

Safety Sense

FY 20 3rd edition

South Dakota Army National Guard

December 2019



12 Days of Holiday Safety



Food Preparation for the holidays

- Cook Food Thoroughly
- Keep food out of the danger zone - (Bacteria can grow rapidly in the danger zone between 40 and 140 Degrees F after food is cooked keep hot foods hot and cold foods cold.
- Keep foods Separated- Keep meat, chicken, turkey, seafood, and eggs separated from all other foods
- Thaw your turkey safely - Thaw turkey in the refrigerator, in a sink of cold water
- Wash your Hands- Wash your hands with soap and water when preparing food

On the first day- prepare your home for the holidays and Safety . Make sure you have a working carbon monoxide detector, smoke alarm, fire extinguisher, and a first aid kit. If you live in an apartment or are staying in a hotel, know where the fire alarms and emergency exits are located.

On the Second Day- make a plan. Your family may not be together when an emergency occurs, Plan how to meet or how to contact one another, and discuss what you would do in different situations,

On the Third Day- Think about special needs, Establish a personal support network of friends. Relatives, health-care providers and neighbors. Write down details about accommodations needs allergies. Family medical history, medical conditions etc.

On the Fourth Day- Decorate with safety in mind. Never leave burning candles unattended and keep them away from children and pets, decorations and wrapping paper. Cut candle wicks short to prevent a high flame, and if candles are used in a center piece make sure they don't burn low enough to ignite the decorations

On the Fifth Day- Make your tree Safe. When buying a real tree check that it is fresh (needles are hard to pull off) water the tree daily- trees can consume 1 gallon of water a day. Place the tree away from high traffic areas, doorways, heating vents radiators, stoves, fireplaces, and burning candles

On the Sixth Day- Keep Lights Bright. Only use lights that are UL certified make sure you use indoor lights inside and outdoor lights outside , Check the light string and extension cords, throw out any that are frayed or have exposed wires, loose connections or broken sockets. Never run electrical cords through doorways or under carpets. Turn off all holiday lights before bed and when leaving your house.

ON the Seventh Day- Chose appropriate toys. Always follow age recommendations when choosing toys for children. Pay attention to recalls and Safety recommendations.

On the Eighth Day- Be prepared for severe winter weather. Blizzard, ice storms and high winds can develop quickly. Listen to local radio or television stations for severe weather warnings and advice

On the Ninth Day- Prepare you vehicle for emergency's. Install winter tires and make sure windshield washer fluid is always topped off. Prepare a winter survival kit to keep in your vehicle in case of emergencies, with items such as a blanket, candle, matches, and non perishable foods and store in a water proof container

ON the tenth Day- Prevent illness. Protect yourself and other from getting the flu. A Flu shot is the safest and most effective way to prevent illness

On the eleventh Day- Holiday get together's are fun but only when you keep safety a priority. If you plan to consume alcohol, make sure you have a designated driver to get you and your loved ones home safe

On the twelfth Day - Nothing is cozier than relaxing by the fire, but its especially important to keep your wood burning stove and fire place chimneys clean because creosote is a flammable smoke residue and serious fire hazard that can build up inside .



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Carbon monoxide poisoning

What is Carbon Monoxide?

Carbon monoxide, or “CO,” is an odorless, colorless gas that can kill you.

Where is CO found?

CO is found in fumes produced any time you burn fuel in cars or trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges, or furnaces. CO can build up indoors and poison people and animals who breathe it.

Who is at risk from CO poisoning?

Everyone is at risk for CO poisoning. Infants, the elderly, people with chronic heart disease, anemia, or breathing problems are more likely to get sick from CO. Each year, more than 400 Americans die from unintentional CO poisoning not linked to fires, more than 20,000 visit the emergency room, and more than 4,000 are hospitalized.

How can I prevent CO poisoning in my home?

