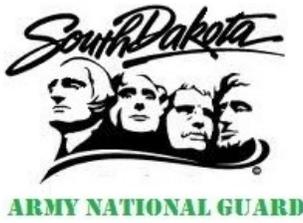


South Dakota Army National Guard



# SAFETY SENSE



## Thanks Giving: Food Prep Safety is a Priority

Many years ago, as an adolescent, my family enjoyed a huge family holiday meal with relatives coming out of the woodwork. It was a fantastic time, with stories and anecdotes being told in nearly every room.

Following the meal, one by one, people began to complain of illnesses, stomach cramps, headaches and flu like symptoms. Eventually, everyone was sick, except my mother, who coincidentally was dieting and had not eaten several of the more fattening items.

It was later determined through the process of elimination that the pumpkin pie was the only common denominator amongst those that were ill.

At first we thought Mom had tried to poison us, but why? Especially her favorite child, me. It was finally agreed upon that it was an accidental

food poisoning and all of us recovered. The take away here is food prep must be taken seriously. For more information, visit the CDC's website on how to Safely make a holiday meal.

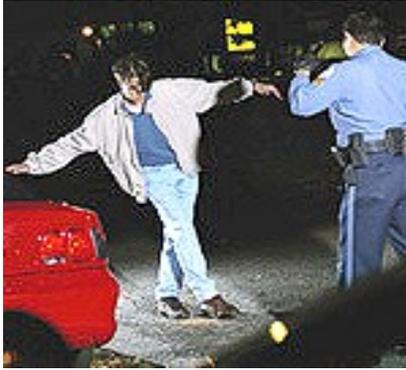
<http://www.cdc.gov/features/turkeytime/>



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*From the staff of the SDARNG Safety and Occupational Health Office, we wish for you and your family a safe and happy holiday season.*



Fall and winter months bring shorter days, longer, colder nights and higher risks on the roads. Many of us, due to Day Light Savings will drive to work in the dark, and after a day in the office, drive home in the dark. Fall also means a higher number of wildlife vs vehicle accidents. This is due to a combination of reasons (darkness, more animals on or near the road) that none of us are truly immune to.

This time of year also bring the holidays, which can be a reason to gather with family and friends. Driving during this time of year demands a higher level of awareness and understanding on the road. Staying alert and attentive will assist in keeping you and those around you safe and alive.

Not all accidents are 100% avoidable, but you can do your part in reducing the risk of accidents on the road.

## Fall and Winter Driving Awareness

Don't drink and drive. Have a designated driver if you are going to partake in any drinking, or call a cab.

Distracted driving is just as dangerous, if not more so, than drinking and driving. Distracted driving is operating any electronic device (texting or calling on a cell, operating a GPS, or MP3 player,) eating/drinking while driving, applying make up, reading or ANY activity that takes your focus off of the task at hand: DRIVING!

Slow down in darkness or inclement weather. The speed limits are the maximum. While a slow driver may be a hazard in certain examples, overdriving the conditions is a danger to yourself and others. Overdriving the conditions means that you and your vehicle are traveling at a speed that prevents you from reacting to a hazard (SDCL 32-25-3, "misdemeanor for any person to drive a motor vehicle on a highway located in this state at a speed greater than is reasonable and prudent under the conditions.")

Take your time on all long distance trips. Take breaks, share driving responsibilities and don't let schedules dictate your speed or distance to travel. Often times we will push beyond our limitations to get to our destinations and it can spell disaster.

Plan your drive, and drive your plan. When traveling long distances, have a plan, and stick to it as best you can. And make sure someone else is aware of that plan. Have the ability to check in with that person and let them know your status. This will prevent undue stress and can help track you down in an emergency.

Avoid aggressive driving and drivers. If you become impatient following a slow driver, take a deep breath and relax. Wait for a safe time, if at all, to pass. Other aggressive drivers may have cut you off or ran a stop sign, let them go. Do not get into a road war over an interpreted injustice. If it is bad enough, call law enforcement and provide details and descriptions. Let them deal with it. If someone is tail gating you, slow down and give them room to pass. Keeping an aggressive or unsafe driver in front of you is always the best option.

Using good sense when driving year round will help you avoid accidents, delays and other hurdles on the road. This time of year it is even more important to exercise good judgement, patience and risk management.

## New AEDs in several Armories, Be ready for any emergency

Several armories, shops and offices have been equipped with new AEDs (Automated External Defibrillators) as many of the original issued are beyond recommended service life. This was done in order to ensure that we have the most current and reliable units for our personnel. The AED is only as good as the users. Maintenance is simple and merely requires monthly inspections; Ensure the battery is charged, patches are within expiration dates and the ready pack is properly equipped. Responsible persons need to ensure that the AED is in operating condition, but truly, it is a benefit for everyone to know where it is and how it works.

A CPR/AED course sponsored by the American Heart Assn. or the American Red Cross can help you to prepare and train for a medical emergency that may require you to use an AED. Being trained and prepared is the best option not only for yourself, but for the potential victim who may need your help.

Where is your AED?

If you can't answer that question, or don't know how to use it, you need to ask those questions to your supervisor or readiness personnel.

CPR and a working AED increase the survivability of a cardiac arrest. Just remember that it could be your friend/battle buddy that needs you to respond to that emergency.

*Power/Battery indicator*



*Patches/Pads expiration date*

*Check extra set of pads for serviceability and expiration*

## *AED Ready Pack*

*Razor*

*Gloves*

*One way protective mask*



*Scissors*

*Gauze pads*