



**DEPARTMENT OF THE ARMY**  
**GREAT PLAINS REGIONAL MEDICAL COMMAND**  
**FORT SAM HOUSTON, TEXAS 78234-6200**

REPLY TO  
ATTENTION OF

MCGP-SF

13 May 2002

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: 101 Critical Days of Summer

1. Memorial Day Weekend traditionally marks the beginning of the 101 Critical Days of Summer campaign, which concludes with the Labor Day weekend. During this period, a great sense of safety awareness is called for due to the increased hazard potential associated with many of the summer activities we plan to enjoy. A review of past accident statistics for the Army reveals a significant number occurred during this period.

2. Changes from relatively sedate activities during winter to the call of the great outdoors during summer naturally lures many of us to take part in a wide range of recreational activities. Whatever the activity you choose to participate in this summer, whether it is vacation travel, water sports, backpacking and camping, off road vehicles, hiking, yard work, or just simply relaxing and enjoying a backyard barbecue, beware of hazards associated with these endeavors. Choose and plan your leisure time carefully and make injury prevention a top priority.

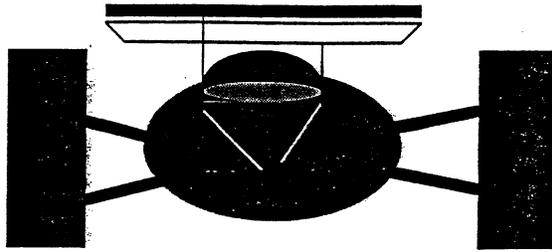
Encl

GLENN W. TAPLIN  
Colonel, MS  
Acting Commander

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# "Gentlemen, Start Your Engines!"



This famous command, on Memorial Day, will be the signal for 33 of the most powerful engines in the world to roar to life in thundering readiness for the exciting, world-renowned Indianapolis 500. In perfectly aligned rows, these winged marvels of safety and technology will inch forward; guided by the steady hands, perfect eyes, and mental sharpness of drivers as finely-tuned and tested as the machines they command.

After release of the balloons, the traditional theme song and the drop of the green flag, these steeds of steel will scream down the track at blinding speeds, which long ago passed the 200+MPH mark. Physical stresses on machine and driver will far exceed the total of what an average person might accumulate in an entire lifetime; inches will separate open racing tires spinning at blurring RPMs, offering a mere split second of difference between a successful pass and a horrible, explosive crash; - and, - speaking of split seconds, -- researchers have estimated an Indy car driver's life expectancy in an severe accident drops to a frightening 2/10 of a second.

For 500 miles the high-speed cat and mouse chase of the Indy 500 will thrill millions of fans, in the stands and in front of TVs across several continents. At the finish, one driver's name will be indelibly etched on the winners trophy. But, wisely, each of them is constantly aware that their name could just as easily be indelibly etched on another far more ominous honor roll, -- that of "Killed in Competition".

Yet, on that same day, - almost silently, - with absolutely no fanfare, no music and hardly a balloon in sight, another motoring entertainment event will have begun hours earlier. Heralded by little more than the thump of a trunk lid or the slide of a minivan door after everything is packed to the hilt for that most popular of all American events; Summer Vacation! (Aptly named, THE 101 CRITICAL DAYS OF SUMMER)

But in this odd competition, not 33, but literally millions of racing machines, fondly known as the family car, will begin a treacherous mingle which for pure danger,

makes the Indy 500 seem like a kiddy ride.

From the first few grumbles at being delayed by totally idiotic traffic light timing, or early-morning train crossings, to final merges onto freeways, highways, and back roads of all areas of this country, families of every walk of life throttle up to the green flag of summer and the grand prize of those few precious days of vacation.

But, instead of finely-tuned competition machines, this mechanical mayhem will witness vehicles ranging in condition from relatively new, well-cared-for cars, to veritable death traps, unsuitable even for junk, all taking the road together. And, even more unlike Indy, -- where they all go the same direction, on a perfectly-designed course, -- these competitors will travel in all directions at once, on roads that defy all the laws of safety; and, occasionally, all the rules of sanity.

Instead of drivers in perfect health, highly trained and infinitely capable of high-speed travel, this horde will crawl behind the wheel, risking their lives and others, while wallowing in every condition from reasonably healthy, to that of visual, physical and mental basket cases. From slightly "diminished capacity" to outright drunk and or drug-impaired; (and, no, we do not exclude those who are just taking strong prescription medications).

Instead of traveling at approximately the same speed, (at least granting the victims some impact absorption), these hearty competitors involved in the motorized roulette known as "Really making good time!", will "attack" each other from every direction at once, at every click on the speedometer. Each one oblivious of the other's intentions, and vulnerable to erratic whims.

And, assuming our intrepid travelers *do* reach their far-flung destinations;-- instead of allowing for much-needed rest after the grueling trauma of travel, they will immediately set off for even greater exertions known as "fun"; i.e. swimming, boating, hiking, skiing (jet or otherwise), camping, climbing, etc, etc. And, sadly, some will not come back. Exhaustion, illness, alcohol, the sun, and that silent killer, hypothermia will lengthen another deadly roster chronicling the frailty of human endurance; ---- sadly listing the

names of those "Killed (or crippled) On Vacation."

So, as we begin these hectic Critical 101 Days of Summer, between Memorial Day and Labor Day, all of us in the Safety business would like each of you to take just a moment (that's all, -- just a moment) to think of how and why it is that each year the drivers and crews at the Indianapolis 500 manage to calmly survive one of the most dangerous sporting events on earth, while vacationers die needlessly. Why, despite the horrible danger they face, the safety record of Indy is unsurpassed. It will only take you a moment to consider it, because they do it by three very simple applications; care, concern, and constant recognition of the tragedy that awaits if they should drop their guard for even a second. It works extremely well for them, and, surprisingly, it will work for you, the average vacationer, as well.

