceptions include the black widow, brown recluse, and hobo spiders. Spiders are usually not aggressive and most bites occur because a spider is trapped or unintentionally contacted.



- Black Widow Spiders are identified by the pattern of red coloration on the underside of their abdomen. A bite from a black widow can be distinguished from other insect bites by the two puncture marks it makes in the skin. The venom is a neurotoxin that produces pain at the bite area and then spreads to the chest, abdomen, or the entire body.



- The Brown Recluse Spider is brown in color with a characteristic dark violin-shaped (or fiddle-shaped) marking on its head and has six equal-sized eyes. Bites may cause a stinging sensation with localized pain. A small white blister usually develops at the site of the

bite. The venom of a brown recluse can cause a severe lesion by destroying skin tissue (skin necrosis). This skin lesion will require professional medical attention.



- The Hobo Spider is large and brown with a distinct pattern of yellow markings on its abdomen. Unlike many other similar looking spiders, Hobo Spiders do not have dark bands on their legs. The bite of a Hobo Spider may go unnoticed; however a moderate to severe, slow-healing wound will develop.

Preventing Spider Bites.

The CDC recommends taking the following preventive steps:

- Inspect or shake out any clothing, shoes, towels, or equipment before use.
- Wear protective clothing such as a long-sleeved shirt and long pants, hat, gloves, and boots when handling stacked or undisturbed piles of materials.
- Minimize the empty spaces between stacked materials.
- Remove and reduce debris and rubble from around the outdoor work and play areas.
- Trim or eliminate tall grasses from around outdoor work and play areas.

- Keep apparel stored outdoors in tightly closed plastic bags.

First Aid

Take the following steps if bitten by a spider:

- Stay calm. Identify the type of spider if it is possible to do so safely. Identification will aid in medical treatment.
- Wash the bite area with soap and water.
- Apply a cloth dampened with cold water or filled with ice to the bite area to reduce swelling.
- Elevate bite area if possible.
- Do not attempt to remove venom.
- Immediately seek professional medical attention for potentially venomous spiders. ⚡



Remember:

Sun intensifies when it reflects off sand, water, and concrete.

You can get burned even when it's overcast or foggy.



RECREATIONAL SAFETY

HEAT INJURY PREVENTION

Heat Stress

Heat stress is the buildup in the body of heat generated by the muscles during work or coming from warm and hot environments. When the body becomes overheated, less blood goes to the active muscles, the brain, and other internal organs. Persons experiencing heat stress may get weaker, become tired sooner, and may be less alert, less able to use good judgment, and less able to function. As strain from the heat becomes more severe, there can be a rapid rise in body temperature and heart rate. Heat exhaustion and heat stroke result when the body is subjected to more heat than it can cope with.

Heat Exhaustion Symptoms

- Body temperature that is slightly higher than normal, caused by excessive loss of water from the body.
- Skin that is pale, moist, and clammy.
- Excessive sweating.
- Headaches and perhaps cramps.
- Tiredness and dizziness (possibly vomiting).

- Possibly fainting (victim may regain consciousness if their heads are lowered).

First Aid for Heat Exhaustion

- Move the victim to shade and elevate the victim's feet.
- Loosen the victim's clothing.
- If the victim is conscious, give him or her cool water to drink.
- Apply cool, wet cloths.

- If the victim vomits, do not give any more fluids.
- Transport the victim to the nearest medical facility as soon as possible. ☆



BASEBALL/SOFTBALL

The number of people who play baseball and softball each year is staggering—some estimates exceed 100 million people. Participation ranges from unplanned pickup games through church outings and company picnics to semi-pro leagues. The physical condition of individual ballplayers may range from totally out-of-condition to physical masterpieces.

Unfortunately, the number of people injured while playing baseball or softball is also staggering—over half a million ballplayers are injured each year. While most will be inconvenienced for only a few days, many will suffer some degree of permanent injury.

What are the leading types of baseball and softball injuries? Hospital records show that strains and sprains, bruises, and fractures lead the way. Most strains and sprains result from ballplayers running the bases. Most bruises happen when players collide or are hit by the ball, while the majority of fractures occur when players try to slide into a base or are hit by a pitched ball.

How can injuries be kept to a minimum? The best way is for players to know and understand their own physical and skill limits. Most strains and sprains can be prevented by maintaining a good conditioning level and by carefully warming up before playing. Playing by the rules and within one's limits will help prevent bruises and fractures.

Safety Rules for Baseball and Softball

- Check the playing field for holes, broken glass, rocks, or other dangerous objects.
- Be careful swinging the bat; make sure no one is too close.
- After you hit the ball, don't throw or sling the bat; drop it as you run to base.
- Throw the ball to—not at—other players.
- Wear proper shoes (no metal spikes) and a batting helmet when at bat.
- If you play catcher, wear a face mask, protective cup for men or boys, chest protector, and shin guards.
- Avoid running over another player to knock the ball loose.
- Call for fly balls so you don't run into another player.
- Be careful chasing the ball. If it goes into a street, look both ways to make sure no cars are coming before you go after it.
- If there is lightning in the area, stop playing and seek shelter other than a tree. ⚡



TENNIS

Millions of people will work out this year playing tennis. Approximately 83,000 of them will leave the court injured. Steps to avoid serious injuries begin with a set routine: stretch, warm up, play, cool down, and stretch again. Proper equipment is also important:

- **Racquet:** The racquet selected should have a grip that fits the player's hand. An oversize racquet head makes it easier for beginners to contact the ball; intermediate and advanced players usually prefer a midsize. The key to selecting a good racquet is shock absorption. Recommended racquet types are ones made of vibration-dampening material (fiberglass-graphite and fiberglass-boron composites are best).
- **Shoes:** Tennis is a game of quick sprints and rapid turns. Athletic shoes designed specifically for tennis will help prevent ankle strains and sprains.
- **Clothing:** Clothing should reflect the sun's rays, allow freedom of movement, and permit heat and sweat to escape. You should also protect your eyes from court glare. ☆



SOCCER

A soccer game is characterized by speed, grace, and skill. Players sprint, kick, and leap. Unfortunately, some players also get hurt. In fact, many thousands of Americans are treated in emergency rooms every year for injuries related to soccer. Consider the following to help keep your game safe.

Equipment

- **Shirt:** In hot weather, shirts should have short sleeves. They should be light-colored to reflect heat and loose to allow ventilation.
- **Pads:** Players should wear shin pads. They don't interfere with movement or ball control. Goalkeepers should wear knee and elbow pads.

