



# Safety Newsletter

FY2025

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Stay safe as we approach longer days and warmer temperatures. This is the time of year that we all look forward to spending more time outdoors and taking part in summer activities. We must ensure we stay alert and direct our efforts toward preventing accidents and injuries.

Leadership engagement and employee involvement play a key

role in hazard identification and emphasizing safety across various aspects of the workplace and daily life.

With any activity, always assess the risk and identify potential hazards. Any situation is subject to change quickly. Monitor the situation and stay vigilant.

Every person must be committed to avoid-

ing 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.

**Be Aware. Prepare. Take Care.**



Some severe weather safety tips are well known, but other important things you may not have considered could save your life when flooding,

high winds, thunderstorms or tornadoes threaten.

Amid the most common safety tips are:

- When a tornado warning is issued, head to a basement, interior room on the lowest floor away
- If lightning is nearby, head indoors and wait 30 minutes until you last noticed thunder or light-

from windows, or an alternate storm shelter if you live in a manufactured home.

## SEVERE WEATHER

(cont. from page 1)

ning to go back outside.

Here are some other lesser-known, but important suggestions to keep in mind. Let's start with flooding, since that has been the biggest storm-related killer over the past 30 years.

### 1. *Never drive through a*



### *flooded road.*

This is one of the worst decisions you can make in severe weather.

*First*, it may be difficult to tell how deep the water is. It only takes about 1 foot of water to float a car or small SUV. Once your vehicle floats, you've lost control. You're like a boat without a motor or paddles.

*Second*, the road under the floodwater may have been washed away. Sometimes, a culvert or bridge is over-

whelmed by water or debris carried by the water, leaving an entire section of road wiped away.

In 2023, just over half of all flood-related deaths in the U.S. were in vehicles, according to NOAA and the Centers for Disease Control and Prevention. Take an extra few minutes to find an alternate route rather than risking your life. As the National Weather Service says, "Turn around. Don't drown."

2. ***Stay informed.*** Stay updated with weather information during times of risk. Have multiple reliable sources for weather warnings, including a NOAA Weather Radio and weather alert apps on your phone.

3. ***Create an Emergency Kit.*** Every family should have an emergency kit containing essential items. See link below for checklist. For more information on severe weather safety:

[National Weather Service](#)

[CDC Family Emergency Kit Checklist](#)

## Heat Illness Prevention

**⚠ WARNING**

**WATER  
REST  
SHADE**

**DON'T WORK  
WITHOUT THEM**

The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death. In 2022, 180 people died in the U.S. from weather-related excessive heat, according to [Injury Facts](#).

People most at risk include:

- Those who work in the heat
- Infants and young children, especially if left in hot cars
- People 65 and older
- People who are ill, have chronic health conditions or are on certain

medications

- People who are overweight

If your job requires you to work outside in hot weather, you and your supervisors can take precautions to minimize the risk of heat-related illnesses.

- Working shorter shifts until workers have adjusted to the heat
- Staying hydrated and drinking before you get thirsty
- Watch out for co-workers exhibiting signs of heat exhaustion or heat stroke
- Take time to rest and cool down

Knowing the symptoms and proper response to these illnesses can save a life.

## Heat Exhaustion

When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur. According to the [free NSC First Aid Quick Reference app](#), signs and symptoms include:

- ♦ Pale, ashen or moist skin

- ♦ Muscle cramps (especially for those working or exercising outdoors in high temperatures)
- ♦ Fatigue, weakness or exhaustion
- ♦ Headache, dizziness or fainting
- ♦ Nausea or vomiting
- ♦ Rapid heart rate

Uncontrolled heat exhaustion can evolve into heat stroke, so make sure to treat victims quickly:

- ♦ Move victims to a shaded or air-conditioned area
- ♦ Give water or other cool, nonalcoholic beverages
- ♦ Apply wet towels, or have victims take a cool shower

## Heat Stroke

Seek medical help immediately if someone is suffering from heat stroke. Signs include:

- ♦ Body temperature above 103 degrees
- ♦ Skin that is flushed, dry and hot to the touch; sweating has usually stopped
- ♦ Rapid breathing

- ♦ Headache, dizziness, confusion or other signs of altered mental status
- ♦ Irrational or belligerent behavior
- ♦ Convulsions or unresponsiveness

