

Safety Sense

June 2016

JUNE 2016 — National Safety Month

Each June, the Army observes National Safety Month in conjunction with public and private organizations across the United States. This year's campaign focuses on the significance of safety in four key areas: off-duty driving, civilian injury prevention, and ground and aviation operations.

New campaign materials, including informational feature articles, posters and other media, along with links to some of the U.S. Army Combat Readiness Center's most popular risk management tools, are now available for download on this site.



Please reproduce and distribute throughout your formations as needed.

Remember, risk does not keep a calendar, so use National Safety Month to strengthen your safety programs now and into the future.

Army Safe is Army Strong!

https://safety.army.mil/Portals/0/Documents/MEDIA/FROMARMYLEADER-SHIP/Stand-ard/2016_National_Safety_Month.pdf

Passing of the torch, again.

A little more than six years ago, CW4 James BJ McGuire left the Safety Office for his opportunity to deploy with the 196th MEB. In turn, Mr. Lonny Hofer assumed the duties as the State Safety Officer and Safety and Occupational Health Manager.

At the end of June, 2016, CW5 Hofer will retire from his Technician duties and relin-

quish the SOHM role back to Mr. McGuire. Mr. Hofer will remain in the role as the State Command Chief Warrant Officer but is currently in the process of transitioning duties with Mr. McGuire in the Safety Office.

Both of these fine officers have contributed significantly to safety of our units and Soldiers by implementing the Ad-

jutant Generals priorities of keeping Soldiers number one.

When you see these gentlemen please congratulate them and wish them well on the new challenges they are taking on.

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Help Stop the Loss during AT

The Stop the Loss cards were issued out 5 years ago and to date, there have been hundreds exchanged by someone witnessing a hazardous condition.

With annual training, Golden Coyote upon us again, we look for an increase in injury, illness and damaged equipment. We must be better Battle Buddies, supervisors and friends. We must do better at “watching our teams six”. Several of the illnesses are not preventable, simply because people may be predisposed or exposed to disease and infection. However we can do our part to prevent and/or minimize these occurrences.

Staying well hydrated is essential, especially in the field. Rarely, you will hear of someone drinking too much water. A strong body makes for a strong defense to illness. Washing hands before meals, after use of latrines, handling weapons and ammo and after contact with someone who may be ill is key to preventing the spread of a bacter-



If you're a motorcycle rider on Camp Rapid, you may be asked about your motorcycle and safety training. The TAGs Policy requires that all SDARNG Personnel (AGR, ADOS, Technician, State, SAD and Contract) comply with the requirements for training and safety equipment. While the training component is met by attending the Basic Rider Course, you are encouraged



rial infection.

Hydration is one component to injury prevention too; Heat injury. Heat injuries are just as serious and can be deadly as a rattle snake bite. Time is of the essence. To learn more about heat injury care, your unit medic should be able to provide further information, and first aid classes are always available. Other injuries are likely as well. Sprains, strains, dislocations and fractures are common muscular/skeletal injuries as well as cuts and bruises.

As we travel throughout the region, mainly in convoys, we will encounter civilian traffic. They may be moving faster or slower than our convoys. If you are the driver/operator, you are responsible for keeping a safe distance from the vehicle in front of you. You are responsible for the movement of the vehicle and its occupants. We may not be able to prevent all accidents, but we can minimize the injury by using seatbelts and ensuring all

Motorcycle riders

to take that even further by attending the BRC II (Basic Rider Course II) (also known as the Experienced Rider Course). Your costs for training, as members of the SDARNG, is reimbursable upon completion. Also, you can be reimbursed each three years for repeating either the BRC II or ARC. The ARC, or Advanced Rider Course, is more for the sport bike enthusiast but, tour-



other safety equipment (airbags, antilock brakes, headlights, etc.) to operate freely and as designed. A Drivers (assistant driver) must be that second set of eyes for the driver and help identify potential hazards. We must always use ground guides in a motor pool or whenever backing tactical vehicles. Having reviewed and understood the hand and arm signals will prevent a mishap.

The goal of a an accident free annual training may seem out of reach, however we can all do something to stop an accident before it happens or to minimize the injury or damage by being observant, attentive and prepared.