Types of Soccer Injuries and First Aid Tips

- **Abrasions:** Caused by sliding. Wash with soap and water, and expose to air. If infection starts, treat with an antiseptic.
- **Lacerations:** Caused by skin being broken by contact with a head, elbow, or shoe. Seek medical attention to suture a severe wound.
- **Bruises:** Caused by collisions, kicks, and elbows. Apply ice and rest.

- **Stitches:** A sharp pain in the side of stomach during exertion. Breathe as deeply as possible until symptoms subside.
- **Cramps:** Involuntary contraction in muscle caused by fatigue, improper diet, dehydration, electrolyte imbalance, playing without warming up, or a sharp blow. Use sport drinks with electrolytes to help prevent cramps. If you get a cramp, stop and stretch the muscle. If caused by a blow, apply ice and stretch it. If not caused by a blow, apply heat and massage the area.
- **Sprains:** Caused by cleats hanging in grass while turning, stepping in a depression, landing incorrectly, or stepping on a ball or foot. Apply ice, immobilize, compress with an elastic bandage, elevate, and get medical attention. ☆



U.S. Army CAPT Emily Nay makes a penalty kick during the first game of the U.S. Women's Soccer Team at the 4th Conseil Internationale du Sport Militaire's Military World Games in Hyderabad, India.

Photo courtesy of U.S. Army; <http://www.flickr.com/photos/soldiersmediacenter/1600406760/>



U.S. Soldiers from 1st Battalion, 12th Brigade, 3rd Military Transition Team, play a game of soccer at Forward Operating Base Marez in Mosul, Iraq.

Photo courtesy of U.S. Army; <http://www.flickr.com/photos/soldiersmediacenter/3257501503/>

JOGGING/RUNNING

As with any outdoor activity, it is important to be aware of your surroundings. Never jog or run anyplace where you might feel uncomfortable or unsure of your surroundings. It's always a good idea to run with a buddy. Avoid jogging or running at night, since cars cannot see you and it is difficult for you to see the ground.

Remember that roadways are designed primarily for vehicular traffic. Instead use sidewalks, bike paths, physical training tracks, and open fields. Most important: pedestrian traffic rules apply to individual joggers or runners.

Do:

- Be in good physical condition.
- Stay away from vehicle traffic where possible.
- Wear proper footwear.
- Face oncoming traffic while running.
- Begin a running program gradually.
- Wear reflective clothing if jogging at night.

Don't:

- Run during peak traffic hours.
- Assume right-of-way over vehicles.
- Wear headphones when jogging near traffic.
- Use excessive salt.
- Run with the flow of traffic.
- Continue if not feeling well.
- Over-exercise.
- Wear plastic or rubber suits. ☆

Paratroopers from the 82nd Airborne Division's 2nd Brigade Combat Team jog down Longstreet Road during the four-mile division-wide run that kicked off the 82nds All American Week celebration.

Photo courtesy of U.S. Army: <http://www.flickr.com/photos/soldiersmediacenter/3549138806/>



SKATEBOARDING

Skateboarding need not be a dangerous sport. Many of the hazards to your children can be eliminated by following these guidelines.

- **Recognize that skateboarding is a sport:** Supply your child with the proper equipment. You wouldn't allow your child to play hockey without a helmet, nor would you attempt to ski without proper poles and boots. The same prudence applies to skateboarding. In addition to a good, sturdy board, a skateboarder needs to wear a helmet, knee pads, elbow pads, and padded gloves with wrist supports.
- **Require your child to wear athletic shoes when skating:** Sturdy tennis shoes are recommended.
- **Know the areas where your child skates:** Skating on city streets, sidewalks, and in shopping malls is prohibited in some areas.
- **Avoid skateboarding on public streets:** Cross streets on foot (not on the board). Teach your child to obey all traffic signals, signs, and regulations. Caution the child about the dangers of cars backing in and out of driveways.
- **No towing:** Prohibit your child from being towed by bicycles, automobiles, or other moving vehicles.
- **Use skate parks:** If skate parks are available, encourage their use when there is adequate supervision.
- **Maintain equipment:** Teach your child to take good care of his equipment. A skateboard needs to be continually checked and maintained just like an automobile.
 - ❑ *The wheels and bearings must be checked regularly.*
 - ❑ *The trucks—the metal pieces that connect the wheels to the board—must be securely fastened and properly adjusted. ☆*



BICYCLES

Bicycle riding has many benefits including exercise, preventing pollution, and saving money. However, sharing the road with motorized vehicles can be extremely hazardous. Follow these rules and tips for safe bicycle riding.

- **Always wear a properly fitted bicycle helmet that meets safety standards established by the U.S. Consumer Product Safety Commission, the American Society for Testing and Materials, or the Snell Memorial Foundation. Look for a certification sticker inside the helmet.**
- **Obey all applicable traffic regulations, signs, signals, and markings.**
- **Observe all local ordinances pertaining to bicycle operation.**
- **Keep right—ride with traffic, not against it. Ride single file.**
- **Watch out for drain grates, soft shoulders, and other road surface hazards.**
- **Watch out for car doors opening or for cars pulling out into traffic.**
- **Never carry passengers and ensure that packages don't interfere with your vision or control.**
- **Be extremely careful at all intersections, particularly when making a left turn.**
- **Use hand signals to indicate turning or stopping.**
- **Make yourself visible at night with reflectors and lights.**
- **Conduct an inspection to ensure your bike is safe and is in proper mechanical condition before riding/driving.**
- **Drive your bike defensively; watch for other riders, pedestrians, and automobiles.**
- **Never hitch a ride on a truck or other vehicle. ☆**



SPC Justin Clark (seated), who is currently undergoing therapy at Walter Reed Army Medical Center, leads riders on the Road 2 Recovery 480-mile bike trek.

Photo courtesy of U.S. Army: <http://www.flickr.com/photos/soldiersmediacenter/2530663041/>



WATER SAFETY

Swimming

Swimming is more than just fun. It provides an excellent means of aerobic exercise and knowing how to swim can literally save your life. American Red Cross statistics reveal that half of all drownings occur within 20 feet of safety. The frightening fact is that 40 percent of the population cannot swim 20 feet and would probably drown attempting to get to safety.

