



Safety Newsletter

FY2026

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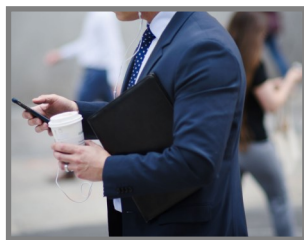


As the days get longer and the temperatures get warmer, many people will spend more time traveling and doing outdoor activities. Along with this, it is historically a period when Department of War personnel experience more mishaps, particularly during off-duty activities. Unfortunately, many people ignore the risks associated with summer activities. We all need to direct our efforts toward reducing the hazards associated with summer operations and activities. These activities include day-to-day operations, work tasks and off-duty recreational activities. Equally im-

portant is our effort to prepare Soldiers, civilians, and Family members for the hazards of off-duty activities. Targeted training, hazard identification, risk management, and leadership involvement are critical. Leaders should demonstrate their commitment to summer safety awareness through personal involvement emphasizing safety across various aspects of the workplace and daily life. Prior to traveling, develop a checklist to include vehicle servicing, mapping your route, informing others of your travel plans to include

planned departure and arrival times, placement of an emergency kit in the trunk which should include drinkable water. Sporting and outdoor activity injuries increase drastically during the summer months. For all physical activities or heavy exercising use conditioning and stretching exercises, take frequent breaks in a shady area and drink plenty of water. Dehydration is a major factor in causing heat injury. Avoid overexertion; the summer heat brings on fatigue

Distracted Much? Pedestrian Safety



We rarely are more vulnerable than when walking in urban areas, crossing busy streets and negotiating traffic. And we all are pedestrians from time to time, so it's important to pay attention to what is going on around us.

U.S. pedestrian deaths dropped 10.9% in the first half of 2025 (3,024 fatalities) compared to 2024, marking the largest decline in 15 years, according to preliminary GHSA research. Despite this decline, Drivers struck and killed 3,024 people walking during the first half of 2025, an average of 16 per day, according to a new data analysis from the Governors Highway Safety Association (GHSA).

Every age group is vulnerable, though 10- to 14-year-olds and 50- to 69-year-olds have 20% or more pedestrian deaths as a percentage of all traffic fatalities.

Follow these tips to stay safe as a pedestrian:

- Never walk while texting or talking on the phone.
- Always walk on the sidewalk if one is available; if you must



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Spring & Summer Safety Awareness

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more quickly.

With any activity, always assess the risk, then assess the impact of any potential hazard in terms of possible loss or severity. Once you have identified any hazards and associated risk, you should decide on what controls that can be employed to reduce or mitigate the hazards. Once you select appropriate controls...use them! As always, any situation is subject to change quickly. Monitor the situation and stay alert.

Every person must be committed to avoiding mishaps by taking a few simple precautions before proceeding with your plans. Look out for each other, plan first because once you are consumed by the emotion of fun, it is too late. Always adhere to sound safety practices and you will have an enjoyable summer without becoming a statistic.



Pedestrian Safety

(cont. from page 1)

walk on the street, face oncoming traffic

- Cross streets at crosswalks. If no crosswalk is available and your view is blocked, move to a place where you can see oncoming traffic.
- Look left, right and left again before crossing the street, making eye contact with drivers of oncoming vehicles to make sure they see you.
- Never cross the street while using an electronic device.
- Do not walk with headphones in your ears.
- Be aware of your surroundings.
- Make sure drivers can see you by wearing reflective clothing, and use a flashlight at night.

Distracted walking incidents are on the rise, and everyone with a cell phone is at risk. We are losing focus on our surroundings and putting our safety at risk. The solution: Stop using phones while walking, and not just in crosswalks and intersections. Over half of distracted walking injuries occur in our own

Head Up, Phone Down!

homes, proving that we need to stay aware of our surroundings whether indoors and out.

“Each pedestrian death is so much more than just a number,” said GHSA Chief Executive Officer



Jonathan Adkins. “Each one is a family member, friend or neighbor that no one will be able to hug, see or share time with ever again. While we are pleased with the progress shown in the data, the only acceptable number of traffic deaths is zero.”

Pedestrian Safety is a shared responsibility when driving, help keep pedestrians of all ages safe.

SEVERE WEATHER



Severe weather can happen anytime, in any part of the country. Severe weather can include hazardous conditions produced by thunderstorms, including damaging winds, tornadoes, large hail, flooding and flash flooding, and winter storms asso-

ciated with freezing rain, sleet, snow and strong winds.