Immediately take action:

- ♦ Call 911
- ♦ Move the victim to a cool place
- ♦ Remove unnecessary clothing
- ♦ Immediately cool the victim, preferably by immersing up to the neck in cold water (with the help of a second rescuer)
- If immersion in cold water is not possible, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels
- Keep cooling until body temperature drops to 101 degrees
- Monitor the victim's breathing and be ready to give CPR if needed

### DO NOT:

- ♦ Force the victim to drink liquids

## Heat Illness Prevention

(cont. from page 3)

- ◆ Apply rubbing alcohol to the skin
- ◆ Allow victims to take pain relievers or salt tablets

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. According to [the Centers for Disease Control and Prevention](#):

- ◆ Air conditioning is the best way to cool off
- ◆ Drink fluids, even if you don't feel thirsty, and avoid alcohol
- ◆ Wear loose, lightweight clothing and a hat
- ◆ Replace salt lost from sweating by drinking fruit juice or sports drinks
- ◆ Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- ◆ Wear sunscreen; sun-burn affects the body's ability to cool itself
- ◆ Pace yourself when you run or otherwise exert your body

Source: [National Safety Council \(NSC\)](#)

## URINE COLOR CHART

### ARE YOU DRINKING ENOUGH WATER?



### LOOK TWICE SAVE A LIFE

MOTORCYCLES ARE EVERYWHERE.

The month of May is the official Motorcycle Safety Awareness Month. In the following talking points, we'll give you some tips to be a safe and responsible rider.

\* **S.E.E.**

**Search:** means to

actively scan and identify factors that could create increased risk.

**Evaluate:** means to consider potential problems arising from the interaction of those factors.

**Execute:** refers to the physical motor skills used to prevent or avoid the



resulting hazards.

### Assume you are Invisible:

Focus on defensive driving; recognize that cars may not see you. Outer garments should be brightly colored, fluorescent, or reflective.

Stay out of cars' blind spots to stay visible. Watch out for intersections, where about 70% of motorcycle collisions occur. Remember, you are exposed to the environment, wearing the right gear can prevent injuries.

- **PPE: ATGATT** "All The Gear All The Time"
- DOT-Approved Helmet
- Eye Protection
- Long-sleeved shirt
- Full-fingered gloves
- Sturdy over-the-ankle footwear.

Top 10 Things that save the day for

## Motorcycle Riders

- 1 Brain**  
This, you desperately need to carry around everywhere with you. Use your brain to make sure you are safe for you yourself and for other road users too. Be Mature, Use Your Brain!!
- 2 Helmet**  
Think closely, helmets are the best sunscreen, dust repeller, moisturizer, thing on the planet, it is basically all the makeup stuff you need, and yes it saves your life too. **WEAR ONE**, Spread the word!
- 3 Riding Gloves**  
Along with looking super 'Darth Vader-ish' cool, riding gloves make sure that your hand remains in place should you choose to fall down from your bike and they also save you from the atrocities of the weather.
- 4 Eye Protection**  
Good eyes let you look at beautiful things! Wear Eye protection to save your eyes from, strong winds, dust and dirt during your ride.
- 5 Armour**  
Yeah! wear one, feel like a gladiator and survive a crash like a hero. Stop being a show off, it's a matter of your own skin and bones!
- 6 Riding Boots**  
They are protective, visible at night with their reflective linings, supremely comfortable as compared to your usual shoes for long rides and yes they look supercool too.
- 7 Riding Jacket**  
Trust us, the shoulder, elbow and back protectors that come with riding jackets can save you from years of agony in case of a crash. Be sensible, wear a proper riding jacket.
- 8 Long Pants**  
To simply put it, only the roasted chicken legs look fine. Wear Long pants to save yourselves from engine heat and some bruises if you end up in gravel.
- 9 Waterproof Riding Gear**  
Sensible people know, wetness of all kinds speaks danger. Wear waterproof Riding Gear during rains to keep your concentration intact.
- 10 Rider Training Classes**  
Always better to learn from senior rider experiences than to learn some hard lessons yourself.

On a motorcycle, YOU are the only one who is going to keep you safe.

