

**SOUTH DAKOTA ARMY NATIONAL GUARD**

# Safety Sense



FY 2016/2nd Edition

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## On the job: working safer

It will probably come as no surprise that the number one work related injury is still slips, trips and falls. This type of injury has led the work environment for decades. However, work related fatalities and injuries have declined over the past forty years.

In fact, though some would dispute the validity, with the cooperation of OSHA and their state partnerships, Safety and Occupational Health Professionals, unions, employers and advocates, over the past forty years there has been a dramatic reduction in work place injuries and fatalities. Since 1970, workplace fatal rates have dropped 66%. Occupational injury and illness rates are down by 67%. All that, despite the fact the number of workers in America has nearly doubled.

Employee accidents resulting in death across America have been reduced from 38 a day to 12 (1970-2014, "OSHA Statistics"). Worker injuries and illnesses are down—from

10.9 incidents per 100 workers in 1972 to 3.3 per 100 in 2013. These numbers are impressive at first glance and much of the credit needs to go where it is due: the employee. We have smarter, better trained personnel in the work place. Employees are given the keys to success through innovation, accident investigation, work place inspections and job hazard analysis.

But there is always room for improvement. Remember, if one of those 12 per day happen to you or a coworker, then the failure of the safety program is 100%.

We can't always be "our brothers keeper", but we should al-

ways watch out for each other and when something is not right, it needs to be identified or corrected immediately. All too often in a work place accident review, someone states "I knew that something was going to happen" or "I saw that but (insert your own excuse here)".

It befalls each and every member to watch for and correct a hazard, or at least identify it and notify someone who can correct it.



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# Protect yourself from food illness

Throughout the United States, 1 in 6 people will become ill by food borne illness. Foodborne illness (sometimes called "foodborne disease," "foodborne infection," or "food poisoning") is a common, costly—yet preventable—public health problem.

CDC estimates that each year roughly 48 million people get sick from a foodborne illness, 128,000 are hospitalized, and 3,000 die.

Yet, for a large

part, food borne illnesses are preventable. Proper cleaning and preparation of foods is key. Washing fruits and vegetable and cooking other foods to prescribed temperatures will reduce much of the risks. Storage of foods after meals is essential.

Bacteria begin to form on foods once they are done cooking and have cooled. Other viruses may be allowed to spread through contact.

Never handle food

with unwashed hands, cover and store food after the meals and reheat to an appropriate temperature to kill microbes that cause the illnesses. For more information, go to [www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety).



**“Billions of dollars are spent every year in response to accidents”**

## SDARNG Earns Safety Achievement Award

The South Dakota Army National Guard was recently recognized for its progress in accident prevention. The South Dakota Safety Council awarded the Governors Meritorious Achievement Award to members of the full time staff on behalf of all the employees of the SDARNG.

Lt Governor Matt Michaels was present to recognize and present all organizations honored.

Accident prevention is everyone's business. An accident, no matter how minor it may seem, effects all of us. An incident may cause death, serious injury, lost time, loss of equipment and time for other personnel to either cover the mission/job left open by the

victim or to investigate why this accident happened.

Accidents are expensive: workers compensation, moneys needed to repair/replace damaged equipment, hiring additional personnel, and the possibility of litigation.

All told, in the United States, billions of

dollars are spent by government agencies and private businesses in response to accidents.

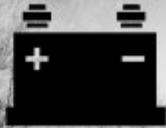
The SDARNG and its members are working hard to reduce those incidents as evidenced by the award. But we can always make room for improvement. One accident is too many.



Pictured Left to right, front: SSG Toby Torres, CW5 Lonny Hofer, SFC Bob Bute and SGT Brian Slack. Back: SDSC Board member Kevin Kouba, CW4 Steve Nelson, SFC James Bruns, SGT Don Gibbs, MSG Chucks Eilts, SSG Reed Ludwig and LT Governor Matt Michaels.

Safety Sense

# 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 ... or 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>