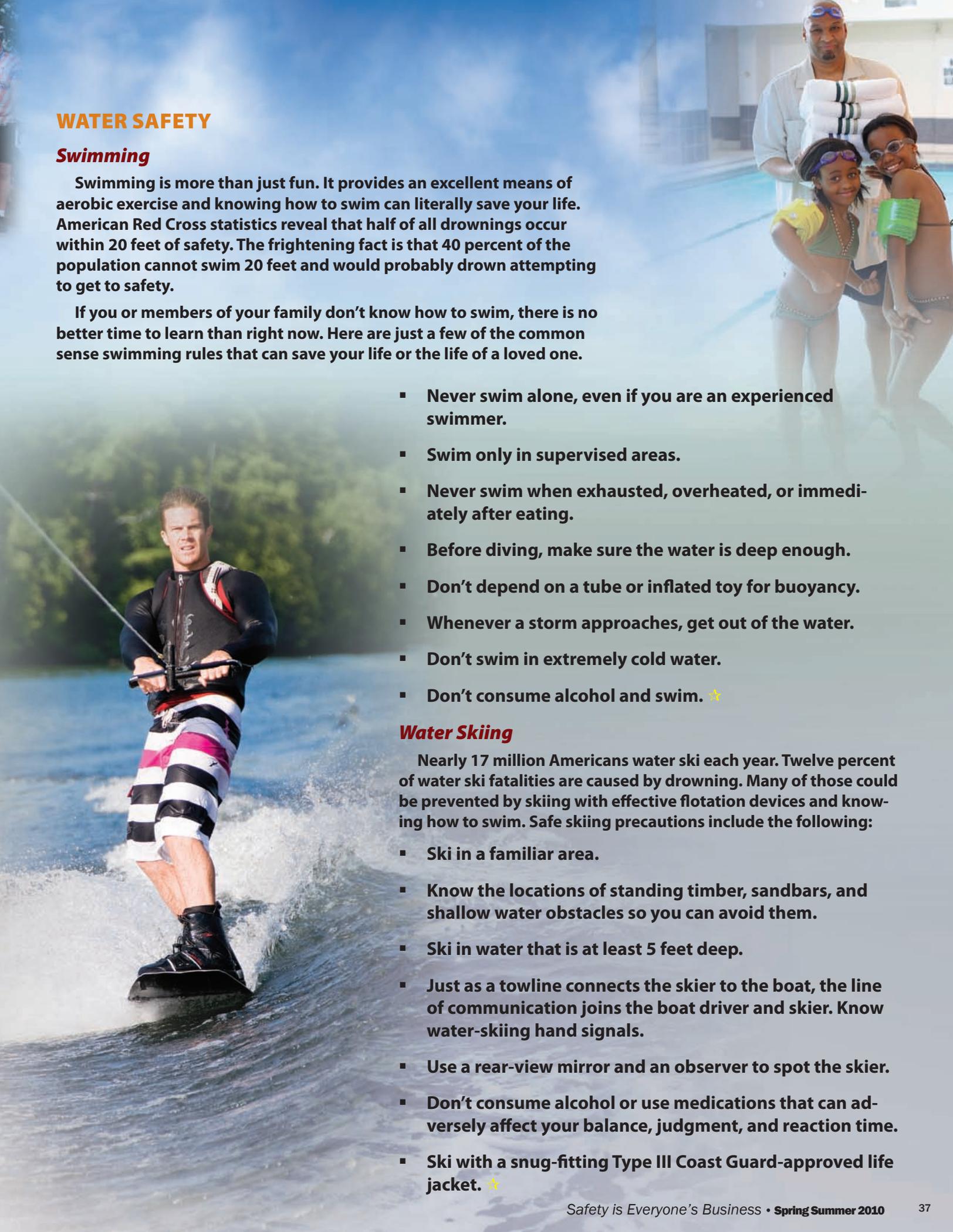
If you or members of your family don't know how to swim, there is no better time to learn than right now. Here are just a few of the common sense swimming rules that can save your life or the life of a loved one.

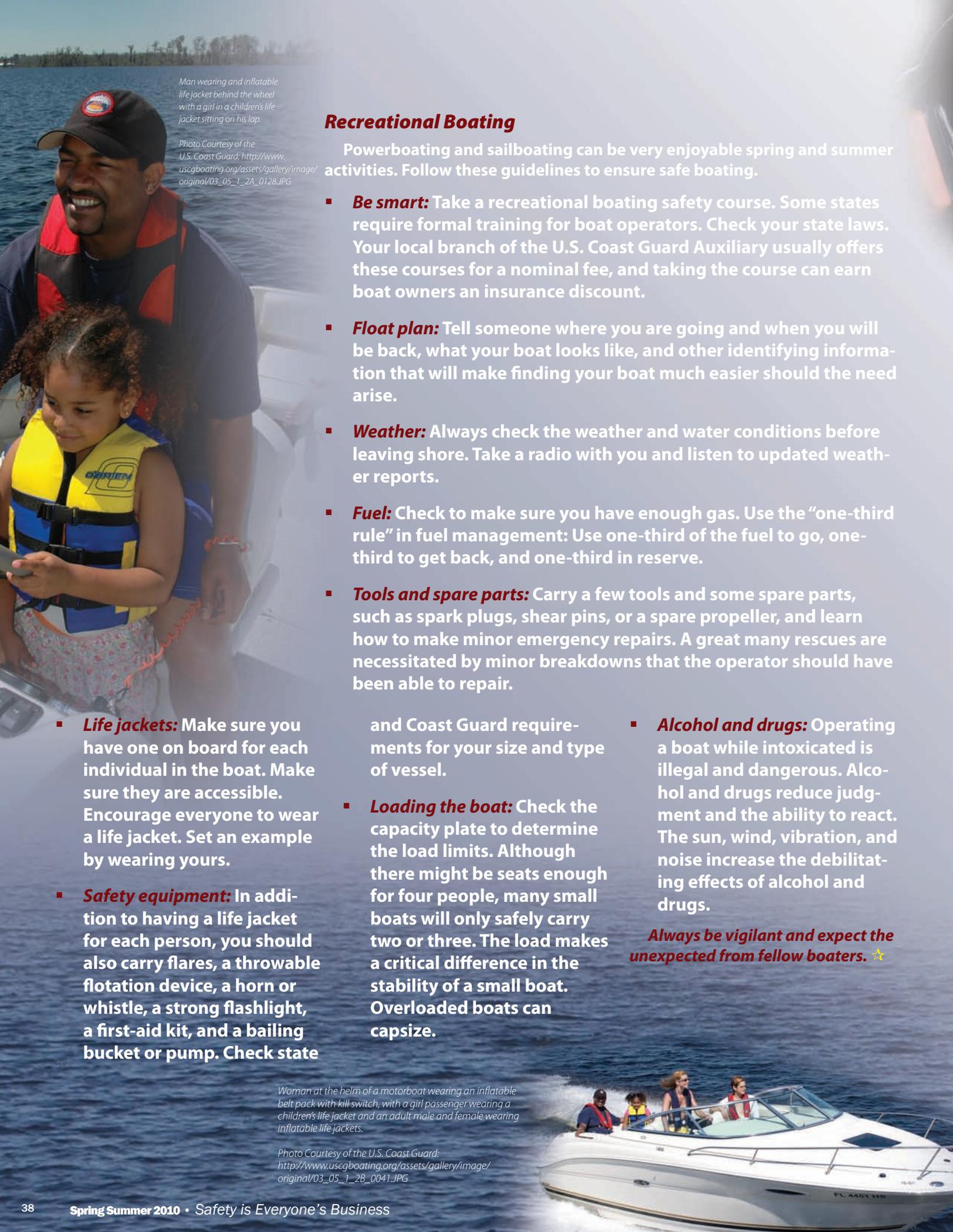
- Never swim alone, even if you are an experienced swimmer.
- Swim only in supervised areas.
- Never swim when exhausted, overheated, or immediately after eating.
- Before diving, make sure the water is deep enough.
- Don't depend on a tube or inflated toy for buoyancy.
- Whenever a storm approaches, get out of the water.
- Don't swim in extremely cold water.
- Don't consume alcohol and swim. ☆