**CARE** for your equipment: Keep the car (and yourself) in top condition. The first, of course, is easily done. The second,-- well,--- if you cannot manage being in top condition, at least stop and consider your limitations. (While it's true there are few things that can turn a vacation into a "downer" quicker than, -- being oh so la-dee-da practical in everything you do, -- but, when you stop to think of the alternative, --- say, perhaps a "permanent" downer, -- your choice is easy. In fact, since your family, close or distant, both rely on you so much, it really makes the choice a total no-brainer).

**CONCERN:** Foremost is the concern you must have for others. Oddly enough, if you make the effort to show concern for others in simple things like courteous, defensive driving; - a pleasant attitude; - even the simple act of taking frequent rest stops, instead of fixating on just "getting there", the end result will be a much safer environment. (Not to mention you being a great deal more pleasant to be with). And, most important; your concern for others is contagious; they will see it and (contrary to a popular misconception) they will return the kindness -- and the safety.

Lastly, **CONSTANT RECOGNITION** and respect for dangers. On the road, sure; but also at the beach, the lake, the resort, the amusement park, the campground, even lounging around the motel pool; (let's face it, simple severe sunburn can kill as surely as a 60MPH collision). Swimming after eating or drinking, or foolishly diving head first into unfamiliar water can make you a statistic in the blink of an eye. Your only defense; being consciously aware that threats are everywhere; even moreso when you're tired or have been partying in strange territory. Never drop your guard for even a second - or - that may be all the time you have left.

To help you remember the 101 CRITICAL DAYS OF SUMMER, (allowing some graphic license, of course), you'll note that our artsy Indy car at the top of the article forms a symbolic 101. (OK, so you really have to think about it.) But then, that's all we're asking you to do about safety, = THINK ABOUT IT. Do that and you, just like all the folks at Indy, will come home safe and sound.

By the way, just in case it seems as if we're kinda

"reaching", or you think it's a wee bit "out there" to compare the average person's approach to safety to the likes of the talented drivers who command the technological marvels of the Indy 500; -- well, during a pre-race interview some years back, some reporter chided Indy champion Rick Mears with the question, "C'mon, Rick, tell the truth, -- do you ever get really nervous and scared on the day of the big race? " Rick hesitated only a second, then replied, "Yes sir, I do. I become absolutely terrified, -- every minute I have to spend in my car, -- driving TO or FROM the track."

So, like we said, THINK ABOUT IT, and have yourself a wonderful, safe Summer Vacation; all 101 days of it.

Gene Weller  
BAMC Safety Office

## 10 Commandments of Safety

1. **Thou shalt know what to do in an emergency.** Make sure you cover fire and emergency evacuation procedures. Tell workers whom to call and how to sound the alarm. Walk them through two different escape routes and show them the meeting point.
2. **Thou shalt obey established rules, procedures, and safety signs.** Make it clear that failure to do so is inviting a mishap. Emphasize your commitment to safety and point out that, if necessary, rules will be enforced through progressive discipline.
3. **Thou shalt wear all required personal protective equipment (PPE).** Go over the PPE that's required, as well as the hazards this equipment will protect against. Then communicate that the employee is expected to: Wear it right, Wear it every time, With no excuses.
4. **Thou shalt handle hazardous materials according to instructions.** Discuss specific substances employees are using and go over the labels and MSDSs. Cover the hazards, PPE, safe handling procedures, and emergency procedures in case of a spill. This training is vital for new employees and whenever new substances come into the workplace. Spot checks are also effective.
5. **Thou shalt operate equipment correctly.** Employees should only use equipment for which they've been trained and authorized. They should never take it upon themselves to maintain or repair equipment unless they've been expressly trained and authorized to do so. Instructions should be followed exactly, including no gloves or jewelry around machinery and exact compliance with lockout/tagout procedures.
6. **Thou shalt avoid taking safety risks.** Make it clear that it is never acceptable for employees to take shortcuts, ignore near misses, or engage in horseplay. The cost of these actions can put their own lives at risk.
7. **Thou shalt remove, repair, or report safety hazards as soon as possible.** Emphasize that everyone has a personal responsibility to correct safety problems. Communicate that you expect employees to respond immediately to hazards.
8. **Thou shalt report mishaps promptly.** Make sure employees know: What steps must be taken to report mishaps; what emergency numbers to call for help; and the location and phone number of the mishap. They should also be able to describe what happened.
9. **Thou shalt contribute to work zone safety.** Individual work areas must be kept neat and clean, and all employees should help keep common areas free from clutter and other housekeeping hazards that could result in a mishap.
10. **Thou shalt take training seriously.** Safety training is an important and ongoing process. Expect it whenever new processes or procedures are introduced, and whenever safety performance needs refreshing.

# The World's Great Procrastinator

Prior to becoming a safety professional, I had a neighbor that could put off until tomorrow what he should have done today with the best of them. He considered himself the world's greatest procrastinator-he enjoyed being that way. His wife often made comments to the effect that he was a little lazy, but he didn't listen to her. I remember one day in particular when his procrastination created quite a bit of excitement in the neighborhood. It was a warm summer evening in early July. Hold on a minute-this episode really began about three weeks earlier. They came home from shopping for their newborn son. As they entered the house, his wife said, "What is that sound coming from the kitchen?" He said, "It sounds like the battery alert in the smoke alarm in the smoke alarm, I'll fix it later." The clicking noise in the smoke alarm just about drove her crazy. He just kept telling her he would replace the battery tomorrow. Finally the clicking stopped all together and she quit bugging him. About a week later, the power went out while she was frying chicken on the range, and she forgot to remove the pan. It was Sunday and he was busy reading the paper in his living room. She gave up trying to get him to check the fuse box and went to her bedroom to check on the baby. About fifteen minutes later the power came back on-he knew it would.

