

# SAFETY SENSE

FEBRUARY, 2020

## *February is American Heart Month*

Did you know about 2,200 Americans die each year from cardiovascular diseases? That's about one every 40 Seconds. Cardiovascular diseases claim more than all forms of cancer combined.

American Heart month is an excellent time to teach your family, friends and soldiers that cardiovascular disease can often be prevented by making healthy choices and properly managing their existing health conditions.

Sharing this information is important because about 80% of cardiovascular diseases can be prevented by taking control

and following everyday healthy living steps that include:

- Not smoking. Smoking is the leading cause of preventable death in the United States.
- Physical activity. Staying physically active helps keep the heart and blood vessels healthy
- Good nutrition. Replace high sodium foods with fresh fruits and vegetables.
- Maintaining healthy weight. Carrying extra weight puts stress on the heart.

- Controlling blood pressure. High blood pressure is one of the biggest risks for heart disease and other harmful conditions, Such as stroke.



This American Heart Month, Love your heart and yourself

### **SAFETY OCCUPATIONAL HEALTH CONTACTS:**

- ◆ Maj Kathy Hill  
OHN  
605-737-6652  
kathrine.d.hill2.mil@mail.mil
- ◆ CW4 James "BJ" McGuire  
SOHM/SSO  
605-737-6703  
james.a.mcguire16.mil@mail.mil
- ◆ SFC Chris Peters  
IH/OH  
605-737-6620  
christopher.w.peters.mil@mail.mil
- ◆ SFC Robert Bute  
Safety Specialist/State Safety NCO  
605-737-6501  
robert.d.bute.mil@mail.mil

## *Texting and Driving is Illegal in SD and is unsafe*

There are roughly 30,000 car accidents every year in South Dakota. And most of these are simple distracted driving mistakes that are completely preventable. It is illegal for all drivers of all ages to text and drive in South Dakota. The penalty for texting while driving is a Class two misdemeanor with a fine of about \$150.00. AR 385-10 states vehicle operators on DOD installations

and operators of Government-owned vehicles, on or off the installation, will

other hand held devices unless the vehicle is safely parked or they are using a hands free device. So what can we do? Quite simply, just put the phone away-even if that means in the glove compartment. The fines themselves are defiantly not worth it, let alone the more serious consequences to you and others on the road.



Texting and driving a person is 23 times more likely to be involved in an accident according to studies done by the Virginia Tech Driving Institute.

not use cellular phones or



## Why Should We Report a Near Miss

First of all what is a near miss? A near miss is described as an unplanned event that did not result in injury, illness or damage—but had the potential to do so.

A faulty process or management system invariably is the root cause for the increased risk that leads to the near miss and should be the focus of the improvement. Other familiar terms for these events are a “close call” a “narrow escape” or in the case of a moving objects, “near collision” or a “near hit”.

How does reporting a near miss Prevent future incidents? Many safety activities are reactive and not proactive. Meaning we wait for a loss, or accident to occur before taking steps to prevent the recurrence. Near miss incidents often precede loss—producing events but may be overlooked, as there was no harm( no injury, damage or loss). An organization may not have a reporting culture where employees are encouraged to report these narrow escapes. Thus, many opportunities to prevent the incidents are lost. History has shown repeatedly that most loss producing events (incidents), both serious and catastrophic, were preceded by warnings or near miss incidents. Recognizing and reporting near miss incidents can significantly improve worker safety and enhance an organization’s safety culture.

How can we encourage our soldiers and employees to report near miss incidents?

- Promote a culture of reporting
- Educate employees on the reason why near miss reporting is a necessity, and the important role that they play, and the process for reporting.
- Ensure that the near miss reporting process is easy to understand and use
- Continue to communicate on the importance of near miss reporting encouraging the participation of all employees.
- Use the near miss reporting as a leading indicator and report back to the organization on the positive steps taken to improve workplace safety.
- Reinforce with employees that near miss reporting is non-punitive.
- Consider incentives that encourage reporting and enhance the culture. An example of a good incentive is one that recognizes the participation of workers in the recognition and reporting of hazards. This activity helps to enhance a reporting culture, engage workers in meaningful safety activities, and continue a process of risk reduction.
- Include training for new employees as a part of their orientation



### Key Points:

- Incidents occur every day at the workplace that could result in a serious injury or damage.
- A near-miss program may help prevent future incidents.
- One problem that we must overcome is employee’s fear of being blamed after reporting a near miss.
- Employers need to make the process of reporting a near miss as easy as possible

### How to Report a Near miss!

Go to the SDARNG Intranet page, click on the AGO Tab, go to the Safety and Occupational Health tab and click on the Close call tab on the left hand side of the page, then click on respond to this survey and fill out the respective blocks.





## THIS WEEK 3-7 FEB 2020



### WINTER MOTORCYCLING

Whether it's a convoy operation or a trip with your family, it's always a good idea to perform a map or route reconnaissance. You'll have the advantage of locating rest stops, places to fill up or, just maybe, possible road hazards. I didn't do that during one winter ride and it literally proved to be my downfall.



### COLD WEATHER OPS

As a leader in charge of the health and welfare of others, do not be afraid to make a decision. If you know something is wrong, correct it and deal with the consequences later.



### MISSION TRAINING

No one truly knows what it's like to fly in a combat zone during IMC until they're in the middle of it. As young aviators, we're lectured repeatedly about the horrors of entering inadvertent IMC and trained to manage it as an "emergency" flight only.

## PRODUCTS & TOOLS



Learn the safety culture and climate within your organization.



A collection of resources to aid commanders and leaders in the management of range operations and safe weapons handling.



Great resource for finding a local riding association, and learning to be a safer rider.



An interactive, easy-to-use, automated system designed to assist users with the application of risk management.

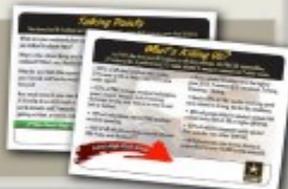


Make your Soldiers aware of the off-duty hazards they'll face with the Off-Duty Safety Awareness Presentation.



The autumn and winter seasons are finally here, and with them come hazards unique to this time of year.

Be an engaged leader and talk with your Soldiers about the hazards they face off duty. [Click here](#) to download and print your Small Unit Leader Cards today!



## MISHAP BRIEFS

### FALL

A 24-year-old Sergeant assigned to Fort Bragg, North Carolina, died in a fall mishap on the fourth floor of the barracks when he fell over the balcony head first. He was reportedly under the influence of alcohol. Once emergency services personnel arrived, they immediately began patient care. The Soldier died en route to the hospital.



[CLICK HERE TO VIEW MORE PRELIMINARY LOSS REPORTS](#)

## POST THIS

**SHAPING SAFETY THE EVIL EIGHT exposed**

**Off-duty private motor vehicles**

Driver misconduct contributed to 43% of the Class 4 mishaps.

Causes included:

- Driving while intoxicated
- Failure to wear seat belts

**The Fix:**

- Identify Soldiers who exhibit high-risk behavior
- Make discussions about safety and loss prevention personal
- Use Preliminary Loss Reports and other examples to drive home the hazards associated with off-duty driving

[CLICK TO DOWNLOAD](#)

## WATCH THIS



[CLICK TO VIEW](#)

[SUBMIT AN ARTICLE](#)

[SUBSCRIBE TO SAFETY PRODUCTS](#)

[CONTACT US](#)