Water Skiing

Nearly 17 million Americans water ski each year. Twelve percent of water ski fatalities are caused by drowning. Many of those could be prevented by skiing with effective flotation devices and knowing how to swim. Safe skiing precautions include the following:

- Ski in a familiar area.
- Know the locations of standing timber, sandbars, and shallow water obstacles so you can avoid them.
- Ski in water that is at least 5 feet deep.
- Just as a towline connects the skier to the boat, the line of communication joins the boat driver and skier. Know water-skiing hand signals.
- Use a rear-view mirror and an observer to spot the skier.
- Don't consume alcohol or use medications that can adversely affect your balance, judgment, and reaction time.
- Ski with a snug-fitting Type III Coast Guard-approved life jacket. ☆





Man wearing and inflatable life jacket behind the wheel with a girl in a children's life jacket sitting on his lap.

Photo Courtesy of the U.S. Coast Guard: http://www.uscgboating.org/assets/gallery/image/original/03_05_1_2A_0128.JPG

Recreational Boating

Powerboating and sailboating can be very enjoyable spring and summer activities. Follow these guidelines to ensure safe boating.

- **Be smart:** Take a recreational boating safety course. Some states require formal training for boat operators. Check your state laws. Your local branch of the U.S. Coast Guard Auxiliary usually offers these courses for a nominal fee, and taking the course can earn boat owners an insurance discount.
- **Float plan:** Tell someone where you are going and when you will be back, what your boat looks like, and other identifying information that will make finding your boat much easier should the need arise.
- **Weather:** Always check the weather and water conditions before leaving shore. Take a radio with you and listen to updated weather reports.
- **Fuel:** Check to make sure you have enough gas. Use the “one-third rule” in fuel management: Use one-third of the fuel to go, one-third to get back, and one-third in reserve.
- **Tools and spare parts:** Carry a few tools and some spare parts, such as spark plugs, shear pins, or a spare propeller, and learn how to make minor emergency repairs. A great many rescues are necessitated by minor breakdowns that the operator should have been able to repair.
- **Life jackets:** Make sure you have one on board for each individual in the boat. Make sure they are accessible. Encourage everyone to wear a life jacket. Set an example by wearing yours.
- **Safety equipment:** In addition to having a life jacket for each person, you should also carry flares, a throwable flotation device, a horn or whistle, a strong flashlight, a first-aid kit, and a bailing bucket or pump. Check state and Coast Guard requirements for your size and type of vessel.
- **Loading the boat:** Check the capacity plate to determine the load limits. Although there might be seats enough for four people, many small boats will only safely carry two or three. The load makes a critical difference in the stability of a small boat. Overloaded boats can capsize.
- **Alcohol and drugs:** Operating a boat while intoxicated is illegal and dangerous. Alcohol and drugs reduce judgment and the ability to react. The sun, wind, vibration, and noise increase the debilitating effects of alcohol and drugs.

Always be vigilant and expect the unexpected from fellow boaters. ☆

Woman at the helm of a motorboat wearing an inflatable belt pack with kill switch, with a girl passenger wearing a children's life jacket and an adult male and female wearing inflatable life jackets.

Photo Courtesy of the U.S. Coast Guard: http://www.uscgboating.org/assets/gallery/image/original/03_05_1_2B_0041.JPG





WEAPONS SAFETY

In Fiscal Year 2009, the Army experienced 34 negligent discharge Class A-C accidents involving firearms, 17 of which occurred off duty and 17 on duty. Of these accidents, 4 resulted in fatal injuries, with three occurring off duty and one on duty. To combat negligent discharges, leaders must change the way Soldiers think about and handle weapons. Both leaders and Soldiers have a responsibility to set the example for others and make on-the-spot corrections. Drill home that your Soldiers must think weapons safety:

- 4 Treat every weapon as if it's loaded.
- Handle every weapon with care.
- Identify the target before you fire.
- Never point the muzzle at anything you don't intend to shoot.
- Keep the weapon on safe and your finger off the trigger until you intend to fire.

In many negligent discharges, it's clear the basic fundamentals of weapons handling were ignored. Based on information reported to the U.S. Army Combat Readiness Center, the most prevalent mistakes that lead to negligent discharges are horseplay, improper cleaning procedures, incorrect weapon status, failure to keep the weapon on safe and finger off the trigger when there's no intent to fire, and lack of muzzle awareness. These mistakes are a result of indiscipline, overconfidence, and complacency. Over 60 percent of fatalities involved alcohol and privately owned weapons, and all occurred with what the Soldier believed was an unloaded weapon. ⚡



HOME PROJECT/ HOBBY SAFETY

SAFE LIFTING TIPS

Follow these safe lifting tips to prevent back injuries:

- Crouch as close as possible to the object you are going to lift.
- Don't lift beyond your strength. Get help if needed.
- Get solid footing. Place your feet 8 to 12 inches apart.
- Grip firmly with your fingers underneath the load whenever possible.
- Keep your arms straight and your back as vertically straight as possible.
- Lift gradually. Avoid jerky motions.
- Lift by using the strong leg muscles. This takes strain off the back muscles.

- Shift the position of your feet to avoid twisting motions.
- Put things down by reversing these lifting methods. ☆

MECHANICS SAFETY CHECKLIST

If you do your own home or automobile repairs and maintenance, think safety before you tackle a job. Often you may not have the proper tools or equipment, and you may be tempted to take short-cuts.