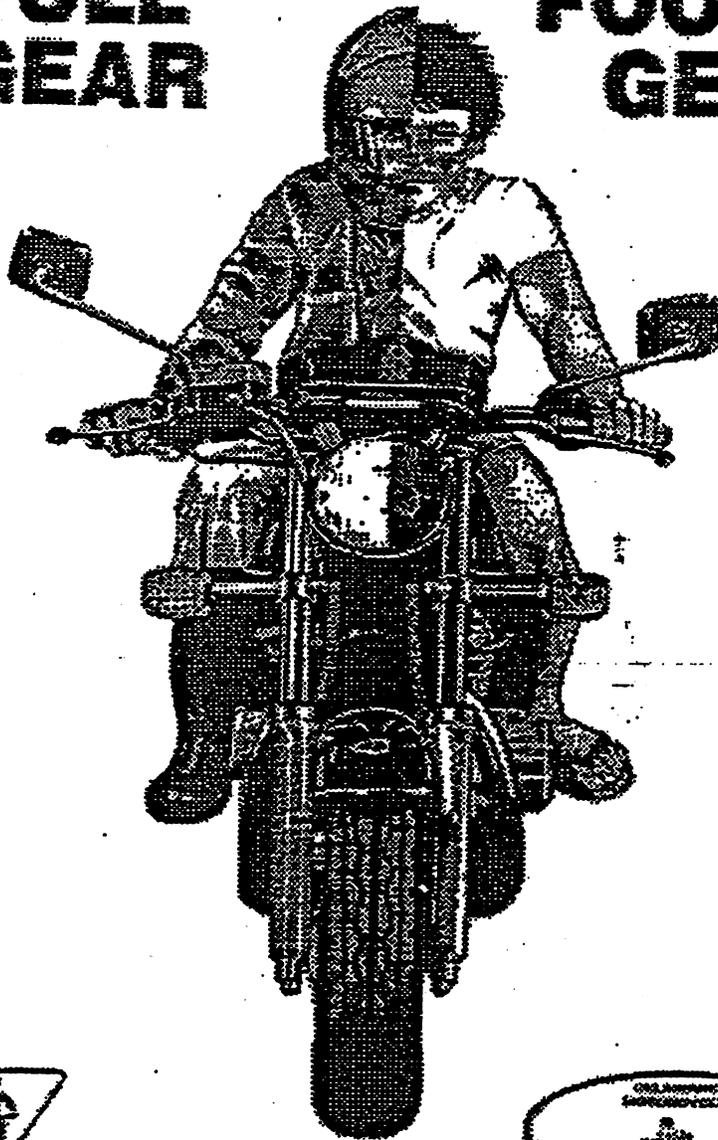
He finished reading the newspaper and decided to watch a ballgame on TV. Shortly thereafter his wife came racing into their living room carrying the baby and screaming, "Where is that smoke coming from?" This time there was no procrastination. He jumped off the couch and observed a pall of heavy smoke against the ceiling. He realized it was coming from the kitchen. He told her to take the baby next door to the neighbor's house and call the fire department. She did and he headed to the kitchen, grabbing the fire extinguisher he had *thankfully* mounted in the entryway after much procrastination. He extinguished the fire on the stove and in the overhead cabinets. The fire department arrived and confirmed the fire was out. Their subsequent investigation revealed (you guessed it) that the grease in the frying pan caught fire and because the batteries were dead, the smoke alarm did not function. I will never forget the lecture the fire chief gave him. Some of his words are not printable in this newsletter. By the way, his procrastination episode cost him \$4000.00, which could have been avoided by installing a \$1.50 battery.

**Do you procrastinate? I guess we all do at times. However, we must all remember to be very careful about what we choose to procrastinate about (*Safety has no quitting time, Practice Safety; On the job, On the road, and at HOME*). Take this from one who knows: My neighbor used to be the world's greatest, but he'll gladly pass the title on to you.**

