214TH FIRES BRIGADE

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Brigade Safety News

Cell Phones While Driving, Are You At Risk?

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Cell phones continue to be one of the technological necessary evils of today's society; without them appointments could be missed, drivers would remain stranded for hours on our roadways, and leadership possibly not notified at a moments notice on important issues. These high tech wonders certainly enhance our military capabilities as well as our personal lives. To take this capability and use it while driving a vehicle continues to pose problems for both the driver and other vehicle drivers around him/her. You have seen it before, the vehicle in front of you speeding up, slowing down. The vehicle slowly making its way over the center line, or making a b-line for the front quarter panel of your car, or worse yet your motorcycle. The driver is obviously distracted and not concentrating on the road and others around him/her. This type of distraction has contributed to many accidents and car crashes that could have been prevented. It is for that reason that the Department of Defense banned the use of cell phones while driving on all federal installations unless you pull safely to the side of the road parking your vehicle, or use a hands free device. Regulations have not changed, yet day after day Soldiers, Civilians, dependents, and contractors continue to talk on their cell phones while driving on post. These

drivers continue to put themselves and others at risk, while disobeying posted regulations. Follow the rules by pulling over or using a hands free device. Are you following the regulations? Are you putting yourself and others at risk?

Special points of interest:

- Drivers stand a 50% better chance of surving a car crash if they are wearing a seat belt.
- The number 1 causal factor for a motorcycle crash: the car did not see the motorcycle before the crash. So what does this tell you? Make sure you are seen.

Requirements To Ride A Motorcycle On Or Off Post

The rules are quite clear when it comes to operating a motorcycle on or off post, however, many are either uninformed, or chose not to follow the regulations. DODI 6055.4 states that "Before operation of any motorcycle, personnel shall successfully complete an approved rider or operator safety course." There are no clauses that allow you to ride out in town without the training. Other requirements are: You must have a valid state license with a motorcycle endorsement, proper insurance, full fingered gloves, DOT/SNELL approved helmet, sturdy over the ankle shoes, long sleeves, trousers, impact resistant goggles or face shield, and a reflective garment or PT belt worn diagonally across the chest and back. Reference Fort Sill USAFACFS Supplement 1 to AR 190-5. Free motorcycle safety courses are conducted on Fort Sill for all active duty, retired, and civilians who work on post. Contact the Brigade Safety Office for more information at 442-6510

FORSCOM S.T.O.P.P. Program

The 5 step risk management process can seem complex and hard to remember. FORSCOM came up with an acronym to spark your memory and simplify the process. It is called "S.T.O.P.P.", Stop, Think, Observe, Plan and Proceed. This acronym is designed to challenge our Soldiers, E-4 and below, and leaders to take a moment to stop and think, observe their surroundings, plan appropriate actions, and then proceed.

The FORSCOM NCO Leadership Accident Prevention Program directs us to talk with our Soldiers about this, and to ask them to show their STOPP Card. It also expects them to understand the concept. The STOPP Program is to be incorporated into safety briefings for new personnel, unit safety training, and safety stand-down days to continue to raise Soldiers' awareness of risk management. Soldiers do What Leaders Check. S.T.O.P.P. cards and S.T.O.P.P.dog tags can be obtained from the Brigade Safety Office, Bldg 3440, Rm 320.

Oklahoma Severe Weather, Are You Prepared?

"The time to put a plan in place is not when the sirens are blaring and a tornado is churning toward your direction."

Tornado Alley is comprised of many Mid-Western states with Oklahoma being one of them. Oklahoma has a distinct history of producing some of the nastiest storms in the United States, predominately in the March and April months. It is for that reason we should be prepared. If the storms do not arrive or are less than severe, at least you had a plan and were prepared. The time to put a plan in place is not when the sirens are blaring and a tornado is churning toward your direction. We also experience severe lightning, hail and straight line winds that can exceed 100mph. Designated on post shelter locations include: Snow Hall (bldg 730), McNair Hall (bldg 455), Reynolds Army Community Hospital (bldg 4300), DFAS (bldg 4700), bldgs 1602/1603, bldg 900 and bldg 5030, basements in on post quarters/ billeting and unit buildings. Off Post: Cameron University, MacArthur High School, Shoemaker Center 753 Ft. Sill Blvd, YMCA #5 by the mall during working hours, and Galilee Missionary Baptist Church 7 NE Bell.

Did You Forget To Change Your Batteries?

"Every home needs a smoke detector and weather radio. Every home with gas appliances needs a carbon monoxide detector."

We recently changed our clocks in the USA, which is a good reminder to check the batteries in our emergency devices throughout our homes such as weather radios, smoke detectors and CO detectors. PLEASE change your batteries in all three of these devices. If you do not have these devices in your home, PLEASE get one. EVERY HOME needs a Smoke Detector and a Weather Radio. Every home with gas appliances (gas fireplaces, gas furnace, gas water heater, etc.) needs a CO detector to prevent carbon monoxide poisoning. This would also be a great time to review your home emergency plans and kits. Ensure everyone knows what to do in case of severe weather and fire.

Why Wear Eye Protection?