Don't Risk Injury

If you misuse a hand tool, or use a defective tool, you may risk suffering these or other serious injuries:

- The loss of eyes and vision, or puncture wounds from flying chips.

- Slivers from concussion tools.
- Severed tendons and arteries from cutting tools.
- Broken bones and bruises from slipping wrenches.

Hand Tools

To avoid accidents, follow these four safe practices when using hand tools:

- Select the right tool for the job.
- Keep tools in good working condition.
- Use the tool in the proper manner.
- Keep tools in a safe place.

Working Under Automobiles

- Use jack stands and wheel chocks instead of just jacks.

- Use hoists and lifts instead of manhandling heavy loads. ☆

LADDER SAFETY

Each year there are more than 160,000 emergency room-treated injuries in the United States relating to ladders. Rules for the safe use of ladders are as follows.

Rule 1: Select the right ladder for the job.

- Make certain the ladder is strong enough for its intended use.
- Choose a ladder that's tall enough for you to work comfortably.
- Avoid metal ladders when there's a chance of contact with a source of electric current. Metal is a conductor of electricity.

Rule 2: Inspect the ladder before you use it.

- Look for loose or damaged rungs, steps, rails, or braces.
- Repair or replace loose or missing screws, hinges, bolts, nuts, or other hardware.
- Make certain safety arms can be locked in place.
- Be sure straight ladders have safety feet.
- Never use a defective ladder.
- Rule 3: Set up your ladder with care.
- If you must set up a ladder in a traffic area, use a barricade or guard to prevent unexpected collisions. Lock or

block any nearby door that opens toward you.

- Keep the area around the ladder base uncluttered.
- Position your ladder base on a solid, level surface.
- When you use a step ladder, make sure it's fully open and its spreader is locked.
- Position a straight ladder at a four-to-one ratio—the base of your ladder should be one foot away from the wall or other vertical surface for every four feet of the ladder's length to the support point. Many ladders will have a diagram pasted to their sides that can assist in proper positioning.
- When you use a ladder to climb onto a roof or platform, allow your ladder to extend at least three feet beyond the roof edge or other support point.
- To avoid shifting, tie down straight ladders as close to the support point as possible.
- Never use a ladder against an unstable surface.

Rule 4: Climb and descend ladders cautiously.

- Face the ladder and hold on with both hands.
- If you need tools, carry them in a tool belt or raise and lower them with a hand line—maintain three points of contact at all times.

- Don't take a chance on slipping. Check ladder rungs and the bottoms of your shoes for slippery substances.

Rule 5: Use common sense.

- Hold on with at least one hand.
- Never reach or lean too far to either side.
- To maintain your balance, keep your belt buckle between the ladder rails.
- Don't climb higher than the second tread from the top on a step-ladder or the third rung from the top on a straight ladder. ☆





TRAVEL SAFETY

NIGHT DRIVING

Most driving is done during the day. Most accidents happen at night. In fact, more than half of all traffic fatalities occur at night. The nighttime death rate based on vehicle miles is nearly three times as great as during the day.

We must recognize that night driving presents special hazards. The chief danger, of course, is reduced visibility, but the condition of the vehicle and driver may also create potential problems. Dirty windshields, worn windshield wipers, and dirty, inoperative, or misaligned headlights reduce your vision and can also make your vehicle less visible to others.

Driving when you are tired can be just as dangerous as drinking and driving. Fatigue from lack of sleep, overexertion, or too many hours of steady driving can be disastrous. Because more accidents happen at night, additional precautions should be taken then. They include the following:

- Prepare your car for night driving. Clean headlights, taillights, signal lights, and windows (inside and out) once a week, more often if necessary.
- Don't drink and drive. Not only does alcohol severely impair your driving ability, it also acts as a depressant. Just one drink can induce fatigue.
- Have your headlights properly aimed. Misaimed headlights blind other drivers and reduce your ability to see the road.
- Avoid smoking when you drive. Nicotine and carbon monoxide in cigarette smoke hamper night vision.
- If you have any doubt during early twilight time, turn your headlights on. Lights will not help you see better, but they'll make it easier for other drivers to see you. Being seen is as important as the ability to see.
- Reduce your speed and increase following distances. It is more difficult to judge other vehicles' speed and distance at night.

TRiPS—TRAVEL RISK PLANNING SYSTEM

As we enter the summer months, many Soldiers are finalizing their travel plans for some much deserved leave. Before hitting the open road, however, leaders must ensure that their soldiers complete a Travel Risk Planning System (TRiPS) assessment.

TRiPS is an online automated risk assessment tool specifically designed for personnel using their privately owned vehicles (POVs) or motorcycles during pass, leave, TDY, or PCS. Since its inception, Army personnel using TRiPS are significantly less likely to be involved in a fatal accident involving a POV. With millions of Army assessments completed since the inception of the tool, this is a positive impact on safety. Because it has been so effective in reducing Army fatalities, it was also adopted by all military services. To access TRiPS visit <https://safety.army.mil/>.



- Don't overdrive your headlights. You should be able to stop inside the illuminated area.
- When following another vehicle, keep your headlights on low beams so you don't blind the driver ahead of you.
- If an oncoming vehicle doesn't lower its beams from high to low, avoid glare by watching the right edge of the road and using it as a steering guide.
- Make frequent stops for light snacks and exercise. If you're too tired to drive, stop and get some rest.
- If you have car trouble, pull off the road as far as possible. Warn approaching traffic at once by setting up reflecting triangles near your vehicle and 300 feet behind it. Turn on flashers and the dome light. Stay off the roadway, and get passengers away from the roadway. ☆

Seat Belt Safety

According to the National Highway Traffic Safety Administration (NHTSA), more Americans are buckling up than ever before, with 83 percent of vehicle occupants using seat belts during daylight hours. It is estimated that approximately 270 lives are saved for every 1 percent increase in seat belt use. Data trends show that each

year approximately 50 percent of vehicle occupants killed in crashes were not buckled up. Safety belts save lives, an estimated 15,000 each year. If everyone involved in a fatal crash were wearing their seat belts, an additional 5,000 fatalities could be prevented each year. Tragically, data shows that approximately 25 percent of children under age 14 who die in passenger vehicle crashes each year are unbelted.

Worn correctly, seat belts reduce the risk of fatal injury by 45 percent for front-seat passenger car occupants and by 60 percent for pickup truck, SUV, and minivan occupants.

