

SAFETY UPDATE

Fort Sam Houston
Directorate of
Safety,
Environment,
and Fire (DSEF)

Safety Day at FSH

The FSH Safety Day was held at the Roadrunner, Bldg 2797 on May 29, 2002. Over 125 professionals attended the event. Features included presentations from SGM Griffith of Army Safety Center, Texas Department of Public Safety, and the City Public Service. Featured video presentations were the "Army Accidents" and "Drive to Arrive." Exhibitors included GRAINGER Safety Equipment, OSHA, EOD, Workman's Comp, and Ergonomic Vendors etc. The event was informative, well attended and exceeded the expectations.

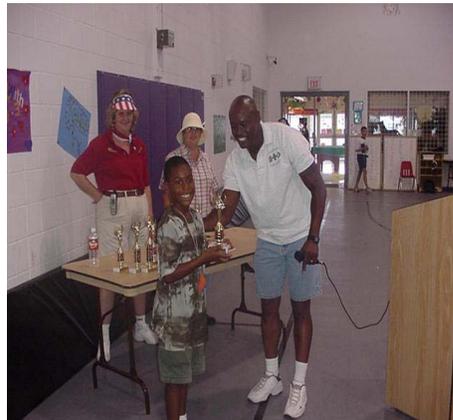
Bike Rodeo at FSH

The charitable event held at the Youth Center on June 14, 2002 was a joint effort between the Law Enforcement Command (MP), the Safety Office (DSEF), and the Youth Age Services.

Over 100 children ranging from 3 years to 14 years old received new helmets for skating, riding scooters, and bicycles. In addition, the winner of the rodeo received a brand new bike. Free food, Gatorade and water were supplied by the Community Activities Business Center.

Thanks to MPs for finger printing the children and engraving their bikes.

It was challenging to entertain such a large turn-out in the hot humid day. However, all the volunteers ensured safe conduct and success through their commitment, positive attitude, and determination.



Safety Office personnel fit tested the helmets for children. Each child pledged they would wear safety helmets when skating, riding scooters and when cycling. Children and adults were encouraged to read the handouts on "How to Wear a Bike Helmet" and "Safe Bike Riders Guide." Trophies were awarded to each category: 3-5, 6-8, 9-11, and 12-14 years old.

Think Positive. An Accident is Only An Attitude Away!

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Upcoming Training

- *Back Injury Prevention*
02 Jul '02
- *Risk Management*
11 Jul '02
- *Bloodborne Pathogens*
06 Aug '02
- *Collateral Duty Safety Officer*
14 & 15 Aug '02
- *Incident/Accident Prevention*
22 Aug '02
- *Personal Protective Equip-
ment: 05 Sep '02*
- *Lockout & Tagout: 12 Sep '02*

For safety training calendar visit our website at www.cs.amedd.army.mil/iso/ or call us at 221 - 0563.

Guadalupe Gomez, Safety and Occupational Health Manager, Ph: 221-9882

Come One and Come All Safety Equipment Show 6 Aug 2002; 9 AM - 1 PM; Roadrunner, Bldg 2797

Grainger and various other Safety Equipment companies will display their products. The mobile Iron Aged Shoe Store will be available in the parking lot for the purchase of Safety Shoes.

Preventing Heat Injuries

Now that the summer has arrived, the risk of suffering a heat stress related illness or injury has increased. Heat stress related injuries are preventable. The following information will help you prevent heat stress related injuries.

Sunburn: Reddening of the skin that is painful and impair the body heat loss by reducing the ability to sweat.

Prevention: Use sunscreen with a skin protection factor (SPF) of 15 or above and cover the exposed body parts.

Heat Cramps: Painful muscle spasms primarily in the abdomen, legs and arms due to excessive salt loss.

Prevention: Becoming acclimatized, maintaining proper nutrition, and drinking liquids frequently.

Heat Exhaustion: Caused by prolonged exposure to hot conditions, dehydration, and the loss of body salts through excessive sweating.

Symptoms: Skin is clammy and moist and either pale or flushed. Body still sweats; has marked fatigue and weakness; loss of appetite; nausea; headache; dizziness and fainting; vomiting; elevated body temperature; mild mental function changes such as irritability.

First Aid: Place victim in a cool shady spot; pour water on victim and fan to cool. Have individual drink an electrolyte solution like a "sports" drink containing potassium, calcium and magnesium salts. If the victim does not display the signs of recovery within 5 minutes, must seek medical attention immediately and without any further delay.

Prevention: Becoming acclimatized, maintaining proper nutrition, taking rest breaks in cool areas, and drinking water frequently throughout the day.

Heat Stroke: The **most serious health problem** for individuals in hot environments and is caused by the failure of the body's cooling mechanism (sweating). This is a **MEDICAL EMERGENCY** condition.

Symptoms: Sweating stops in the heat; throbbing headache; nausea; flushed or hot dry skin which may be red, mottled or bluish; elevated core body temperature; disorientation and confusion; loss of consciousness, convulsions or coma; victim may become a fatality if not treated immediately.

First Aid: Move the victim to a cool shady spot; pour cool water on victim to soak their clothes and fan vigorously to cool. Call for medical attention immediately.

Prevention: Individuals take frequent rest breaks in a cool area; individuals drink cool fluids that do not contain caffeine such as soft drinks; maintain good physical fitness; and maintain proper nutrition.