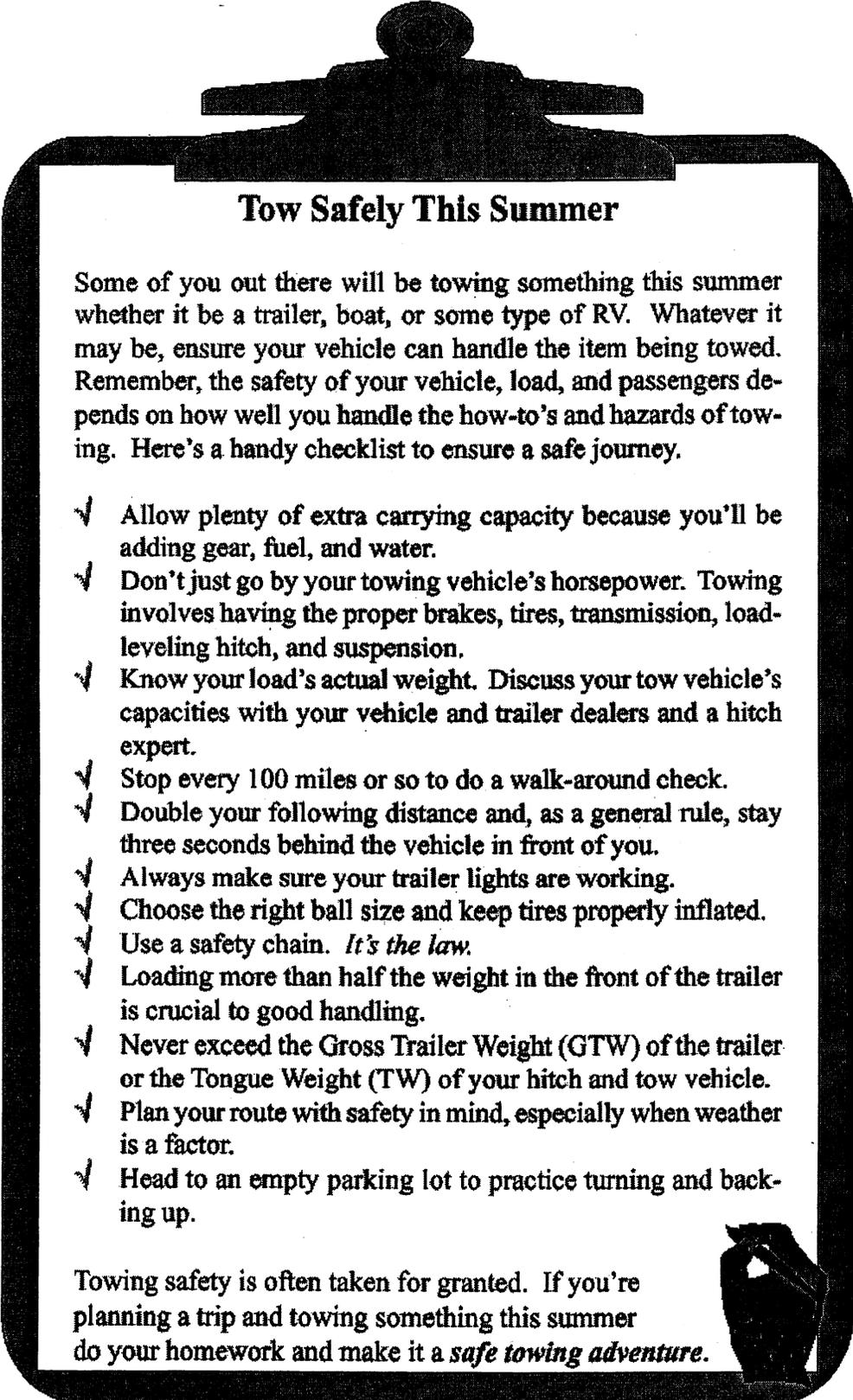
# MOTORCYCLE SAFETY

**FULL  
GEAR**

**FOOL'S  
GEAR**



## NO FOOLS ALLOWED



## Tow Safely This Summer

Some of you out there will be towing something this summer whether it be a trailer, boat, or some type of RV. Whatever it may be, ensure your vehicle can handle the item being towed. Remember, the safety of your vehicle, load, and passengers depends on how well you handle the how-to's and hazards of towing. Here's a handy checklist to ensure a safe journey.

- ✓ Allow plenty of extra carrying capacity because you'll be adding gear, fuel, and water.
- ✓ Don't just go by your towing vehicle's horsepower. Towing involves having the proper brakes, tires, transmission, load-leveling hitch, and suspension.
- ✓ Know your load's actual weight. Discuss your tow vehicle's capacities with your vehicle and trailer dealers and a hitch expert.
- ✓ Stop every 100 miles or so to do a walk-around check.
- ✓ Double your following distance and, as a general rule, stay three seconds behind the vehicle in front of you.
- ✓ Always make sure your trailer lights are working.
- ✓ Choose the right ball size and keep tires properly inflated.
- ✓ Use a safety chain. *It's the law.*
- ✓ Loading more than half the weight in the front of the trailer is crucial to good handling.
- ✓ Never exceed the Gross Trailer Weight (GTW) of the trailer or the Tongue Weight (TW) of your hitch and tow vehicle.
- ✓ Plan your route with safety in mind, especially when weather is a factor.
- ✓ Head to an empty parking lot to practice turning and backing up.

Towing safety is often taken for granted. If you're planning a trip and towing something this summer do your homework and make it a *safe towing adventure*.



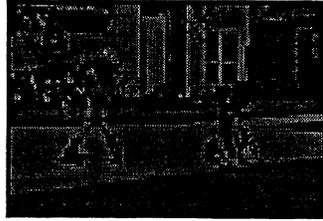


# KIDS SAFETY



## Rollerblading Safety

In-line skating is the fastest growing recreational sport in the country. Many skiers and



hockey players use in-line skating during the off-season. Did you know that in-line skating burns as many calories as jogging? Unfortunately, "rollerblading" is also the cause of thousand of serious injuries, especially with kids under the age of 15. Most injuries are a result from trying to stop, or breaking a fall. The most common injury is a fractured, or broken wrists. Proper equipment is the key to preventing most injuries when "rollerblading".

Here are some tips for "SAFE ROLLERBLADING".

*The Right Skates* - Skates that are too big don't support the ankles and are difficult to direct and control. Slide your toe down to the front of the skate. If there is room behind your heel, the skates are too big.

### *Protective Gear*

*Helmets* should be as snug as possible and worn low on the forehead, approximately one inch above the eyebrows. Helmets should be safety tested by a national agency.

*Wrist guards* should fit over your hands like gloves to absorb the shock of a fall.

*Elbows and kneepads* should be cushioned and fit snugly. If they're too small, they'll pop off; if they're too big they will slide right off.

\*All beginners should learn to skate inside.

\*Don't skate in traffic.

\*Skate on a flat, smooth surface.

\*Skate on the right, pass on the left.

\*Yield to pedestrians when skating on sidewalks.

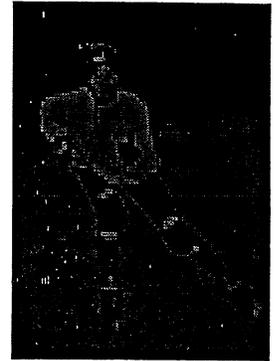
\*Don't combine tasks, such as walking the dog, when skating.

\*Don't skate at night.

\*Don't skate in low visibility weather.

\*Don't wear anything that will obstruct your safety gear.

\*Check wheels periodically to make sure they aren't loose.



You can find more information by calling the In-Line Skating Association at (305) 672-6714.

# Trampoline Safety

Trampolines can be extremely dangerous. The following safety information was taken from a July 1999 Erie Insurance Group article, "Tips for Taming the Backyard Jungle."

## **T**empering the Tramp

While trampolines are certainly exhilarating and aerobically effective, their popularity has added another pitfall to backyard safety. In 1996, hospital emergency rooms treated more than 83,400 youngsters ages 15 and under for trampoline-related injuries. Most injuries occur on home trampolines, and most of those happen when more than one person is on board.