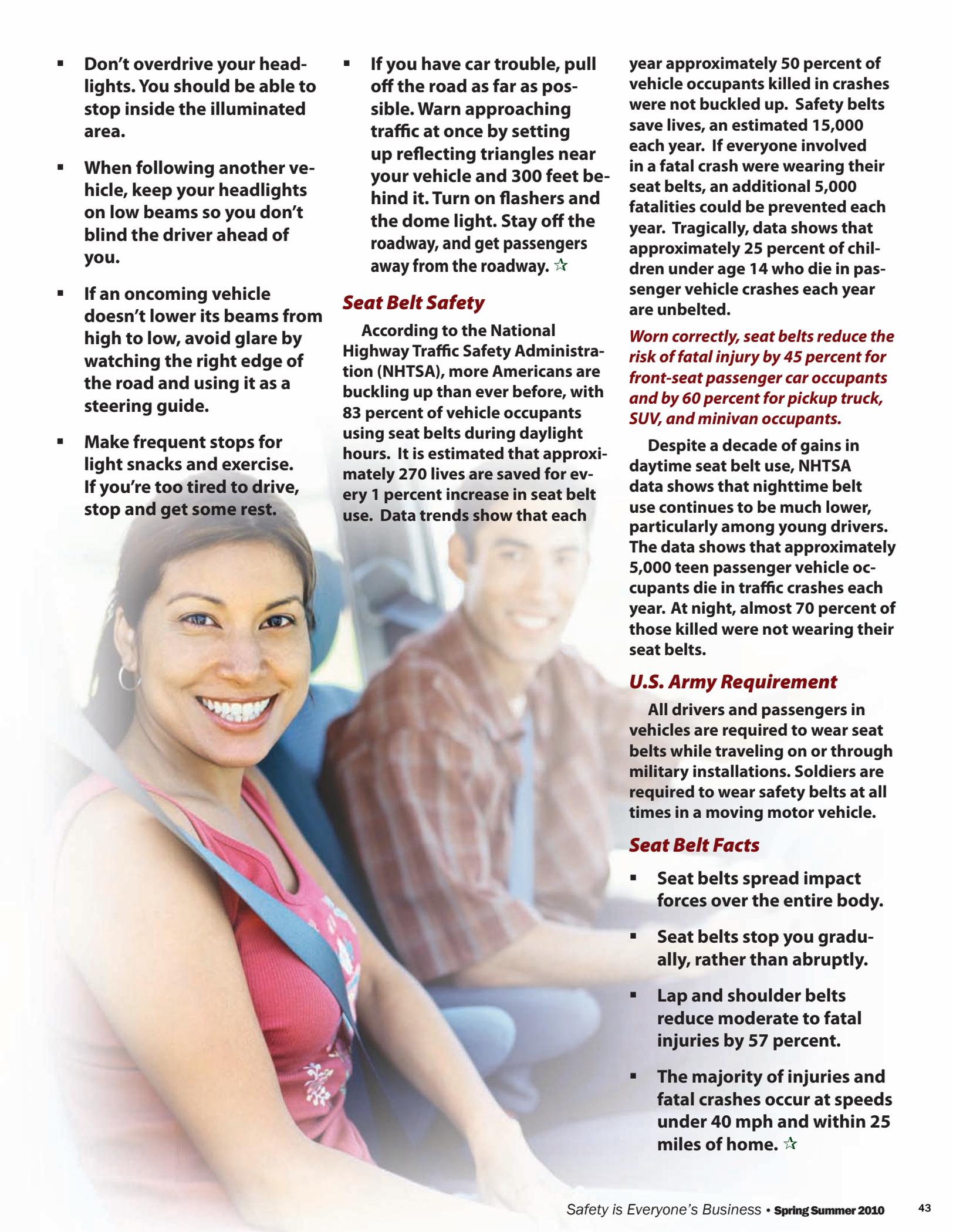
Despite a decade of gains in daytime seat belt use, NHTSA data shows that nighttime belt use continues to be much lower, particularly among young drivers. The data shows that approximately 5,000 teen passenger vehicle occupants die in traffic crashes each year. At night, almost 70 percent of those killed were not wearing their seat belts.

U.S. Army Requirement

All drivers and passengers in vehicles are required to wear seat belts while traveling on or through military installations. Soldiers are required to wear safety belts at all times in a moving motor vehicle.

Seat Belt Facts

- Seat belts spread impact forces over the entire body.
- Seat belts stop you gradually, rather than abruptly.
- Lap and shoulder belts reduce moderate to fatal injuries by 57 percent.
- The majority of injuries and fatal crashes occur at speeds under 40 mph and within 25 miles of home. ☆





CELLULAR PHONE USE WHILE DRIVING

The primary responsibility of the driver is to operate a motor vehicle safely. The task of driving requires full attention and focus. Cell phone use can distract drivers from this task, risking harm to themselves and others. Therefore, the safest course of action is to refrain from using a cell phone while driving.

DoD policy expressly prohibits vehicle operators on a DoD installation and operators of government-owned vehicles from using cell phones unless the vehicle is safely parked or unless they are using a hands-free device. The wearing of any other portable headphones, earphones, or other listening devices (except for hand-free cellular phones) while operating a motor vehicle is prohibited. Use of those devices impairs driving and masks or prevents recognition of emergency signals, alarms, announcements, the approach of vehicles, and human speech.

Along with DoD and the military services, many states have now passed laws that restrict or prohibit cell phone use by drivers. You should also check your state's traffic laws on this issue, and ensure that you put safety first when using a cell phone.

More recently, text messaging has become a common and frequent form of communication for many people. While texting may be cheaper than making a cell phone call, it is definitely not compatible with safe driving. Sending or reading text messages while driving is extremely hazardous for drivers, passengers, and fellow motorists. If you must send or read a text message, be sure to safely park your vehicle before doing so. Many states have passed or are currently considering "text messaging is not allowed while driving" or similar distracted driving laws. ☆

CHILD PASSENGER SAFETY

Motor vehicle crashes are the leading cause of death for children in the United States. During 2006 (the latest statistics available), 1,794 children aged 14 and under died as occupants in motor vehicle crashes, and 184,000 were injured! NHTSA estimates that the use of properly sized and correctly installed child safety seats would reduce these losses by more than half.

As children grow, how they sit in your car, truck, or SUV should change. The steps below show how to provide the best protection for children of different ages and sizes.

