

Safety News Letter

AMEDDC&S and FSH, March 2003

Spring Break Awareness Quiz

Please circle all that apply.

Q1. Oftentimes **Highway Fatalities** result from _____

- a. drinking spring water while driving.
- b. maintaining speed limits.
- c. wearing seatbelts.
- d. alcohol, speed, and non-use of seat belts.

Q2. **Swimming and aquatic sports.**
Please indicate whether the following statements are T/F.

- a. Floaty rings and Water Wings do **not** prevent children from drowning. **T/F**
- b. Oftentimes, drowning fatalities involve vacationers that do not know how to swim. **T/F**
- c. It would do a swimmer good to get at least couple of margaritas prior to going boating or swimming. **T/F**
- d. Diving into unknown or shallow waters would be exciting. **T/F**

Q3. **Seatbelts** are not needed if your car is equipped with **Air Bags**. **T/F**

Q4. **Outdoors/Camping.** Biting insects (ants, scorpions, wasps, and spiders etc.) and animals (snakes, lizards, rodents etc.) can be found in or around _____

- a. your boots.
- b. sleeping bag.
- c. clothing and camp area.
- d. All of the above.

Q5. **Alcohol** consumption affects which of the following _____

- a. coordination and reflexes.
- b. reaction time.
- c. driving skills.
- d. all of the above.

Q6. Which of the following are signs of a **drunk** driver?

- a. slow driving in the left lane.
- b. weaving between the lanes.
- c. excessively high speeding.
- d. all of the above.

Answers to Quiz on Page 2.

Speed Kills! Slow Down.

Every Member of the Army Family is Important

Date of Accident/Incident: Saturday Feb 16, 2003 about 0330 hours.

Location: I 37 North Near mile marker 97.

Job Duties of the Employee: Soldier; PFC

Fatigue and speeding resulted in a fatal car accident. A soldier was found dead face down about 50 meters from his car. While three other occupants of the same car sustained minor injuries. Initial reports indicated that the car rolled over three times and landed on passenger side. The driver of the car was fatigued, **did not wear the seat belt**, and was speeding.

Privately owned vehicle (POV) accidents kill more soldiers than all other -on and -off duty accidents combined.

An analysis of POV accident trends indicated that the failure to use protective equipment resulted in

118 military injuries or fatalities from 1998 thru 2002.

A soldier is **required** by Army regulations to use **protective equipment** such as the **seat belts**, at all times, while riding in or driving a POV, on and off the installation.

Fatal POV Accidents Prevention Tips

- Wear seat belts at all times.
- Do not drink alcoholic beverages and drive.
- Do not consume controlled substances (drugs) and drive.
- Observe speed limits and road signs at all times.
- Stay in the proper lane.

Heat Related Injuries Can Be Fatal!

A soldier sustained heat injuries during a routine 5-mile PT run. The soldier was initially treated for a body temperature of 105.7 ° F which caused liver and kidney damage. The soldier eventually succumbed to the heat stroke.

Upcoming Safety Training

Location: Willis Hall; Bldg. 2841

Where: Room 2122; Time: 0830-1030

March 20	Lockout/Tagout
April 2	Heat Stress
April 24	Trenching; Room 2206
May 14	Contractor Safety
May 20 0900-1500	Safety Day Roadrunner; Bldg. 2797
June 4/5 All Day	Collateral Duty Safety Officer; Room 2121
June 18	Hazard Assessment

When it is hot, make sure you're not! Drink Water & Stay Cool.

Safety News Letter

AMEDDC&S and FSH, March 2003

Answers to the Quiz

Q1. Ans. d. Non-use of seatbelts, alcohol, and excessive speed are the three leading factors that result in fatal accidents.

Q2. a. True. Children must not be left alone in a swimming pool and must be supervised at all times.

Q2. b. and c. False. Most people that drown are good swimmers either because they consumed alcohol or because of accidents.

Q2. d. False. Probably intriguing but not necessarily safe.

Q3. Ans. False. Air-bags do not replace seatbelts. In the event of an accident (or sudden movements - stopping), a seatbelt is designed to restrain a passenger to prevent from being thrown off the seat. Whereas, an air-bag is designed to inflate upon impact to prevent a passengers from getting crushed.

Q4. Ans. d. All of the above. While camping outdoors, biting insects, snakes, rodents, etc. have been reported in boots, sleeping bags, etc. Reported injuries varied from allergic reactions to ant bites to fatalities.

Q5. and Q6. Ans. d. All of the above. Alcoholic beverages affect all kinds of motor skills. Hence, it is both unsafe and unlawful to consume alcoholic beverages and controlled substances while driving or prior to go driving.

Useful Websites

OSHA: www.osha.gov

Army Safety Center:

<http://safety.army.mil/home.html>

Please Report All Heat Related Injuries

Purpose of Reporting: To help prevent future heat related incidents or injuries.

Report all heat injuries to: AMEDDC&S and FSH Installation Safety Office (ISO).

For additional assistance please contact Mr. Gomez, Safety Manager at Ph: 221-9882; Fax: 221-9847.

FSH ISO Website:
<http://www.cs.amedd.army.mil/iso/>

When to report: Every incident or accident that required medical treatment and attention (either in the field or at a medical facility).

Heat Injuries Symptoms/First-Aid

Heat Cramps: Symptoms include muscle spasms that usually affect arms, legs, or stomach.

Nature of injury: Can be painful but not fatal

Prevention/First-Aid: Drink adequate water or electrolyte solutions during the day, while working in warm conditions.

Heat Exhaustion: Symptoms include headache, heavy sweating, intense thirst, dizziness, fatigue, loss of coordination, nausea, loss of appetite, hyperventilation, anxiety, cool moist skin, etc.

Nature of injury: Serious. This is a result of not drinking enough fluids to replace the lost fluids (sweating).

Prevention/First-Aid: Victims should be moved to a cool location; lie down with feet elevated; loosen clothing and apply wet cloths; drink water or electrolyte drinks.

Heat Stroke: Body temperature rises to deadly levels; hot red or flushed dry skin; absence of sweating; dizziness, headache, nausea, vomiting, etc.; Advanced stages cause seizures or loss of consciousness, etc.

Nature of injury: Usually life threatening with a high death rate. Heat Stroke is a result of loss of body fluids and salts, and the victim's body temperature rises to high levels (over 105 °F).

Prevention/First-Aid: It is critical to lower the body temperature. Pour cold water, apply cold packs, etc. Get immediate emergency care (air lift or ambulance etc.)

Safety Tips

- When driving, pull-off the road and attend to the unfinished business (reading directions and road maps, cell phone, etc.).
- Avoid being a victim of road rage. Irrate drivers are always right.
- Report all accidents immediately to help prevent and to correct unsafe work practices.
- Be aware of the potential hazards associated with your job duties and your work place.

For additional assistance contact
Mr. Guadalupe Gomez
Safety Manager, Bldg 2250
AMEDDC&S and FSH Safety Office,
Directorate of
Safety, Environment and Fire
2404 New Braunfels Ave, Stop 38
Fort Sam Houston, Texas 78234
Phone: 210-221-9882
Fax: 210-221-9847
guadalupe.gomez@amedd.army.mil
Or visit

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

What goes up will come down

Use a lifeline when working up high