FSH Accident Stats From 1 Jan thru 31 May 2002

Safety Training From 1 Jan thru 31 May 2002

Category	# Reports	Training Course	# Trained
Slips, Trips, Falls	17	New Employee Orientation	51
Strained Back/Arm etc	26	Collateral Duty Safety Officer	33
POV Accidents	3	HAZCOM	159
Lacerations/Punctures	1	Ergonomic Awareness	16
Carpal Tunnel	2	IMPAC Card Holders	120
Struck by/Bump	21	New Supervisor	60
Exposure to Fumes	4	Risk Management	144
Heart Attack	1	COR Safety/Modular	34
Insect Bites	5	Total # of Personnel Trained	617
Other	18		
TOTAL	98		

New Safety Videos Available for Checkout: Safety Office, Bldg 2250

Drive to Arrive: 12 min; safe driving tips from country music stars.
Army Accidents: 5 min; illustrates the need for accident prevention.

New Employee at the Safety Office

Mr. Wayne Blanco-Cerda
Safety & Occupational Health Specialist



Mr. Wayne Blanco-Cerda comes to the FSH Safety Office from 37th TRW Wing Safety Office, Lackland AFB. Mr. Blanco-Cerda has over 25 years of experience of which at least the past 10 years has been in the Occupational Health & Safety related areas.

Camping/Hiking Safety Tips

Be Alert for wildlife: bugs, snakes, poisonous plants etc

Eat the food cooked within a 2 hour period of cooking

Do not use flammable liquids as starter fluids

Put-out Cooking or Camp Fire Immediately after use

Water Safety Facts/Alert

- ⇒ US Army reports 10 water-sport related fatalities so far this year.
- ⇒ Military Drowning Stats from the last 10 years involved :
 - Training 11%
 - Vehicle Accidents 9%
 - Lake and River 41%
 - Ocean Swimming 16%
- ⇒ “Small Boat Accidents” are identified as the most frequent cause, 7 out of 10 times. Soldiers were not prepared to enter water but went ahead anyway.
- ⇒ Open Water or Shoreline is recognized as the most dangerous environment.
- ⇒ Other incidents involved SCUBA diving and Swimming.
- ⇒ Consistent factors in Army drownings:
 - Overestimation of swimming skills
 - Drinking prior to and during swimming
- ⇒ Breakdown of the “Buddy System”

Responsibilities of the Commanders

- ⇒ Readiness of their soldiers both on and off-duty.
- ⇒ Water recreation areas should be evaluated using risk management approach.
- ⇒ Implement controls to mitigate risk and prevent injury or death to soldiers.
- ⇒ Water safety program should focus on:
 - Individual Training

Quarterly (Jan - Mar 2002) Safety Award Soldier Winner

Soldier winner CPT Goodrich assumed the command of E Company, Academy Battalion in September of 2000. Since then, CPT Goodrich has performed the Collateral Safety Officer duties in an outstanding manner. He developed an effective reporting mechanism for POV inspections prior to a long weekend. He ensures that risk assessments are complete. CPT Goodrich chairs the quarterly battalion safety meeting.

Captain Goodrich's holds a Bachelor of Science degree in Business Administration and he is currently working on his master's degree at Webster University. He is a graduate of the AMEDD Officer Basic and Advanced Courses, the Combat Developers Course, the U.S. Army Airborne and Ranger Schools, and the Combined Arms and Service Staff School .



Boating Safety Tips

Know the Load Capacity
Do Not Race the Boat
Inspect the Boat Prior to Sailing
Always Carry Paddles/Oars

Do Not Drink and Go Boating
Always Carry Signaling Devices
Wear a Personal Flotation Device
Never Jump Into a Boat

General Summer Safety Tips

- ⇒ When away from home, establish a place to meet in case someone gets lost.
- ⇒ Instruct children to look for police or an official employee if they are lost or need help.
- ⇒ Make sure children know their parents names and phone numbers.
- ⇒ While traveling long distances, avoid driving alone and driving at night. Take a break every 2 hours. Get sufficient rest the day before.
- ⇒ For outdoor activities in hot summer months drink plenty of fluids or water rich with electrolyte.
- ⇒ Avoid prolonged exposure to intense sunlight and use Sunscreen having a minimum SPF of 15
- ⇒ If bitten by ticks be alert for rash or flu-like symptoms that may indicate Lyme disease.
- ⇒ Wear insect repellent and light colored clothes.

Swimming Safety

- ⇒ About 1/4 th of all the drowning victims knew how to swim.
- ⇒ Do not leave children unattended.
- ⇒ Adults should always supervise toddlers and small children.
- ⇒ Floaty Rings and Water Wings **do not prevent** children from drowning.
- ⇒ Use Sunscreen liberally to prevent sunburn.
- ⇒ Non-swimmers should stay in shallow water. Flotation devices could drift and deflate.
- ⇒ Never swim alone; always use the buddy system.
- ⇒ **Do not drink and swim.**

Quarterly (Jan - Mar 2002) Safety Award Civilian Winner

Civilian winner, Mr. Dusty Bruns has been working at Camp Bullis in a land management capacity for over 25 years. Mr. Bruns holds a Bachelor of Science Degree in Agriculture specializing in Rangeland Management, with a minor in Biology.

The ITAM incorporates environmental aspects of land management into military training regimen so that an integrated land management plan can be devised and implemented at Camp Bullis Training Site. Mr. Bruns trains and arranges for training in UXO Safety, Cave Safety, and Range Development. Mr. Bruns accomplished 12,311 acres of prescribed burning and 4,500 acres of brush pile burning during land improvement efforts. Mr. Bruns has implemented the principles of risk management and ensured that the danger of falls, snakebite and spider/insect stings, and exposure to carbon dioxide are prevented, minimized or mitigated. Mr. Bruns facilitated cave rescue training schools, educational cave visits by school and community groups - all without injury.



**Mr. Dusty Bruns, Manager, ITAM
Camp Bullis Training Site**