If you already own or are considering purchasing a trampoline, consider these safety precautions:

- **Check that the trampoline is installed correctly.**
- **Make sure the trampoline bed is level.**
- **Have impact-absorbing padding covering the top of the frame and the springs.**
- **Make sure the space beneath and surrounding the trampoline is free from hazards.**
- **Consider putting the trampoline in a pit, so that the bed of the trampoline is level with the ground, or installing an enclosure system.**

When using the trampoline follows these safety rules:

- **Always supervise people on the trampoline.**
- **Allow only one person on the trampoline at a time.**
- **Tell jumpers when they are moving away from the center of the bed.**
- **Get on and off with care. Slowly lower yourself onto the ground.**
- **Stay off the trampoline when it is wet.**
- **Do not attempt moves that are above your skill level. Keep in mind that most serious spinal injuries are associated with somersaults.**

## **E**stablish common sense rules

In addition to ensuring the safety of play equipment, parents should set guidelines for appropriate play behavior. Children of all ages need clearly defined boundaries and common sense rules. Review simple safety precautions with your kids.

# ***SPORTS SAFETY***



- **Always warm up prior to physical activities. The increase in temperature makes the targeted muscles more flexible.**
- **Stay in good physical condition. Your body will be better prepared to handle the physical demands of your sport.**
- **Cooling down after intense physical activity is important. The slow winding down helps lessen stiffness and soreness felt in muscles.**
- **Know the rules of your sport. Understanding how the sport is played and the rules that govern play can help prevent injuries.**
- **Inspect the play area and equipment for hazards. Check the playing field for uneven surfaces, poor lighting and obstructions. Examine the equipment to ensure proper working condition.**
- **Use the necessary personal protective equipment. Protective equipment must be properly adjusted and in good working condition to be effective.**

***PRACTICE RISK MANAGEMENT***



## **YEARNING FOR YARD WORK THIS SUMMER?**

*Green lawns, brightly colored flowers and garden –fresh fruits and vegetables–a backyard bonanza in full bloom and the envy of every gardener on the block. While tending your precious plot this summer; be on guard in the garden. There are many hazards associated with yard work and gardening. Here are some things to consider.*

- *Think small. Don't try to tackle more than you can handle. Too much work in too short a spell can bring on sore muscles, raw blisters and heat exhaustion.*
- *Dress for safety. Wear comfortable well fitting clothing. No loose garments or dangling jewelry to tangle with power equipment.*
- *A bad sunburn is no fun. Cover up when the sun is strong. A hat with a brim or visor protects the top of your head and shades your nose.*
- *Sturdy, heavy-soled shoes can protect your feet when you push a spade or if you step on a nail or broken glass. Safety shoes are even better because their metal Toecaps can cushion the blow of a heavy object dropped on your foot.*
- *Work gloves protect your hands from scratches, cuts, blisters, and irritations caused by chemicals.*
- *Safety glasses can protect your eyes from harms when you mow or edge, trim trees, chip patio stones or use chemical sprays or dust.*
- *Pesticides and herbicides can be toxic. Always stay upwind of the area being sprayed. Protect eyes and skin. Don't smoke or eat until you have washed thoroughly. Read the labels and follow manufacture recommendations.*
- *Some plants bear poisonous leaves or fruits. make sure children don't eat them. Poison oak and ivy cause skin rash on contact. If you find them in your garden, get rid of them.*
- *Garden tools should be well designed, sturdy and kept in good condition with*



***cutting edges sharp. Lubricate rolling equipment for easy pushing. Use the right tool for the job. Improvising or using a tool for other than its intended purpose increases mishap potential. Also, be sure the "business" end of a tool is down if it is temporarily set aside. Upturned hoe blades and rake tines are invitation to injury.***

***- Electrical tools such as trimmers and edgers make-work easier, but it's also easier to nip a finger or get into trouble with electricity. An extension cord should be the outdoor, heavy-duty type, never an ordinary indoor cord. No.16 gauge wire may be used up to 100 feet, but use No. 14 gauge for longer lengths. Ground all power tools unless double insulated. Three-pronged plugs must be plugged into three-holed receptacles, and never remove the third prong. Use an adapter if necessary, always attached to a known ground.***

***- Cords should be protected from damage and never yanked on to disconnect them. Tools should never be carried by the cord.***

***- When a power tool jams or won't start, unplug the power cord before you try to free the jam or find the trouble. Do the same if you walk away from a power tool.***



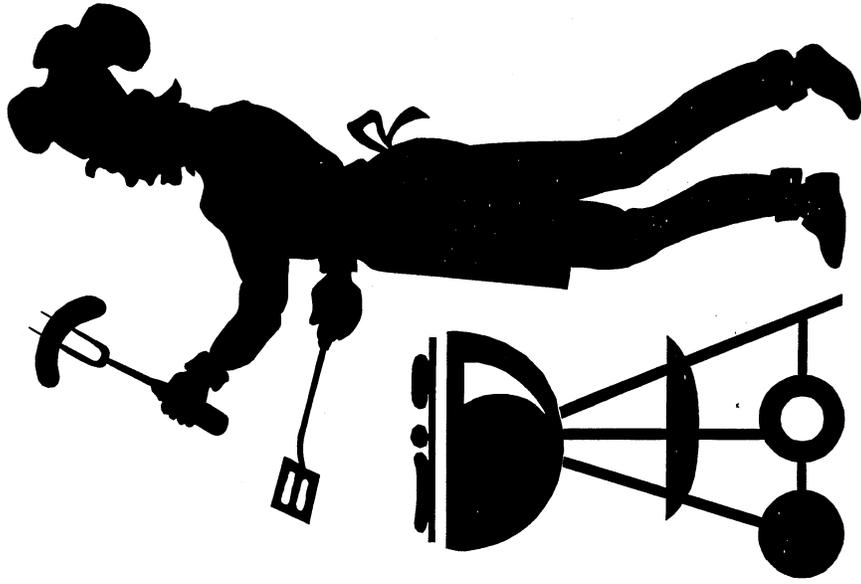


## **LAWN CUTTING TIPS**

*Before beginning your grass cutting chore this summer, take a few moments to review some safety mowing tips.*

