



Safety Sense



Winter Survival on the Road .

Are you prepared?

One essential item often overlooked is your winter driving survival kit. When we discuss these kits, most people state I don't need one, I am just driving to work, I won't be on the highway. Truth be known, many times people have been stuck in parking lots, on the side of the road or other inconvenient locations. During Atlas storm a few years back, several people reported being stuck on Nemo Rd, Hwy 44 or Hwy 79 for hours. Emergency services may be overwhelmed as was the case during Atlas and even their vehicles may have trouble getting to you.

The bottom line is, you need to be prepared to survive at least 24 hours in your vehicle. Water, food, heat and signaling are some of the essential items in a winter Survival Kit for your vehicle. Make sure someone knows where you are heading, your route and when you plan to return. So you can be found if you are injured and unable to self recover.

Here is a starting point;

- * A collapsible or small shovel
- * Ice scraper and brush/broom
- * Flash light (do not count on your phones flashlight)
- * Battery powered radio
- * Drinking water
- * Snack foods
- * Waterproof matches
- * Candles
- * Hat, extra socks and gloves
- * First aid kit
- * Pocket knife/multi-tool
- * A small container with Rx medications
- * Blanket or sleeping bag
- * Tow rope or chain
- * Booster/Jumper cables
- * Container of floor dry/cat litter
- * Emergency flares, reflectors or florescent distress flag
- * Cell phone charger/battery back up.
- * Fire extinguisher

A few other tips for winter driving include regular scheduled maintenance, keep your fuel levels above one half of a tank, letting someone know where you are going and when you will be there and stay abreast of the weather for where you are traveling to.

Scheduled maintenance can detect problems before you are on the road. Finding those issues may cost a few dollars now, but you will avoid a costly tow bill as well as the issue of being broken down on the side of the road. It also ensures (if done correctly) that all lights are functioning properly. Keeping your gas tank above half provides some time if you get stuck somewhere. You can start your vehicle every hour or two, let it run for 10 to 15 minutes to provide heat and keep the battery charged. When you travel, especially when going alone, for long distances, give someone a plan/itinerary and check in to let them know how things are going. Check the weather along the road from your start point to your destination: know what kind of conditions you'll be traveling through and arriving in. If you get stuck call 9-1-1. Stay put and wait for help. If you must leave the vehicle, write down your name, address, and phone, number, direction you are walking and destination. Place the windshield for someone to see.

FY 17, 1st Edition

October 2016



SDARNG Safety Office
CW4 James "BJ" McGuire State Safety Officer 605-737-6703 james.a.mcguire16.mil@mail.mil
CW2 Jason Bestgen Occupational Health Tech jason.c.bestgen.mil@mail.mil 605-737-6620
SGT Don Gibbs Safety Tech/Safety NCO 605-737-6501 donald.d.gibbs2.mil@mail.mil
Office Fax 605-737-6677



Worn Phillips tip screw drivers can cause slippage and injuries. A punch can “mushroom” and then break off sending a projectile flying. Known to cause significant eye injuries, these can be prevented by proper maintenance and the use of PPE can save an injury.



Choose your tools wisely

Most issues dealing with hand tools are generally common sense. However, some people just don't get it. Things that you already know like screw drivers aren't chisels or pry bars, wrenches aren't hammers. Were you aware that across the United States hundreds of thousands of cases are reported in emergency rooms and urgent care facilities for a multitude of injuries? Smashed and fractured fingers, eye injuries, lacerations and amputations, and even fatalities can and do occur from

simple, yet tragic events. Many of the instances where misuse, abuse and negligence are completely avoidable. Sadly, many of those injured had nothing to do with the actual ignorant act, however they were merely in the wrong place at the wrong time.

Simple rules for hand tools are generally printed or engraved on the tools. Warnings on chisels and punches that state “use of eye protection required” are there for your benefit. A good rule of thumb especially for those that work in the shop, if you wouldn't do it at work or

if it requires safety equipment at the shop, you should use the same precautions at home.

Mowing the lawn, snow blowing, use of power tools and air tools should include the use of eye and ear protection. Other protective equipment you need at home could include gloves, safety boots, machine guards and ground circuit interrupters. And don't forget to maintain and inspect your tools. Dress chisels and punches appropriately,

Hunter safety is key to a successful hunt!

Fall is a happy time of year especially for hunters. The season brings cooler temperatures, shorter days and an abundance of wildlife. Hunting for many is a great means to save money while providing for the family, bonding with family members and getting into the outdoors. But hunting does come with a great deal of responsibility. Bow or firearm hunters are carrying the power of life and death. You possess the ability to kill. Used incorrectly, irresponsibly or negligently, you may cause injury or kill someone in your hunting party or a stranger.

Always use the four rules for range safety while hunting. Don't remember them?

Here they are:

- 1, Treat every weapon as if it is loaded.
2. Don't load the bullets/shells into gun until you are ready to hunt.
3. Never point the muzzle at anything you aren't willing to destroy,
4. Keep your finger off of the trigger until on target and ready to fire, and
5. Always know what's behind your target.

Keep in mind the safest weapon is the one that is treated with respect and understanding for its capabilities. The most dangerous is the one that is treated brazenly and without regard for others.

Use of bright colors can make you more identifiable to other hunters.

Check with the state Game, Fish and Parks office for current regulations and requirements to make sure you stay within the law and stay safe.

Hunting with a friend is always a good plan, Have a plan, let someone know your plan. If you hunt alone, make sure someone knows where you are heading, your hunting plan (route you will take) and when you plan to return. So you can be found if you are injured and unable to self recover.

Never drink and handle fire arms. Many soldier have been fatally wounded showing off guns after having a few drinks!



HERE IT COMES



Don't wait for the storm to come. Now is the time to get your vehicle ready.

- Emergency kit
- Blanket
- Flashlight
- Heat source

READY ...OR NOT?

Ready ... OF NOT is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their "readiness" for what lies ahead—the known as well as the unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are **YOU** ready ... or not?



<https://safety.army.mil>