## BE A DEFENSIVE RIDER WITH THE S.E.E. METHOD:

- SEARCH**  
SEARCH FOR ANYTHING THAT COULD POP UP.
- EVALUATE**  
EVALUATE YOUR ENVIRONMENT.
- EXECUTE**  
EXECUTE YOUR PLAN TO AVOID DANGEROUS SITUATIONS.

## BEING AWARE OF MOTORCYCLE BLIND SPOTS

**MOTORCYCLE AND CAR BLIND SPOTS**

The diagram illustrates the blind spots for a motorcycle (green) and a car (yellow) on a two-lane road. The motorcycle's blind spots are shown as areas directly in front of and behind it, and in the side mirrors. The car's blind spots are shown as areas directly in front of and behind it, and in the side mirrors. The diagram highlights that motorcycles are more vulnerable to being in a car's blind spot than cars are to being in a motorcycle's blind spot.

# Stay Safe On the Water

In 2023, the [U.S. Coast Guard](#) reported 43,844 boating incidents that resulted in 564 deaths, 2,126 injuries and about \$63 million in property damage. [Stay safe](#) by being prepared and using the appropriate equipment, whether enjoying a ride on a motorized boat, paddling a kayak or wakeboarding.

## Life Jackets Are Essential



Life jackets are at the core of safe boating, whether using a motorized or non-motorized vessel. The U.S. Coast Guard reports in 2023 87% of drowning victims in recreational boating accidents were not wearing a life jacket.

While regulations on life jacket use vary from state to state, the Wear It program of the National Safe Boating Council promotes boating

safety by encouraging boaters to wear life jackets any time they are on a boat, motorized or non-motorized.

Good swimmers still need life jackets. When people fall off a boat, they may become disoriented, injured or unconscious. Life jackets can keep victims' heads above water so they can breathe and be rescued more easily. Every child should wear a life jacket at all times when boating.

Choose the right life jacket for the activities you will be doing. Double check to make sure the life jackets are U.S. Coast Guard approved and fit correctly:

- Make sure the jacket is a proper fit for your size and weight
- Make sure the jacket is properly fastened
- Hold your arms straight up over your head, ask a friend to grasp the tops of the arm openings and gently pull up; make sure there is no excess room above the openings and that the jacket does not ride up over your chin or face

## Get Educated, Reduce Risks

The National Safe Boating Council encourages following these [boating safety tips](#) to minimize risks:

- Take a [National Association of Boating Law Administrators safety course](#)
- Be familiar with the [boating state laws](#)
- Know the ["Rules of the Road"](#)
- When operating a motorized boat, [know about carbon monoxide](#); this odorless, colorless poisonous gas is emitted by all combustion engines and onboard motor generators

## Be Prepared

Before setting out:

- Check that your equipment is in good working order; get a [free vessel safety check](#) with your local U.S. Coast Guard Auxiliary or U.S. Power Squadron
- Review a [pre-departure checklist](#) to ensure you have everything you need in your boat, including a tool kit and first-aid kit

- Before you leave, always file a [float plan](#) with someone you trust
- Dress properly and bring an extra set of clothes in case you get wet
- Don't forget the sunscreen and know the signs of heat illnesses
- Once on the water, use common sense; in a split second, a situation can arise or the weather can turn
- If you notice storm clouds, a sudden temperature drop or wind speed increasing, play it safe and get off the water

Source: [National Safety Council \(NSC\)](#)

[Kentucky Department of Fish & Wildlife Resources](#)

[Tennessee Wildlife Resources Agency](#)



### Exercise Good Judgment

- Respect your limits and keep within your limits to avoid injury
- Don't drink and drive a boat; alcohol affects judgment, vision, bal-



### Unit Safety Officer Training Resources

[National Disasters and Severe Weather](#)

[National Safety Council Seasonal Safety](#)

[OSHA Heat Illness Prevention Campaign](#)

[HEAT.gov](#)

[Water Safety Video](#)

[NOAA Weather Radio](#)

[Just the Facts—Heat Illness](#)

[Workplace Safety and Health](#)

[Resource links—Off duty Safety](#)

[Water Safety](#)

[Ready.gov](#)

[Evacuation Plan and Procedures eTool](#)

[National Weather Service Severe Weather Safety Tips](#)

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