



Safety Newsletter

FY2024

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Spring into Summer Without MISHAPS!

As the days get longer and the temperatures get warmer we all look forward to spending more time outdoors and taking part in summer activities. We must ensure we direct our efforts toward reducing the hazards associated with these activities. Targeted training, hazard identification, risk management, and leadership involvement are critical. Leaders should demonstrate their commitment to summer safety awareness through personal involvement, command emphasis, and enforcement of safety standards. With any activity, always assess the risk and identify potential hazards. 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.



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, flash flooding, and winter storms associated 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 light-

SEVERE WEATHER

(cont. from page 1)

ning 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
- flash flooding and tornadoes.

When thunder roars, go indoors!

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](#)
[CDC Family Emergency Kit Checklist](#)



Weather Safety

Severe Thunderstorm & Tornado




NWSGaylord
weather.gov/gaylord

Watch Vs. Warning

- ✓ **Watch** : The potential exists for severe thunderstorm/tornado development.
- ✓ **Warning** : Severe weather is imminent or occurring based on radar or relayed severe weather reports.

Severe Thunderstorm Safety

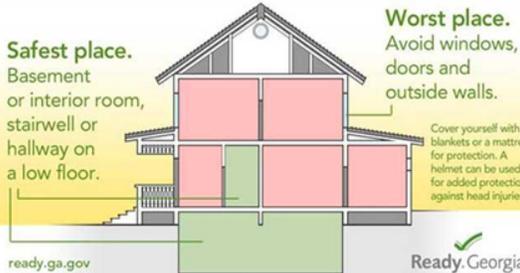
- ✓ If a **severe thunderstorm warning** is issued:
 - ✓ Take shelter in a substantial building
 - ✓ Get out of mobile homes that can blow over in high winds
 - ✓ When thunder roars, go indoors!
 - ✓ Do not take a bath, shower or use plumbing

Tornado Shelter Tips

Safest place.
Basement or interior room, stairwell or hallway on a low floor.

Worst place.
Avoid windows, doors and outside walls.

Cover yourself with blankets or a mattress for protection. A helmet can be used for added protection against head injuries.



ready.ga.gov Ready, Georgia
State Of Georgia

Tornado Safety

- ✓ If a **tornado warning** is issued:
 - ✓ Stay away from windows
 - ✓ Go to a basement or an interior room on the lowest floor
 - ✓ Abandon cars and mobile homes
 - ✓ If outdoors, seek sturdy shelter

The 3R's Of Unexploded Ordinance (UXO)/Munitions

Unexploded Ordinance (UXO)/Munitions is considered the most dangerous category of military munitions. There are no safe procedures for moving, rendering safe or destroying munitions, 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 personnel, no other personnel will attempt to excavate, touch, move, render safe or dispose of any suspected ammunition item. ****



Munitions Response Procedures: Notification. In the event that any 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 Munitions. Remember the general location the munitions was found.
2. **Retreat** once you have discovered the munitions. Do not touch, move or disturb the munitions and carefully leave the area, but do not run. The recommended initial withdrawal distance is 2500 feet.
3. **Report** the munitions 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 descrip-

tion 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.**

Munitions 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 link](#)

Swing Into Playground Safety



According to the Consumer Product Safety Commission, each year, more than 200,000 children ages 14 and younger go to U.S. hospital emergency departments with injuries associated with playground equipment. More than 20,000 of these children are treated for a traumatic brain injury, including concussion.

As the weather warms up and trips to the park become frequent, take a moment to familiarize yourself with the risks on playgrounds and how you can prevent injuries.

Check for Playground Hazards

Nearly 80% of playground injuries are caused by falls. Watch out for these potential

hazards when taking kids to the playground, and report any hazards observed.

Improper ground surfaces: Surfaces around playground equipment should have at least 12 inches of wood chips, mulch, sand or pea gravel, or mats made of safety-tested rubber or rubber-like materials. Playgrounds should be free of exposed concrete footings, rocks or tree stumps.

Overcrowded play areas: The area under and around play equipment should be a minimum of 6 feet in all directions, while swing set areas should be twice the height of the suspending bar both in back and front of the swings. Structures more than 30 inches high should be at least 9 feet apart.

Unprotected elevated areas: Platforms higher than 30 inches should have guardrails or barriers.

Head entrapment spaces: Openings between rails, bars,

rungs and even ropes of cargo nets should be less than 3 1/2 inches or more than 9 inches.

Sharp points and edges: Playground equipment should be free of protruding bolt ends, "S" hooks, and other sharp points and edges.

Allow Only Age-

Appropriate Activities:

The Consumer Product Safety commission lists age-appropriate equipment in the Public Playground Safety Handbook. And remember, there is no substitute for parental supervision, especially for young children.



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 con-

tact 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.



POISON IVY

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

* Dry up oozing blisters with calamine lotion,



POISON SUMAC

oatmeal baths, or zinc oxide.

* Try not to scratch: Although it won't spread the rash (unless the oil is under your nails), it could lead to an infection.

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



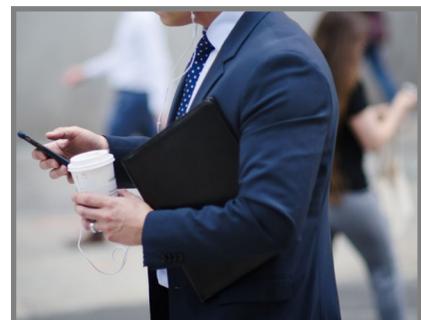
POISON OAK

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.