- 1 REAR-FACING SEATS**  For the best possible protection keep infants in the back seat, in rear-facing child safety seats, as long as possible up to the height or weight limit of the particular seat. At a minimum, keep infants rear-facing until a minimum of age **1** **and** at least 20 pounds.
- 2 FORWARD-FACING SEATS**  When children outgrow their rear-facing seats (at a minimum age **1** **and** at least 20 pounds) they should ride in forward-facing child safety seats, in the back seat, until they reach the upper weight or height limit of the particular seat (usually around age 4 and 40 pounds).
- 3 BOOSTER SEATS**  Once children outgrow their forward-facing seats (usually around age 4 and 40 pounds), they should ride in booster seats, in the back seat, until the vehicle seat belts fit properly. Seat belts fit properly when the lap belt lays across the upper thighs and the shoulder belt fits across the chest (usually at age 8 or when they are 4'9" tall).
- 4 SEAT BELTS**  When children outgrow their booster seats, (usually at age 8 or when they are 4'9" tall) they can use the adult seat belt in the back seat, if it fits properly (lap belt lays across the upper thighs and the shoulder belt fits across the chest).

After selecting an age- and size-appropriate seat, you must install it securely. Properly installing the seats can be difficult; random on-the-road checks of child safety seats have found that up to 73 percent of the seats are not securely installed. Carefully follow the manufacturer's installation instructions, and have the installed seat checked by an expert. Your Garrison Safety Office can inspect the seat installation or direct you to other resources that can perform the inspection. The NHTSA website can provide the addresses of organizations in your area that provide inspections of child safety seats. Go to <http://www.nhtsa.dot.gov/cps/cpsfitting/index.cfm> and enter your zip code to find the closest inspection stations. ☆

WET ROADS

Summer showers can be tricky. They cause wet roads, soft shoulders, reduced visibility, and mud-splattered lights and windshields. Slippery roads lengthen stopping distances. The first change to make in your driving when it starts to rain is to slow down.

Even just a little rain creates considerable hazard. The rainwater mixes with the oil and grease residue and creates a slippery film on the road. The more it rains, the more this film is going to be washed away—but don't wait for this to happen. Slow down as soon as it starts to rain.

Be wary of center lines and lane markings—they can be much slicker than the rest of the road when wet. Take extra care when crossing wet railroad tracks, which are very slippery. You can't drive if you can't see, so make sure your windshield wipers are in good working order. Keep the blades clean, and replace worn blades without delay. A combination of safe driving procedures and properly maintained equipment is your best insurance against the hazards of rainy driving. ☆





MOTORCYCLES

Mandatory Training

Accidents can be reduced or even prevented by choosing the correct motorcycle and having the proper equipment and training. Riding skills are learned; therefore, attending a Motorcycle Safety Foundation (MSF)-approved course should be the first step for all riders. Motorcycle safety courses are required and provided by U.S. Army

installations. All riders must meet the requirements of the MSF-based Basic Rider Course (BRC), which is provided to Soldiers and DoD civilians free of charge. Installations may also offer the Experienced Rider Course and Military SportBike Rider Course in addition to the BRC. These additional courses are designed to provide additional safety skills for experienced motorcycle riders. Consult your installation safety office on local classes and policies or to learn more about the Army Traffic Safety Training Program (ATSTP) visit: <http://combattingaggressivedriving.com>.

Required Personal Protective Equipment

To operate a motorcycle on a military installation, riders are required to wear proper personal protective equipment (PPE). Properly fitted and functional PPE makes riding more comfortable and much safer. High-visibility PPE is required by the military and preferred in all cases.

The Army Safety Program (AR 385-10) requires the following mandatory PPE while operating or riding as a passenger on a motorcycle, moped, or ATV; these rules apply to all Army military personnel at any time, on or off a DoD installation; all Army civilian personnel in a duty status, on or off a DoD installation; all personnel in or on a DoD-owned motorcycle; and

all persons at any time on an Army installation:

- Operators and passengers must wear helmets, certified to meet DOT standards, that are properly fastened under the chin.
- They must have impact- or shatter-resistant goggles, wraparound glasses, or a full-face shield properly attached to the helmet meeting or exceeding ANSI Safety Code Z87.1, for impact and shatter resistance. A windshield alone is not proper eye protection.
- They must wear sturdy footwear, leather boots, or over-the-ankle shoes.
- They must wear a long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens designed for use on a motorcycle.
- For on-road operations, they must wear a brightly colored, outer upper garment

Basic Riding Gear



Basic Riding Gear images courtesy of U.S. Army: <http://www.eustis.army.mil/safety/MotoInfo.asp>

during the day and a reflective upper garment during the night. Military uniforms do not meet this criterion. The outer garment must be clearly visible and not covered. Items may be worn on top of the outer garment, but they

must meet the same visibility requirements of the outer upper garment.

padding full fingered gloves.

- During off-road operations, operators and passengers must use additional PPE, such as knee and shin guards and



Motorcycle Safety

The first concern of every motorcyclist, especially inexperienced ones, should be safety. According to a study conducted in California, motorcyclists involved in accidents took no evasive action, or in the few cases where something was done, it was the wrong action. That is why attending a training class is so important. Follow these rules for safe motorcycle operation:

- If you are a beginner motorcyclist, enroll in a motorcycle training course. Many of the accidents occurring today involve novice riders. If you are not properly trained to correctly react to hazardous or emergency situations, you may never get a second chance.
- Ride your motorcycle as though you were invisible to other highway users. Chances are the motorist really does not see you. When motorcycles are involved in accidents with automobiles, the automobile driver usually remarks that they never saw the motorcycle.
- Take positive steps to increase your visibility to other motorists. Keep your headlight on at all times; have your bike, riding clothes, and helmet marked with light-colored fluorescent or reflective materials. Maintain the proper lane position, and use your directional signals.
- Maintain a safe following distance. Traffic accidents caused by motorcyclists are usually the result of following too closely. The greater the distance between you and the car ahead, the more time you have to react to hazards or obstructions in the road.
- Carry passengers only after you become a thoroughly experienced rider.
- Be sure the motorcycle is legally equipped and maintained in safe operating condition.
- Ride in the left track—that is, to the left of the grease strip in your lane of traffic—unless you intend to turn right. The left track position assures better visibility and more evasive escape room, and it encourages other motorists to pass properly. A motorcycle is not permitted to share lane position with any other vehicle, including another motorcycle.
- Be in top mental condition before operating a motorcycle. Coordination and concentration are essential to safe operation.
- Do not lend your bike to a buddy. Many motorcycle accidents occur on borrowed machines. Manufacturers use different methods of mounting controls and control location is inconsistent among makes, so not every rider will be familiar with every motorcycle. Also, will your insurance cover possible claims arising from your borrowed motorcycle's accident, or could you be held criminally liable in case of a serious accident or injury?