You don't have to be in the streets of Baghdad or experience one of the desert's blinding sandstorms to benefit from wearing eye protection. The wearing of eye protection spans a plethora of common tasks and functions such as working under vehicles, using lawn equipment, hand tools, power tools, motorcycle riding, or anything you do that there is a risk of debris being propelled in the direction of your eyes. Your eyesight can be gone in a split second without proper protection, and it only takes a moment to put it on. For Soldiers deploying to OIF or OEF ensure that your eyewear is approved and meets minimum safety standards to give you the best protection possible. We are only afforded two eyes in life with no replacements. Without proper protection there is nothing to stop an object from penetrating the eye and continuing its path to your brain. The Soldier pictured to the right suffered from shrapnel wounds to the face in Iraq. Due to the protective eyewear he was wearing, this Soldier received no injuries to his eyes. The approved Army Protective Eyewear List (APEL) lists all approved ballistic eyewear and can be obtained through your unit Safety Office or Brigade Safety Office.

10% of all current coalition force casualties are attributed to eye injuries

Novelty Helmets: Zero To No Protection

Whether it is the appearance of a road hardened biker you are looking for, opposition to regulations that mandate wearing an approved helmet, or the excuse that my head stays cooler in the heat, the risk of head injuries dramatically increases when wearing a non approved helmet. As unfortunate as it may seem, riders will die in crashes with or without a helmet. Your chances of surviving a crash increase by 37% when you wear the proper protection, so why strap junk on the computer that operates every function of your body? Friends do not let friends drive drunk, so why let your friend or battle buddy strap junk on their heads. Leaders should periodically inspect their Soldiers protective equipment to ensure their safety and adherence to standards. DODI 6055.4, AR 385-55, and USAFACFS Supplement 1 to AR 190-5 mandate the wearing of an approved helmet for all Soldiers on or off post. The State of Oklahoma may not require helmets, but the Army does. Ride Safe!

Non-DOT Helmets

National Playground Safety Week (22-28 April)

Our children's safety depends on the prevention measures we put into place. Your child should always be supervised when playing on playground equipment. Within residential settings, injury reports indicate that approximately 50,000 children are injured and 10 die annually. These fatal events are associated with falls from play equipment, strangulation by clothing or draw strings that become entangled on protrusions, head entrapment from feet-first entry into an opening between 3 ½ inches and 9 inches, and equipment tipping over. Play equipment should be installed according to the manufacturer's recommendations and should withstand the maximum anticipated forces to be exerted upon it. The risk of a serious crushing injury can be reduced by careful attention to anchoring. Attention to the surface under play equipment should also be considered such as: sand, pea gravel, wood chips, rubber chips, rubber tiles, and rubber mats.

214TH FIRES BRIGADE SAFETY OFFICE

John E. Cordes, BDE Safety Specialist
(CSHO) Bldg 3440, Rm 320, Fort Sill,

Phone: 580-442-6510
Work Cell: 917-5482
E-mail: john.cordes@sill.army.mil

Safety Mission

The 214th Fires Brigade Safety Program's mission is to assist units with accomplishing their missions without unnecessary losses of personnel and equipment and therefore preserve and protect our combat power. Leaders, NCOs, and Soldiers will employ the five-step risk management process outlined in FM 5-19 and integrate Composite Risk Management (CRM) into all phases of an operation, from the planning phase thru the execution phase of all missions. Composite risk management is the integration of safety and risk management into all operations. We can manage risks more effectively through composite risk management, which blends tactical, threat-based risks with accidental, hazard-based risks to create a more thorough evaluation of possible hazards associated with the mission. CRM is accomplished through the application of sound risk management procedures by leaders and individuals at all levels. The CRM process identifies the optimum course of action (COA) to mitigate or reduce the risk to an acceptable level. Risk management is critical for all operations, whether for training, planned missions, tactical exercises, or daily operations. The 214th Fires Brigade Safety Office provides guidance and assistance, safety evaluations, and recommendations to prevent accidents and injuries. Additionally, the safety office provides safety training classes for safety-related programs.

Have You Been Caught Being Safe?

During the BDE CERTEX, SGT Timmons and SPC Acosta of 168 BSB were both caught being safe during welding operations. Both were wearing all required Personal Protective Equipment, and had all safety requirements met for the tasks performed. Each were awarded a small safety token for doing the right thing, following the standards, and taking the necessary precautions to prevent personal injury.

Timely Accident Reporting, Why the Rush?

Why the rush for timely and accurate accident reporting? Failure to report and investigate mishaps prevents us from acquiring the knowledge needed to prevent future injuries. Recently the Under Secretary of Defense published a memorandum directing supervisors and managers to notify their chain of command within one working day of receiving information relative to an accident, injury or illness, in addition to assisting with the investigation. Non-supervisory Personnel are to immediately notify their supervisor of all work related accidents, injuries and illnesses as soon as possible, but no later than the end of the duty day. The importance of reporting cannot be overemphasized. As the circumstances, causal factors and root cause are received and reviewed by the chain of command and safety personnel, action can be initiated to prevent a reoccurrence or further injury to personnel. It is important to give all the facts surrounding the incident and be as truthful as possible to help the prevention process. Accident investigations and reports cannot be used for punitive measures, only for accident prevention purposes. Unit personnel should notify their chain of command immediately so information can be relayed to battalion and brigade leadership. Respective Battery Safety Officers will notify the Brigade Safety Officer in order to provide as much information as possible for accident tracking and reporting purposes. Any questions concerning accident reporting procedures and requirements can be answered by the 214th Fires Brigade Safety Office.