Nearly 9,000 pedestrians were killed in traffic and non-traffic incidents in



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2021, with an estimated 7,388 pedestrian deaths in traffic crashes according to [*Injury Facts*](#).

All Ages Are Vulnerable

Also in 2017, more than 16% of all traffic deaths were pedestrians.

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 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

Head Up, Phone Down !

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

Pedestrian Safety Is a Shared Responsibility When

driving, help keep pedestrians of all ages safe.



Don't Get Bugged Out

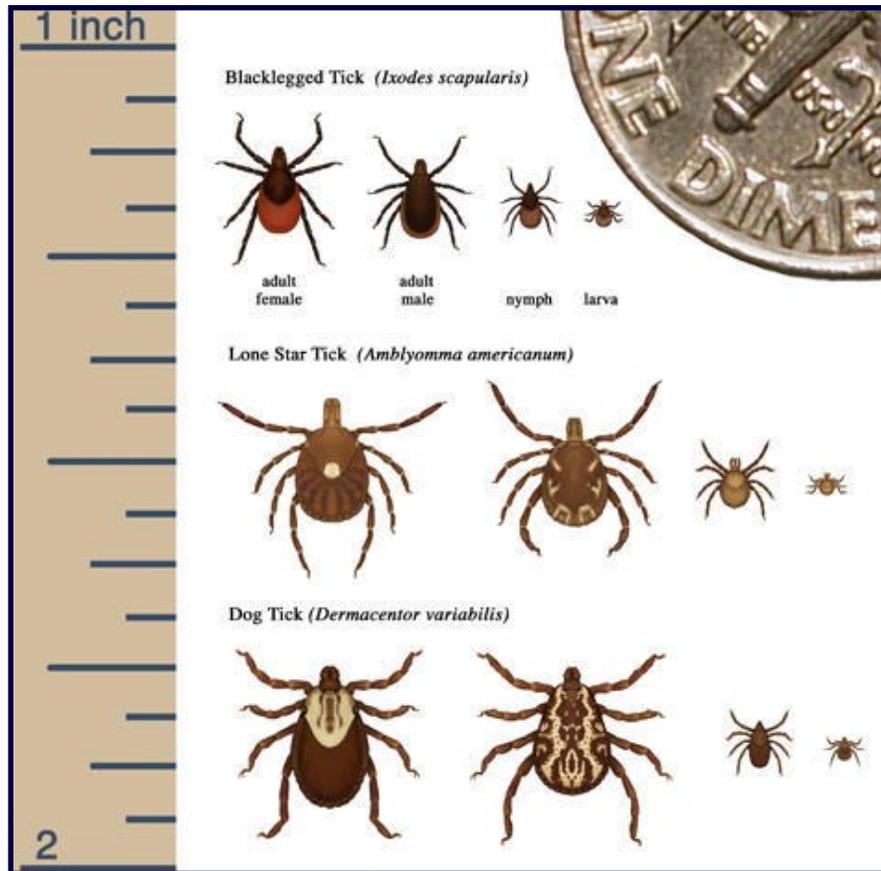


Bugs, including mosquitoes, ticks, fleas, and some flies, can spread diseases such as malaria, yellow fever, Zika, dengue, chikungunya, and Lyme, all of which have risk of severe and lasting consequences. Several diseases spread by bug bites cannot be prevented or treated with vaccines or medicine, such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



that you work outdoors in an area where ticks may be present.

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.

- 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
- DEET
- Picaridin (known as KBR 3023 and icaridin outside the US)
- 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 de-fend themselves (no need to use repellents, because they are in-effective).

- 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 if you have signs of an allergic reaction, including hives (a widespread rash of itchy, red skin bumps), excessive swelling, difficulty breathing.

[Tips to Keep Your Spring Pest Free](#)

[Mosquito Bite Treatment](#)

[Mosquitoes and Diseases: A-Z](#)

Bees			<ul style="list-style-type: none"> • Pollinates crops, flowers, etc. • Makes honey • Can only sting once • There are 30,000 to 80,000 bees in a colony
Hornets			<ul style="list-style-type: none"> • Typically nests above ground • Nests are large, up to 700 individuals • Nests are made of a paper-like material • Stings 3-5 times before it runs out of venom
Yellow Jackets			<ul style="list-style-type: none"> • Nests can be as big as a basketball! • Nests are often found near the ground or underground • Can sting repeatedly
Wasps			<ul style="list-style-type: none"> • Nests are made of paper-mache like material • They resemble an upside-down umbrella • Can sting repeatedly • Colonies number only 20-30 adult wasps



Unit Safety Officer Training Resources

[National Disasters and Severe Weather](#)

[Automated Emergency Action Plan](#)

[Resource links—Off duty Safety](#)

[National Safety Council Seasonal Safety](#)

[Water Safety Video](#)

[Water Safety](#)

[Workplace Summer Safety Tips](#)

[NOAA Weather Radio](#)

[Just the Facts—Heat Illness](#)

[Ready.gov](#)

[Workplace Safety and Health](#)

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