If you don't have your stop the loss card on you, ask your 1SG or Safety Officer/NCO and we will ensure you receive one. Don't keep it to yourself; share it when you witness a hazardous condition.

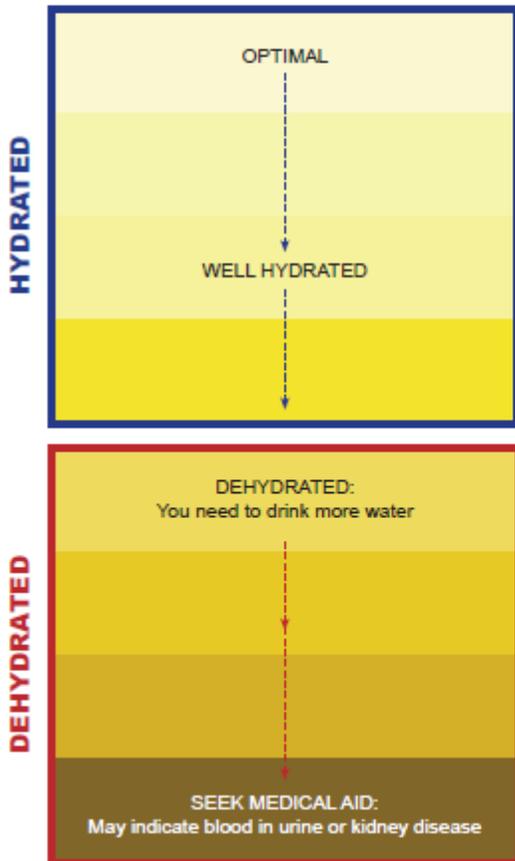
ing and cruisers will take a lot away from this course. At this time, the course is only available at Ellsworth AFB. For more information on any of these courses, contact SGT Don Gibbs@ 605 737 6501 or at donald.d.gibbs2.mil@mail.mil

You may be asked to perform a TCLOCS inspection on your bike as well. All of this is to ensure we keep the idea of Safe Riding first in our mind.

Are You Hydrated?

Take the Urine Color Test

Urine Color Chart*



*This color chart is not for clinical use.

Water Consumption Table

Heat Category	WBGT Index, °F	Easy Work Water Intake (Quart/Hour)	Moderate Work Water Intake (Quart/Hour)	Hard Work Water Intake (Quart/Hour)
1	78° - 81.9°	½	¾	1
2	82° - 84.9°	¾	1	1½
3	85° - 87.9°	1	1½	2
4	88° - 89.9°	1½	2	2½
5	> 90°	2	2½	3
Body Armor + M ¹		Easy Work - walking on a hard surface at less than 2 mph with less than a 30 pound load, weapon maintenance, maintenance training, DTT and ceremony	Moderate Work - patrolling, walking in the sand at 2.5 mph with no load, calligraphic, patrolling, individual movement techniques (i.e., high flow used)	Hard Work - walking in the sand at 2.5 MPH with a load, foot assaults
MOPP 4 + M ²				
Heat - sitting or standing in the shade if possible				
<small>The fluid replacement volumes will sustain performance and hydration for at least 4 HOURS of work in the specified heat category. Fluid needs can vary based on individual differences and exposure to full sun or full shade. CAUTION: Hourly fluid intake should not exceed 1.5 quarts. Daily fluid intake should not exceed 12 quarts.</small>				

Purpose

- With normal kidney function, your level of hydration is indicated by the color of your urine. Some vitamins and supplements may cause a darkening of the urine unrelated to dehydration.
- Since heat-related illness often follows dehydration, this simple test will help protect your health.
- Dehydration also increases your risk for kidney stones.

How does it work?

- Match your urine color to closest color in the chart and read the hydration level on the chart.
- Watch the urine stream not the toilet water, as the water in the toilet will dilute your urine color.
- In response to dehydration, the kidneys conserve water and excrete more concentrated urine; the more concentrated the urine the darker the color.

Prevent Dehydration

- No amount of training or acclimatization can reduce the body's requirement for water.
- Follow the water consumption guidelines in the water consumption table.