- *Ensure that cutting equipment is in good operating condition and is provided with proper machine guarding.*
- *Clear area to be mowed of stones and other debris. These can be ejected with great force through the discharge chute.*
- *Wear safety toe shoes or metal toe guards when operating power mowers and powered edgers.*
- *Wear eye protection (goggles, or safety glasses with side shields when operating power mower when there is danger from flying rocks, dirt, etc.*
- *Be sure the grass is dry. Wet grass is slippery underfoot and can clog both the discharge chute and blades.*
- *To prevent exposure to carbon monoxide fumes, always start gasoline powered equipment outdoors.*
- *Never adjust or leave the machine without stopping the motor and disconnecting the spark plug wire. Injuries often occur when operators attempt to unclog the discharge chute or blades while the motor is running.*
- *Always watch your footing, particularly on slopes. Steer a hand mower across slopes, never up and down. Then if the machine gets out of control, you will be out of the way.*
- *To protect your feet, always keeps the mower flat on the ground. Never lift, tilt or pull it towards yourself. Never raise the mower to use it to trim the tops of shrubs or hedges.*

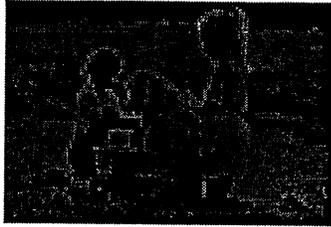
# BARBECUE COOKOUTS



- Keep your grill or fire-pit well away from tents, bushes and dry leaves.
- Don't wear loose clothing that could easily catch fire.
- Barbecue only in open spaces, never inside a tent, garage, trailer, or home. Deadly carbon monoxide can build up.
- Be extra careful on windy days.
- Use proper methods to start the fire. Refer to the grill manufacturer's instructions located on the starter-fluid labels.
- Never leave a fire unattended. Dispose of charcoals and embers properly. Drench embers properly with water and smother with dirt and place in ash can.

## General Summer Safety Concerns for Pets

Hot weather can make anyone feel uncomfortable, especially



your dog. Here are some safety concerns for responsible dog owners:

Never leave your dog unattended in direct sunlight or in a closed vehicle. Heatstroke can occur and lead to brain damage or death. Signs of heatstroke are panting, drooling, rapid pulse and fever. Immediately immerse the dog in cool water and seek emergency veterinary

assistance.



Although AKC advises against it, if you absolutely

must leave your dog in the car, make sure your car windows are slightly ajar so he can get air, and leave some fresh water for him.

Always make sure your dog has access to fresh water. All dogs should have proper identification at all times. The AKC suggests a collar with an ID tag, a tattoo or microchip.

Keep your dog on a leash when he is outdoors to prevent accidents and injuries.

Try to avoid strenuous exercise with your dog on extremely hot days and refrain from physical activity when the sun's heat is most intense.

## Beach Tips

Taking your dog to the beach can be a great way to spend a beautiful summer day. However, as a responsible dog owner there are certain precautions you should take:

Dogs can get sunburn, especially short-haired dogs and dogs with pink skin and white hair. When the sun is strong apply sun block to his ears and nose 30 minutes before going outside.

Check with a lifeguard for daily water conditions - dogs are easy targets for jellyfish and sea lice.

If your dog is out of shape, don't encourage him to run on the sand. Running on a beach is strenuous exercise and a dog that is out of shape can easily pull a tendon or ligament.

Cool ocean water is tempting to your dog. Do not allow him to drink too much seawater. Salt in the water will make him sick.

Salt and other minerals found in the ocean can damage your dog's coat. So, when you are ready to leave for the day, rinse him off.

Not all beaches permit dogs. Make sure you are informed before you begin your excursion to the beach.

# 4 Steps For Kids

Protect your kids by taking each step as they grow and have their seats inspected.

## The Four Steps of Child Passenger Safety:



### Step 1

Rear-Facing Child Seats for children from birth to at least 20 pounds and at least one year of age.

### Step 2

Forward-Facing Child Seats for children over 20 pounds and at least one year old to about 40 pounds and about age four.



Seat belts can seriously injure or kill small children who are not properly placed in child safety seats, so...



### Step 3

Belt-Positioning Booster Seats for children from about 40 pounds to about 80 pounds and 4' 9".

### Step 4

Seat Belts for older children large enough for the belt to fit correctly: at least 4' 9" tall and about 80 pounds.



**Did you know that at least four out of five children in safety seats are improperly restrained?** Have your child safety seats inspected by a certified child passenger safety technician.

To find an inspection location or a certified child passenger safety technician near you, visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov) and click on the "Child Safety Seat Inspections" link. Or call **1-888-DASH-2-DOT** (1-888-327-4236).





## Seatbelts Save Two AIA Airmen

Two airmen departed their homes and were headed to Brooks Air Force Base for work.

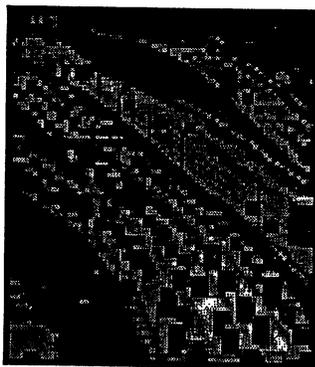
Cruising along at about 55 mph, everything was going fine as they approached an area where Highway 151 merges from the left into Highway 90. Highway 90 at this point is a multi-lane highway with a center median. The airman driving looked to her left and noticed a Ford pickup traveling on Highway 151, merging into the Highway 90 traffic. The operator of the Ford truck accelerated and was in the process of passing the airmen's vehicle. The truck's operator noticed a San Antonio police vehicle just ahead and over a slight hill in the center median of the roadway. You guessed it! The policeman was checking traffic for speeding vehicles.