Know your Risk

Understand the type of hazardous weather that affects you and your family where you live:

Thunderstorms & Lightning

Lightning is a leading cause of injury and death from weather-related hazards. Although most lightning victims survive, people

struck by lightning often report a variety of long-term, debilitating symptoms. Thunderstorms are dangerous storms that include lightning and can:

- Include powerful winds over 50 MPH;
- Create hail; and
- Cause flash flooding and tornadoes.

When thunder roars, go indoors!

SEVER WEATHER Cont.

Tornados

Tornadoes can destroy buildings, flip cars, and create deadly flying debris. Tornadoes are violently rotating columns of air that extend from a thunderstorm to the ground.

If you are under a Tornado Warning, find safe shelter right away.

- If you can safely get to a sturdy building, then do so immediately.
- Go to a safe room, basement,

or storm cellar.

- If you are in a building with no basement, then get to a small interior room on the lowest level.
- Stay away from windows, doors, and outside walls.
- Do not get under an overpass or bridge. You're safer in a low, flat location.
- Watch out for flying debris that can cause injury or death.

Use your arms to protect your head and neck.

For more information on severe weather safety:

[National Weather Service Weather Ready Nation Spring Safety Outreach Toolkit \(link\)](#)

Before a Storm

- Develop a plan. Identify a safe place to take shelter.
- Know what to do if a warning is issued for your area.

During a Storm

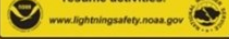
- Go indoors. Stay away from tall objects.
- Find a low spot if caught outdoors.

When Thunder Roars, Go Indoors!

STOP all activities.

Seek shelter in a substantial building or hard-topped vehicle.

Wait 30 minutes after storm to resume activities.



After a Storm

- Stay in shelter until the storm has passed.
- Wait at least 30 minutes until after the last rumble of thunder to resume outdoor activities.

The 3R's Of Unexploded Munitions

Unexploded munitions is considered the most dangerous category of military munitions. There are no safe procedures for moving, rendering safe or destroying UXO, but merely procedures considered less dangerous. Destruction-in-place (referred to as either blow-in-place or BIP) is the least dangerous and is the preferred method of munitions destruction.

**With the exception of EOD per-

sonnel, no other personnel will attempt to excavate, touch, move, render safe or dispose of any suspected ammunition item. **

Unexploded Munitions Response Procedures:

Notification. In the event that any unexploded munitions is located, during or after work hours, follow the "3Rs" response process. Recognize, Retreat, and Report.

1. **Recognize** that you may

have found something in the form of MEC. Remember the general location the munition was found.



2. **Retreat** once you have discovered the munition. Do not touch, move or disturb it and carefully leave the area, but



do not run. The recommended initial withdrawal distance is 2500 feet.

3. **Report** the unexploded munition once you are at a safe distance. Notify the **EOC at (270)798-6160** who will in turn notify EOD. Provide a geographic reference such as the nearest intersection

or facility number. Provide a brief description of the item, whether the area is secure, and contact information.

4. Military police will respond to the location and assess the situation, responding to any injuries appropriately, and controlling the scene until EOD arrives.

5. Awareness Training. Unexploded munition awareness training is required for all workers performing excavation, demolition, or any other activities that require disturbing the ground.

For more information:

[Munitions Safety Resource links](#)



Use Sun Sense



Too much sun while working or playing outdoors can cause sunburns, eye problems and

heat related injuries. Excessive sun exposure can even lead to skin cancer and death. Heat illness is a serious medical condition resulting from the body's inability to cope with a particular heat load and may include heat cramps, heat exhaustion, heat syncope, and heat stroke.

To protect employees, supervisors are required by OSHA to develop and implement a specific plan for their employees who work outdoors or in warm environments.

- Heat cramps are painful spasms in the arms, legs, or stomach area. They occur when the body's supply of salt is depleted by sweating. The cramps may occur while you are working, or when you are relaxing at home later. If cramps occur, rest in the shade and drink lightly salted water.
- Heat exhaustion occurs when the body's temperature control mechanism starts to malfunction because too much water and salt have been lost to sweating. Dizziness, nausea, headache, heavy sweating, rapid pulse, and shallow breathing are some of the symptoms. Get into the shade and cool off by fanning or pouring cool water over yourself. Rest and drink a lightly salted beverage. Call for medical help immediately.
- Heat stroke is the most serious form of heat illness, and it can rapidly develop to coma and death. The victim stops sweating and the skin feels hot and dry. The body loses its ability to cool down. Nausea, confusion, strange behavior, dizziness, rapid pulse and weakness are some of the symptoms. Convulsions, unconsciousness, coma, and death can follow rapidly. Call for medical help immediately. Cool off as quickly as possible with cold water or ice.

