

Safety News Letter

AMEDDC&S and FSH, January 2003

Awareness Quiz

Privately Owned Vehicle

Please circle all that apply.

1. What is most likely to kill you (or other passengers in your car) ?
 - a. Goodnight's Sleep
 - b. Non-use of Seatbelts
 - c. Speed, Fatigue, and Alcohol
 - d. Defensive Driving
2. If you are driving and feel sleepy
 - a. Set the car on cruise control and keep on driving
 - b. Stop and take a nap at a safer location away from traffic
 - c. Let fresh air in and listen to the country music from 60's
 - d. Think of consequences if you continue driving
3. What days of the week do most fatal POV accidents occur where the Army driver is at fault?
 - a. Valentine's Day
 - b. Halloween's Day
 - c. Friday, Saturday, Sunday
 - d. Thanksgiving Day
4. Which of the following factors determine safe driving speed?
 - a. Speed limit
 - b. Road and weather conditions
 - c. Time of day
 - d. A six foot 186 lbs individual does not have speed limit
5. What time of day do most fatal POV accidents occur where the Army driver is at fault?
 - a. 0600-0900
 - b. 0900-1500
 - c. 0600-2000
 - d. 2100-0500
6. A soldier by Army regulation is required to use a seat belt
 - a. Only while driving
 - b. On and off the installation
 - c. While driving or riding
 - d. Only at movies

Answers to Quiz on Page 2.

Bicycle Safety: Use of Helmet

- Helmets manufactured **after** March 1999, must comply with the U.S. Consumer Product Safety Commission federal standard. Look for a label or sticker on the helmet.
- Helmets made **prior** to March 1999, should meet either Snell or ASTM Safety standard.
- Applicable FSH Regulations
 - FSH Pam 600-1 23(e) Bicycle Safety
 - AMEDDC&S & FSH Reg 190 5-2-11 (b)1-12. Bicycle Traffic
- Measure around the head about 1 inch above the eyebrow and determine proper helmet size.
- Select a helmet within the appropriate size range. (Toddler, small, medium, large).



- The chinstrap should form a V just below the ears.
- Helmet should be level on the head, not tilted back or sideways.



- Helmet should be worn low on the forehead, about an inch above the eyebrows.

- The fitting pads inside the helmet should touch the head all the way around.

Three Point Contact Ensures a Sure and Safe Use of Ladders

Date of Accident/Incident: Thurs Dec 19, 2002 about 3:15 PM

Location: Bldg 1387; Mini Mall

Degreasing/Cleaning of exhaust systems from kitchens.

Contractor Employee fell to ground while descending a ladder. The employee indicated that he was close to the ground when he fell. It was learned that the employee had a degreaser bottle in one hand and probably misjudged the distance. The worker was taken to ER.

Unsafe acts that could have led to the accident:

- No one was holding ladder or watching worker climb down the ladder,
- Poor judgment in estimating distance to the ground before stepping off the ladder, and
- Lack of a three point contact with the ladder.

Upcoming Safety Training

Jan 16, '03	Confined Space Room 2202; Bldg 2841
Jan 16, '03	Forklift; Camp Bullis
Jan 23, '03	HAZCOM Room 2122; Bldg 2841
Jan 28, '03	Forklift; Hands-On; FSH

Using a Ladder Properly Prevents a Date at the Hospital

Buckle Up! For Your Safety

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Answers to the Quiz

Q1; Ans: b. and c. Speed, fatigue, and alcohol affect one's judgment and hence could cause accidents. If seatbelts are not used even minor accidents could end-up in fatalities. Options a. Goodnight's sleep, and d. Defensive driving actually minimize the occurrence or prevent accidents.

Q2; Ans: b. and d. It would be safer to take a nap at a location away from highway. Options a. and c. could make one fall asleep at the wheel much sooner.

Q3; Ans: c. Friday, Saturday, and Sunday for obvious reasons.

Q4; Ans: a., b., and c. Speed limit, time of day, road and weather conditions determine the safe driving speed at any given moment. Yes macho individuals do have a safe driving speed. Anyone could get into an accident.

Q5; Ans: d. between 2100 and 0500 hrs for obvious reasons. Lack of sleep, alcohol, and fatigue, etc.

Q6; Ans: a., b., and c. A soldier is required to wear a seatbelt at all times while driving or riding. Movie theaters do not have such seat-belt requirements.

Pedestrian Safety

- Speed limit for motorists in the parking lot is 10 mph.
- Right of Way Guidance of Texas Traffic Code states that the driver of a vehicle shall yield the right of way to a pedestrian crossing a roadway if
 - no traffic control is in place or in operation, and

➤ the pedestrian is half way on the roadway in which the vehicle is traveling, or

➤ the pedestrian's approach to crosswalk would not be safe.

- A motorist following behind another vehicle stopped for yielding right-of-way to pedestrians, may not pass the stopped vehicle.

• Pedestrians

➤ **MAY NOT** suddenly proceed into a crosswalk making it impossible for the driver of an on coming automobile to yield.

➤ should look bothways before entering a crosswalk

➤ should continue to watch and ensure that the motorists coming in opposite direction have noticed you.

- Motorists and pedestrians should be aware of the situation and be sensitive to other's position: distance, speed, and attitude, etc.

Improper Guarding Can Leave You Lifeless

A plumber fell to his death because the lift-basket door he was leaning against swung open. The plumber did routine maintenance and fell down while coming down a roof. Apparently, the door latch was defective and did not secure and did not lock the door shut completely.

Dr. Martin Luther King, Jr. Commemorative Ceremony

When: Thursday, 16 January 2003

Where: AMEDDC&S Regimental Chapel, Bldg 1398

What Time: 1000 - 1100

Keynote Speaker: BG (Ret) Bettye Simmons, Director, The Leadership Institute, Hampton University.

Safety is Knowing the Dangers

Dr. Martin Luther King, Jr. Commemorative March

When: Monday, 20 January 2003

Where: Roadrunner Community Center ; Bldg 2797

What Time: 0800

If you wish to go at it alone, the march starts at 3503 Martin Luther King, Jr. Drive at 1000 hours and look for the Fort Sam Houston Banner. For more information visit <http://www.sanantonio.gov/mlk>.

Congratulations to Safety Award Winners 4th Quarter FY '02

- Mr. John Lee, E Co., ACAD Bn. Instructor, AMEDDC&S, Motorpool.
- 1LT Jennifer Flores, Safety Officer, Foxtrot Co. 232 Med. Bn.

Useful Websites

OSHA WebSite: www.osha.gov

Army Safety Center WebSite: <http://safety.army.mil/home.html>

To Schedule Training Please Contact

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or visit

Installation Safety Office Website at:
<http://www.cs.amedd.army.mil/iso/>

Think Safety

A Properly Secured Lockout Will Avoid A Deadly Knockout