



Safety Sense



FY 16, 5th Edition

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SDARNG SOHO Personnel:
Currently vacant Occupational Health Nurse
CW5 Lonny Hofer Safety and Occupational Health Mgr 605-737-6703 lonald.e.hofer.mil@mail.mil
CW4 James "BJ" McGuire State Safety Officer 605-737-6298 james.a.mcguire16.mil@mail.mil
WO1 Jason Bestgen Industrial Hygiene Technician 605-737-6620 jason.c.bestgen.mil@mail.mil
SFC Brian Gessner State Safety NCO brian.p.gessner.mil@mail.mil
SGT Don Gibbs Safety Tech/Safety NCO 605-737-6501 donald.d.gibbs2.mil@mail.mil
Office Fax 605-737-6989

How many lives at risk is too many?

Imagine if you will- you are piloting a 767 commercial airliner on approach to LaGuardia International Airport, NY, NY, one of the busiest airports in the world. Your window for final approach is here, your given your approach heading, wind speed, temperature and amongst all of this is a dozen other aircraft waiting for you to land so that they will get their opportunity. None of these aircraft are sitting idle though, they are all moving maybe 150/200mph or more. "It's all you, Captain." No big deal though, you've done this hundreds of times before.

As you gradually make the approach your cell phone rings. It's a text, from the spouse. It must be important to text you now, so you answer it, right? Wrong. It's a distraction. Too many people are counting on you to focus on what you are doing. Right? There are too many lives in the balance to be this distracted.

Yet when it comes to driving our cars, it's no big deal. In one situation there are hundreds of lives in the balance. The other, generally only a few lives at stake. Yet are they less important? Do they not have families that hold them dear as well? What about you? What about your family? Do they need you to come home too? Don't they need you as much as any other family out there?

Distracted driving is every bit as dangerous as driving intoxicated. The one problem today is that there is so much more you can be doing behind the wheel that

you weren't capable of 10-15 years ago. Our personal electronics can do so much more that we have come to rely on them for too much. Meanwhile, the skill of driving is waning, putting more people in jeopardy than ever before. On a typical day, approximately 110 people will die on the roads of the US. Over a week, that's like two 767s crashing and killing all on board. If this were to occur, over a couple of weeks we would suspend all flights until we figured out why. Yet, when it comes to passenger cars and trucks, we accept those numbers.

Operating a vehicle while intoxicated and driving distracted are not only foolish, they're criminal. Don't get caught unaware. Set the phone down and just drive.





“Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke”

February is American Heart Month. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. This month, we are highlighting Million Hearts™, an initiative dedicated to preventing the nation’s leading killers and empowering everyone to make heart-healthy choices.

Launched in September 2011 by the Department of Health and Human Services (HHS), Million Hearts™ is a national initiative that aims to prevent 1 million heart attacks and strokes in the U.S. by 2017.

Prevention starts with everyone. Protect

yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps

Drive the initiative by challenging your family and friends to take the Million Hearts™ pledge at <http://millionhearts.hhs.gov>.

- Get up and get active by being physically active for at least 30 minutes on most days of the week.
- Know your **ABCS**:
- Ask your doctor if you should take an **Aspirin** every day.
- Find out if you have high **Blood** pressure or **Cholesterol**, and if you do, get effective treatment.
- If you **Smoke**, get help to quit.

Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.

Take control of your heart health by following your doctor’s prescription instructions.

Together, we can all be one in a million this Heart Month and every month. To learn more, visit <http://millionhearts.hhs.gov>.

Take a CPR class for your family and friends. You never know when or where you'll need it



While February is National Heart Month, it’s a good time to take a CPR Class. You can learn how to save a dying heart or refresh those skills you may have let get dusty. Cardio Pulmonary Resuscitation (CPR) is a skill anyone can learn, any one can use and, when needed, is the difference between death and life.

When the time arises, knowing what to do, and how to do it is invaluable. The skills have changed over the years, but the premise is the same: pressing

hard and fast in the center of the chest to facilitate the circulation of oxygen throughout the body.

The use of the Automated External Defibrillator is also covered in many classes. If you want a class for your unit, office or work section, you should submit a Form 8 to the J3 training requesting specific training to be accomplished.

The time to learn the skills needed to save a life are before the crisis occurs.

HERE IT COMES



Don't make a bad situation worse.
Whether it's changing a flat tire or stopping to render assistance to a stranded motorist, practice smart roadside safety techniques so you don't end up another accident victim.



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 - both the known and 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>