Use these guidelines for preventing heat illness:

- Drink water frequently. Drink one quart of water over an hour during the work shift or other



outdoor activities. Do not wait until you get thirsty. This will help prevent dehydration, a chief contributor to heat illness. Coffee, tea, alcohol, and many soft drinks are diuretics causing the body to lose water and contribute to heat illness.

- Take frequent breaks. Taking breaks in cool shaded areas allows the body to recover from heat exposure.
- Eat light foods such as fruits and vegetables while you work in the heat. Have your heavier meal when you are relaxing afterwards. Lightly salted foods may help prevent heat illness because excessive sweating causes your body to lose needed salt along with water.
- Be mindful of medication side effects. Ask your health care provider or pharmacist if there are any adverse effects to being in the sun/heat while on prescription medication.

Sunburn and sun damage to the eyes are also serious concerns in hot weather. Try these tips to avoid overexposure to the sun:

- Stay in the shade if you can, especially between the hours of 10 a.m. and 3 p.m. when the sun is the brightest and hottest.
- Cover up with clothing. A hat, long-sleeved shirt, and pants are recommended. Light colored fabrics reflect the heat and feel cooler.

- Wear sunglasses. When buying sunglasses, read the label to make sure they are made of a material which will protect against ultraviolet radiation.
- Wear a sunscreen on exposed parts of the body. Check the label to ensure that it is at least SPF #15 (sun protection factor). The sunscreen must be formulated to protect you against both UVA and UVB kinds of ultraviolet rays.
- You can get sunburned on cloudy days, too. The potential for sunburn is greater around reflective surfaces such as water, sand or concrete and at high altitudes.

For more information: [OSHA Heat Illness Prevention Campaign](#).

Heat Index	Risk Level	Protective Measures
Less than 91°F	Lower (Caution)	Basic heat safety and planning
91°F to 103°F	Moderate	Implement precautions and heighten awareness
103°F to 115°F	High	Additional precautions to protect workers
Greater than 115°F	Very High to Extreme	Triggers even more aggressive protective measures



WARNING

**WATER
REST
SHADE**

**DON'T WORK
WITHOUT THEM**

Don't Get Bugged Out...

Bugs, including mosquitoes, ticks, fleas, and some flies, can spread diseases such as malaria, yellow fever, Zika, dengue, chikungunya, and Lyme, all of which have risk of severe and lasting consequences. Several diseases spread by bug bites cannot be prevented or treated with vaccines or medicine, such as Zika, dengue, and Lyme. Reduce your risk of getting these diseases by taking steps to prevent bug bites.

Preventing Tick Bites

No vaccine is available in the United States to prevent diseases spread by ticks; however, you can take steps to reduce your risk of getting a tick bite:

- Dress appropriately: wear light-colored clothing, wear long pants and sleeves, tuck in shirts, tuck pants into socks, and wear closed-toe shoes.
- Use insect repellents on the skin that contain at least 20% DEET. ("Natural" products, such as citronella, are not effective.)
- Use permethrin-treated clothing and gear, or treat your gear and clothing with permethrin before departure.
- Stay out of tall grass, brush, or heavily wooded areas; walk in the center of hiking trails.
- Check your skin and clothes for ticks every day. The immature forms of these ticks are very small and may be hard to see.
- Wash and dry work clothes in a hot dryer to kill any ticks present.
- Learn the symptoms of tick-borne diseases.



- If you develop symptoms of a tick-borne disease seek medical attention promptly. Be sure to tell your health care provider that you work outdoors in an area where ticks may be present.

Click [here](#) for more information.

Prevent Mosquito Bites

Use Environmental Protection Agency (EPA)-registered insect repellents with one of the active ingredients below. When used as directed, EPA-registered insect

repellents are proven safe and effective, even for pregnant and breastfeeding women.

- DEET
 - Picaridin (IR3535)
 - Oil of lemon eucalyptus (OLE)
 - Para-menthane-diol (PMD)
 - 2-undecanone
- Wear long-sleeve shirts and long pants.

- Read product labels when using insect repellent and apply as directed.
- Do not leave doors or windows propped open.
- Once a week, scrub or empty planters, birdbaths, vases and flowerpot saucers; mosquitoes lay their eggs in standing water.
- Use EPA-approved indoor and outdoor flying insect spray or foggers.

It's not just ticks and mosquitos you should be looking out for. Here's a list of other risks and what to do about them.

Stings: Bees, Wasps, Yellow jackets, Hornets, and Fire Ants

Prevention: In most cases, these insects attack only to defend themselves (no need to use repellents, because they are ineffective).

- Avoid disturbing a hive or swatting at a hornet or wasp.
- Look out for the large dirt mounds that fire ants live in and be sure not to step or sit on them.
- Wear shoes outdoors, refrain from wearing perfume or scented lotions, and control food and garbage odors.