The truck's operator was traveling at a speed, which evidently was faster than the posted speed limit. So, once the truck's operator spotted the police car, he immediately broke hard, changed lanes without warning and cut into the path of the airmen's vehicle. According to the airman operating the vehicle, things happened very quickly, and to avoid hitting the truck, she also braked hard and swerved hard to her left. With the adrenaline flowing, she managed to avoid the truck but lost control of her car. Her car continued across three lanes of traffic. Her car finally came to rest,

only after striking the right rear/side area of the police car.

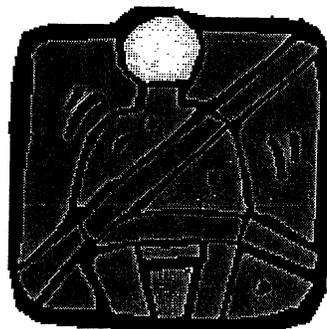
Both airmen were transported to a local hospital and later to Wilford Hall Medical Center for treatment. Neither had life-threatening injuries. The vehicle the airmen were in was totaled and the police vehicle received extensive damage. Both airmen attribute their less than serious injuries to the wearing of seat-

belts. Both of these airmen have been wearing their seatbelts since they were youngsters and are thoroughly convinced--you don't get into a vehicle without buckling up. It's the law and a smart thing to do.



During the 101 Critical  
Days of Summer, save a life  
by buckling up and

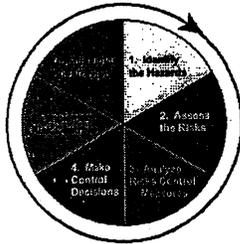
encouraging others to buckle up! It's a  
proposition we can live with!



## It's Your Night Out!

by MSgt Peter L. Maas III 18th Wing  
Safety, Kadena AB, Okinawa, JA

OPERATIONAL RISK MANAGEMENT  
ORM - A WAY OF LIFE



It's 1:00 a.m. and you've got to be up and at 'em at 7:00 a.m. The problem is you're toasted. Uh huh, you've had the time of your life and enough alcohol to drink to keep you happy until 10:00 a.m. the next day! Somewhere in the fog reality strikes. You've got to get home. You look around. Your friends are toasted too. You draw sticks and hope for the best. Darn, you "won." You're thinking it's only a couple of "clicks" to the front gate and you don't *feel* THAT drunk. You toss a stick of chewing gum in your mouth and off you go. As you approach the gate you fumble for your ID. You're thinking if you could just get through the gate you'd be home free! As you hand the guard your ID card he's observing your every move. He noticed the way you approached the gate - weaving. He notices your glossy pupils and the way your eyes fail to focus. He notices the slur of your speech when he asks you how you're doing this nice Okinawan evening. But all of your actions tell him to check you out a little closer. He can smell the alcohol emanating from your breath. He knows there's no such thing as Juicy Fruit alcohol-flavored gum. You're busted!

This is the scene over and over again. Night after night people are caught drinking and driving. Why? Because they fail to plan. They fail to assess the

risks associated with drinking and driving.

While many of us have heard of Operational Risk Management, or ORM, many of us don't use it when we are off-duty. This common misconception is worth exploring. Let's see how we can apply ORM to the scenario above. The Air Force has a six-step process:

### ORM - DRINKING & DRIVING

**1. Identify the Hazards** - Drinking alcohol and operating a motor vehicle is a hazard!

**2. Assess the Risk** - I could get caught, end up in jail, and destroy my career - I could get into an accident and kill myself or someone else

**3. Analyze the Control Measures** - I could walk - I could take a taxi - I could find a designated driver (hint: one who won't drink alcohol)

**4. Make Control Decisions** - Walk is too far. - Taxi costs money, but we could all pitch in and lower the cost. - Hey, Ken's ugly and can't get a date, but he's reliable. Let's see if he'll be our *designated driver* (but don't tell him he's ugly, ok?)

**5. Risk Control Implementation** - Ken's the choice! He's free and reliable.

**6. Supervise and Review** - Once you're sober. Evaluate how well your activity went. Adjust as needed and start the process again!

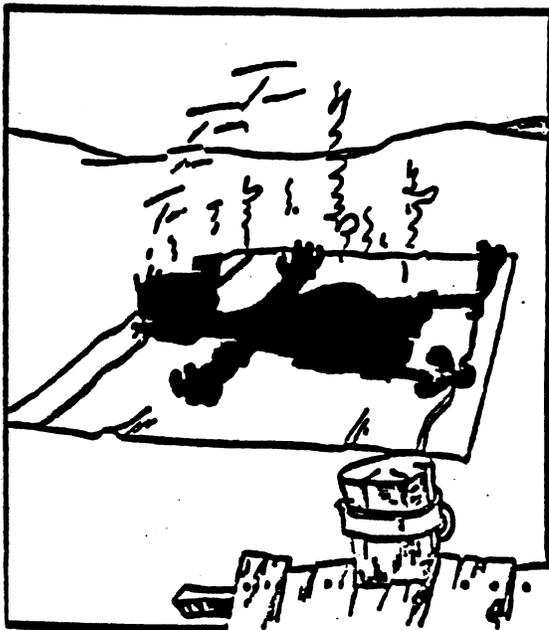
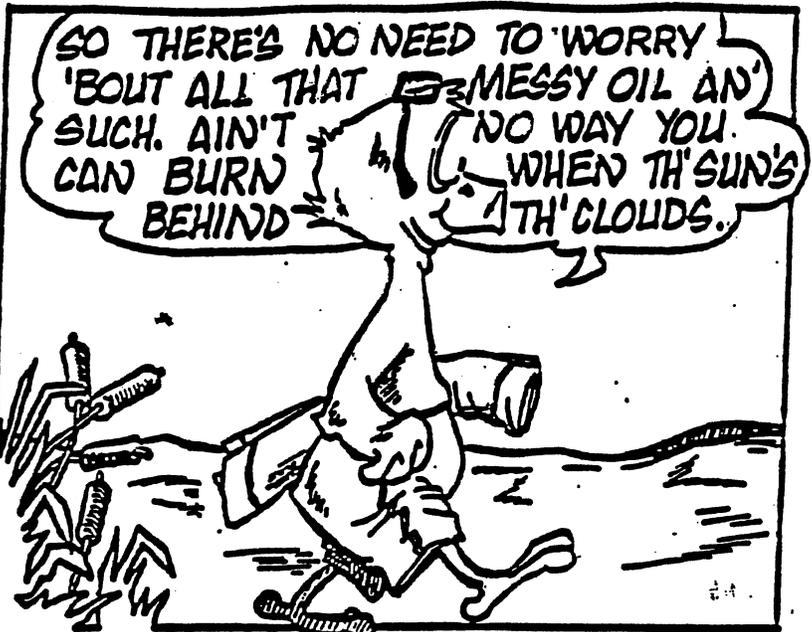
Preventive Medicine Service  
Brooke Army Medical Center  
Fort Sam Houston, Texas