Observe all traffic laws. The motorcyclist must look for and be prepared to evade other vehicles. Always anticipate the unexpected so you are alert to control any situation that may arise.

Rules for Braking

Good braking skills are essential for safe riding—General rules for braking are as follows:

Rule 1: Use the front brake.

This is the brake that does most of the work. Braking confidently, progressively, and hard on the front wheel is a critical skill and should be practiced on a regular basis and under safe conditions. Do this on your own and with a passenger, as the extra weight affects your stopping distance.

As you brake, do not stiffen your arms; instead, grip the bike with your legs, leaving your arms free and relaxed. **Remember, almost 70 percent of the stopping power is in the front brake.**

Rule 2: Hard, heavy braking should always be done when the motorcycle is upright and traveling in a straight line.

Rule 3: Avoid locking up the wheels.

Remember, when it's two wheels versus four, your skill and know-how are your best—and maybe your only—protection. Shouldn't you take whatever measures possible to increase your survivability? ☆

MOTORCYCLE MENTORSHIP PROGRAM

Inexperienced motorcycle riders are encouraged to join the Motorcycle Mentorship Program. The purpose of this program is to establish voluntary installation-level motorcycle clubs where less experienced riders and seasoned riders can create a supportive environment of responsible motorcycle riding and enjoyment. Such an environment can create positive conduct and behavior and serve as a force multiplier that supports a commander's program to prevent motorcycle accidents. ☆

DRUGS, ALCOHOL, AND MOTORCYCLES

Don't do it.

Is that simple enough?

Alcohol and over-the-counter drugs affect your judgment and reaction time. As a rider you cannot afford to be impaired, because bad judgment will get you into trouble, and a slowed reaction time may get you killed. This choice could make or break your riding career. **Remember: fun or fatal.** ☆



ALL TERRAIN VEHICLES (ATVS)

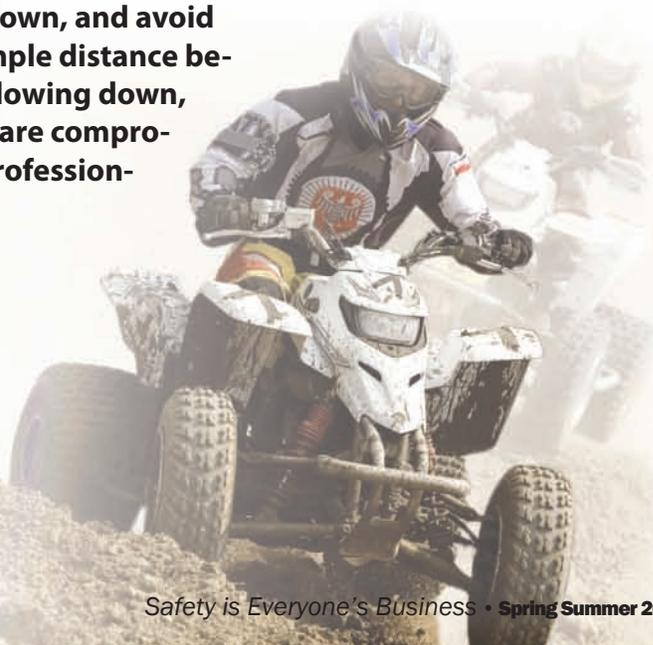
An ATV is a motorized off-highway vehicle designed to travel on low-pressure tires. ATVs are used for both recreation and work. They are fun to drive but can be very dangerous.

Training

Recreational ATV riders should complete the Specialty Vehicle Institute of America training. The Army Safety Program (AR 385-10) requires government ATV operators (tactical operations) to complete the Specialty Vehicle Institute of America-based course.

Rules for Safe ATV Operation

- **Who should drive:** *Those 12 and older.* Typically, children under 12 are unable to safely operate an ATV, as they have not developed the necessary size, strength, logic, motor skills, and perception.
- **Stability:** Although the stability of all ATVs is low, four-wheeled ATVs have better stability than older three-wheeled.
- **What to wear:** The Army Safety Program (AR 385-10) PPE requirements for ATVs are the same as for motorcycles (see “Motorcycles,” page 46). During off-road operations, operators and riders must use additional PPE, such as knee and shin guards and padded full-fingered gloves.
- **Where to ride:** ATVs are difficult to control on pavement. They are best suited for trails and off-road riding.
- **How to ride:** A passenger seriously impairs the driver’s ability to shift weight, steer, and control the vehicle. Most fatal accidents occur after dark and before dawn. Check your lights, slow down, and avoid unfamiliar terrain. Maintain a safe speed and ample distance between vehicles. Use hand signals for stopping, slowing down, and turning. Don’t drive an ATV so fast that you are compromising control. Stunt driving should be left to professionals, not recreational ATV operators. ☆





HOLIDAY SAFETY

FIREWORKS SAFETY

Fireworks can be fun, beautiful, and extremely dangerous if used improperly. Certain types of fireworks are illegal for personal use in many locations, so be sure to check your state and local laws, and your installation regulations before purchasing or using any type of fireworks. If you plan to use fireworks, the Consumer Products Safety Commission and National Council on Fireworks Safety offer these safety tips.

- Always read and follow label directions.
- Never give fireworks to small children.
- Have an adult present.
- Never throw fireworks at another person.
- Ignite fireworks outdoors.
- Never carry fireworks in your pocket.
- Have water handy.
- Never shoot them in metal or glass containers.
- Never experiment or attempt to make your own fireworks.
- Store fireworks in a cool, dry place.
- Light one at a time.
- Comply with local laws and ordinances.
- Never reignite malfunctioning fireworks.
- If drought conditions are present, avoid using fireworks altogether.
- About 57 percent of emergency room-treated fireworks injuries occur in July, according to CPSC data.
- More than half the injuries occur at home.
- About 93 percent are treated or examined and released without treatment.
- The most common injury associated with fireworks is thermal burns, accounting for about 53 percent.
- Other injury types are bruises and abrasions (16 percent), lacerations (8 percent), foreign bodies (5 percent), and punctures (3 percent).
- About 40 cases annually result in amputation.

FIREWORKS INJURIES

According to the CDC and Prevention, 31 percent of fireworks-related injuries involve the hands and fingers, 25 percent the eyes, and 20 percent of the head and face. Blindness, third-degree burns, and permanent scarring are some of the serious injuries that can result from mishandling fireworks. Here are some other facts:

- Since 1968, fireworks fatalities have ranged from 0 to 14 per year.

***Alcohol and fireworks
never mix! ☆***

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