Treatment: A sting is painful or itchy for most but can be life-threatening for people who are very allergic.

- For a bee sting, remove the stinger and venom sac by

scraping side to side with a credit card.

- For all stings, cold compresses or an ice pack will slow absorption of the venom.
- Apply a topical hydrocortisone, antihistamine, or anesthetic to relieve pain and itching.
- Seek medical attention pronto if you have signs of an allergic reaction, including hives (a widespread rash of itchy, red skin bumps), excessive swelling, difficulty breathing, and dizziness.

For more information: [American Academy of Dermatology](#)

Use this chart to identify any ticks you find:

IDENTIFICATION

Deer or Blacklegged Tick

Ixodes scapularis

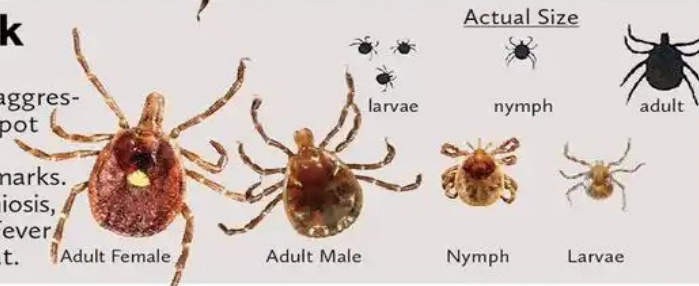
With no white markings, they are brown to black in color and are very, very small. Both nymph and adult stages can transmit diseases such as Lyme and Babesiosis.



Lone Star Tick

Amblyomma americanum

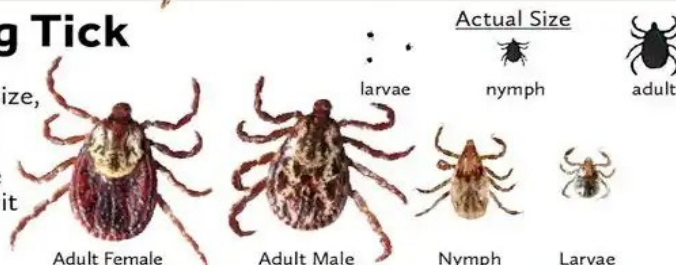
Tannish red. Females are aggressive with a light-colored spot at center on their back. Males have light-colored marks. Their bite can cause Ehrlichiosis, Rocky Mountain Spotted Fever, and an allergy to red meat.



American Dog Tick

Dermacentor variabilis

Larger than the others in size, brown to reddish brown with gray-silver markings on their backs, behind the mouth. Its bite can transmit Rocky Mountain Spotted Fever and Tularemia.



Poison Ivy, Oak, and Sumac

They are the trifecta of poison plants, thanks to urushiol, an oily resin in the leaves that provokes a blistered, itchy rash in most people. Pets and clothes can pick up the sap, too, and smoke from burning the leaves **can carry it into the lungs.**

- * **Prevention:** Familiarize yourself with each plant's features. Poison ivy and oak both have three leaves in clusters and grow as shrubs or, in the case of ivy, vines; poison sumac is a tall, treelike shrub with rows of leaves. In addition: Wear closed-toed shoes, long sleeves, and long pants to avoid inadvertently brushing against the plants.

- * If you know (or think) you have come into contact with one of them, wash the area promptly with mild soap in cool water and scrub under your

nails with a brush.

- * Rinse clothing thoroughly and hose off pets to remove any oils from their fur or hair.

Treatment: Apply cool compresses and an over-the-counter hydrocortisone to ease the intense itch. Then:

- * Dry up oozing blisters with calamine lotion, oatmeal baths, or zinc oxide.
- * Try not to scratch: Although it won't spread the rash



POISON SUMAC

(unless the oil is under your nails), it could lead to an infection.

- * For a bad case, a doctor may recommend a prescription corticosteroid.



POISON IVY



POISON OAK

Unit Safety Officer Training Resources

[National Safety Council Summer Safety Tips](#)

[National Safety Council Seasonal Safety](#)

[Workplace Summer Safety Tips](#)

[OSHA Safety and Health Topics](#)

[Hurricane Safety](#)

[Automated Emergency Action Plan](#)

[Water Safety](#)

[Fort Campbell Summer Safety Training](#)

[Firearm Safety](#)

[Emergency Alerts](#)

[Just the Facts—Heat Illness](#)

[Spring-Summer Safety 2026](#)

[Workplace Safety and Health](#)

[Military Health and Wellness Support](#)

[Army Employee Assistance Program](#)

[Resource links—Off duty Safety](#)

[OSHA Safety &* Training Guidelines for Federal Agencies](#)

[ISO Document Library—Seasonal Safety](#)

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