**HEAT INJURY PREVENTION CHART**

CRITERIA*		EASY WORK		MEDIUM WORK		HARD WORK		Unacclimatized Soldiers and Trainees
Heat Category	WBGT Index F	Work/Rest	Water Intake Qt/Hr	Work/Rest	Water Intake Qt/Hr	Work/Rest	Water Intake Qt/Hr	Guidance for Commanders and training NCO's.
White 1	78-81.9	NL	1/2	NL	3/4	40/20 min	3/4	
Green 2	82-84.9	NL	1/2	50/10 min	3/4	30/30 min	1	Use discretion in planning heavy exercises.
Yellow 3	85-87.9	NL	3/4	40/20 min	3/4	30/30 min	1	Suspend strenuous exercise during first 3 weeks of training. Training activities may be continued on a reduced scale after the second week of training. Avoid activities in direct sunlight.
Red 4	88-89.9	NL	3/4	30/30 min	3/4	20/40 min	1	Curtail strenuous exercise for all personnel with less than 12 weeks of hot weather training.
Black 5	90 and up	50/10 min	1	20/40 min	1	10/50 min	1	Physical training and strenuous exercise is suspended. Essential operational commitments not for training, where risk of heat casualties may be warranted, is excluded from suspension. Enforce water intake to minimize expected heat injuries.

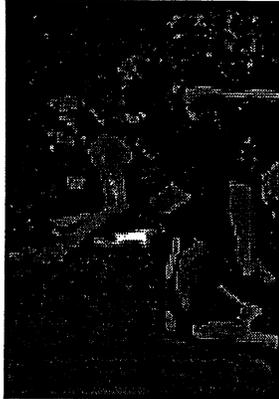
- The work/rest time and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specific heat category. Individual water needs will vary +/- ¼ qt/hr.
- NL= no limit to work time per hour. Rest means minimal physical activity (sitting or standing) and should be accomplished in shade if possible.
- MOPP gear adds 10° F to WBGT Index.
- **CAUTION: Hourly fluid intake should not exceed 1 ½ quarts. Daily fluid intake should not exceed 12 quarts.**

EXAMPLES		
• Easy work	• Medium work	• Hard work
<ul style="list-style-type: none"> <li>• Weapon Maintenance</li> <li>• Walking hard surface at 2.5 mph, &lt;30 lb load</li> <li>• Manual of arms</li> <li>• Marksmanship training</li> <li>• Drill and ceremony</li> </ul>	<ul style="list-style-type: none"> <li>• Walking loose sand at 2.5 mph, no load</li> <li>• Walking hard surface at 3.5 mph, &lt;40 lb load</li> <li>• Calisthenics</li> <li>• Patrolling</li> <li>• Defense position construction</li> <li>• Field assaults</li> </ul>	<ul style="list-style-type: none"> <li>• Walking loose sand at 2.5 mph, with load</li> <li>• Walking hard surface at 3.5 mph &gt; 40 lb load</li> </ul>



## Drown-Proofing Pool, Diving, and Swimming Safety

As the weather becomes warmer, reports of accidental drowning becomes all too common. Drowning victims encompass all age groups-the toddler who fell into the family pool, the teenager who dove into a lake and struck an unseen rock, the adult who was pulled out to sea by a vicious undertow. Perhaps the saddest fact about each of these cases, is that the drowning accident could have been prevented. Learn these basic rules for preventing drown-ing before an accident becomes a tragedy.



*Pool Safety* – If you own a backyard pool, or live in an area where pools are common, enroll your children in swimming classes immediately. (Infants as young as a few months old can learn to swim their way to safety.) Invest in an approved safety cover and keep the pool covered whenever it is not in use. Fence in your pool to prevent curious youngsters from entering the pool area without your permission. Never, ever, allow toddlers or young children access to the pool without adult supervision.

*Diving Safety* – Many accidental drownings result from diving injuries. Diving into shallow water, or striking an unseen obstacle can lead to unconsciousness, spinal cord injury, and all too often, death. Always test water depth before diving, and if you are unable to see below the water's surface,

don't dive. Even if you are sure your path is clear, keep your arms extended above your head when diving-your hands (not your head) will hit an unseen obstacle first.

*Swimming Safety* – Whenever you swim, always have a partner nearby. Observe warning signs -“No Life-guard on duty,” “Dangerous undertow,” etc. Never swim when you are tired, under the influence of alcohol, drugs, or medications, or when weather conditions are stormy. If you are not an experienced swimmer, stay in shallow water and use flotation devices. Never allow toddlers or young children to swim without an adult supervision.

*Additional Tips* – Certain water sports such as boating, water skiing, and surfing, pose special drowning dangers. If you are interested in taking up any water sport, learn how to swim beforehand. Know nautical rules and regulations before going on any boat. Always wear an approved flotation device. Check your equipment before engaging in any water sport to be sure it is in good operating condition. Finally, use your common sense and avoid unnecessary risks. Drowning accidents are tragedies that can, in most cases, be prevented.