- Install a battery-operated or battery back-up CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. Place your detector where it will wake you up if it alarms, such as outside your bedroom. Consider buying a detector with a digital readout. This detector can tell you the highest level of CO concentration in your home in addition to alarming. Replace your CO detector every five years.
- Have your heating system, water heater, and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Do not use portable flameless chemical heaters indoors.
- If you smell an odor from your gas refrigerator have an expert service it. An odor from your gas refrigerator can mean it could be leaking CO.
- When you buy gas equipment, buy only equipment carrying the seal of a national testing agency, such as Underwriters’ Laboratories.
- Make sure your gas appliances are vented properly. Horizontal vent pipes for appliances, such as a water heater, should go up slightly as they go toward outdoors, as shown below. This prevents CO from leaking if the joints or pipes aren’t fitted tightly.
- Have your chimney checked or cleaned every year. Chimneys can be blocked by debris. This can cause CO to build up inside your home or cabin.
- Never patch a vent pipe with tape, gum, or something else. This kind of patch can make CO build up in your home, cabin, or camper.
- Never use a gas range or oven for heating. Using a gas range or oven for heating can cause a build up of CO inside your home, cabin, or camper.
- Never burn charcoal indoors. Burning charcoal – red, gray, black, or white – gives off CO.
- Never use a portable gas camp stove indoors. Using a



- Never use a generator inside your home, basement, or garage or less than 20 feet from any window, door, or vent.

When using a generator, use a battery-powered or battery backup CO detector in your home.

How can I avoid CO poisoning from my car or truck?

- Have a mechanic check the exhaust system of your car or truck every year. A small leak in the exhaust system can lead to a build up of CO inside the car.
- Never run your car or truck inside a garage that is attached to a house even with the garage door open. Always open the door to a detached garage to let in fresh air when you run a car or truck inside. If you drive a car or SUV with a tailgate, when you open the tailgate open the vents or windows to make sure air is moving through. If only the tailgate is open CO from the exhaust will be pulled into the car or SUV.



Joint Risk assessment tool

The new Joint Risk assessment tool (JRAT) which replaced Ground Risk Assessment Tool (GRAT) is available. You can access it through the Army Safety center web site at <https://safety.army.mil>. It is not available through (AKO) Army knowledge Online at this time but we will keep everyone posted when it does come available through AKO.

The (JRAT) is an interactive, easy to use, automated system designed to assist users with the application of risk management IAW JP 3-0, Joint operations, and service specific risk management publications.

The Deliberate Risk Management Worksheets provide users the option to create their own mission types, subtasks, hazards and controls along with the ability to select from potential subtasks, hazards, and controls identified for various pre-populated mission types and off duty activities. This allows users the opportunity to capture subtasks, hazards and controls they may not have previously consid-



THIS WEEK 18 - 22 NOV 2019



ROAD RAGE

The driver got out of this truck, blocking both lanes of traffic on a major highway, and started ranting like a madman. I rolled up my window to protect my family and was about to step out of the SUV when I realized he had a gun in his right hand.

MISHAP BRIEFS

ACV

A 22-year-old Private First Class assigned to Fort Hood, Texas, died in an Army combat vehicle mishap on the installation. The Soldier was performing repairs on an M2A3 Bradley Fighting Vehicle when the main engine access panel fell and struck him on the head, resulting in a fatal injury.



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POST THIS

PREPARED?

WHY?
YOU NEED TO KNOW WHAT TO DO WHEN YOU'RE ON A FROSTY ROAD TO STAY SAFE!
DON'T LET A WINTER STORM TAKE YOU BY SURPRISE!

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CREW COMMO

Vehicle crews are made up of Soldiers of varying skill levels. All crewmembers should understand the hazards associated with operating the vehicle under all conditions and their role in identifying and communicating hazards to one another.



COMPLACENCY

We've heard the warning "complacency kills" many times, and it is especially true in aviation. Treat every mission with the same focus and attention to detail as if you'd never flown it before because circumstances can change.

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.



ReportIt is the single Army accident and risk management system for collecting injury, illness and loss data.



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.

The autumn and winter seasons are finally here, and with them come hazards unique to this time of year. Click here for a new collection of downloadable seasonal safety posters, articles and videos.



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