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## AED's

For those personnel that have the responsibility to inspect and report the status of unit/shop AED, don't forget to get this done.

If you don't know what an AED is, take a CPR Class to learn more. And all Soldiers need to be aware of where the Unit/Shop AED is located.

## DRILL BITS

February 2012

### WINTER CAN STRIKE AGAIN ANYTIME

Winter driving conditions: this winter has been quite unusual with higher than average temperatures and lower than normal precipitation. The results are in many ways a welcome surprise. However, be cautious, winter can and will return overnight and bring treacherous driving conditions back. And as we all know, the weather can change without notice.

Stay aware of driving conditions and don't take it for granted that just because the roads were good yesterday, they will be fine today. Check the weather report and stay aware

of changing conditions.

And finally, keep your vehicle in shape and supplied with appropriate safety equipment. Be sure to perform a good PMCS before, during and after a trip. The normal emergency tools can include a fire extinguisher, tire chains, tow/recovery strap, a small shovel, flash light, first aid kit, candles, matches

or lighter, a blanket and a cell phone charger for the car. For any distance traveling, keep food and water in the vehicle, make sure you fill the fuel tank often and don't let the gauge get below one-quarter at the absolute minimum. Have a plan and be sure that someone knows the plan. Be sure to check in with that contact and let them know you are safe. Always leave with plenty of time to arrive safely at your destination. If you're late, be late and not involved in an accident.



### KEEP YOUR PERSONAL PROTECTIVE EQUIPMENT AT YOUR FINGERTIPS

You wouldn't consider going into a combat zone without weapon, body armor and Kevlar, would you? When the bullets are flying, you want every ounce of protection available. Yet when working in the shop or in the ga-

rage we let down our guard.

This happens for many reasons, the most obvious is the difference in lethality, but the most overused excuse, "I've done it like this for years and it's

never hurt me." Don't wait till you take an eye injury to get the point. Use all your PPE, each time, every time. Use the Composite Risk Matrix to ensure you keep yourself and your team safe.

**H O M E   S A F E T Y   T I P S**

Monthly home inspections are necessary for home safety: There are many things you should do to keep your home fire and accident free. Inspect your dryer vent and clear any excess build up of lint. Make sure your furnace/heating system filters are changed every month, even if the filter boasts “will last for 3 months”. Check smoke detectors for operation and if you have a “detection sys-

tem”, ensure if one activates it sets off all alarms in the home. Discuss your fire plan with your family; spouse, children and others who occupy your home. If you have a wood stove or fireplace, make sure the chimney is clean and clear of creosote. Left to build up in a chimney it can ignite and cause a fire. Make sure you have a sufficient quantity of ice melt to keep steps and sidewalks clear of ice

buildup. Slips and falls in the driveway may typically lead to embarrassment, but frequently it means an emergency room visit, casting, and even surgical repair. Take time to take care of yourself, family and those around you.

**ARMY WIDE, OFF DUTY ACCIDENTS CONTINUE TO CLIMB**

**“Prevention is easier than correction”**

From the first day of October 2011 (FY 2012) until the time this article was written, the US ARMY had lost 20 Soldiers to off duty POV (Privately owned vehicle) accidents. In that time period, motorcycle accidents had fallen from 10 to 7.

When we think of the number of Soldiers in the Army, and compare that to the numbers killed in accidents, one may say the rate is not that bad. But if it was your friend, family member or comrade, the impact would be tremendous. If it was a Soldier who stood by you yesterday, you may question could I have done something to prevent this.

The truth of the matter is that the numbers may tell us many things, but the indications from all around us is that people may not take Safety seriously enough to prevent a tragedy. However we are well prepared to deal with the aftermath. Tragically we seem to be well familiar with that.

Prevention is easier than correction, as well as less costly, and less emotional. We all must watch out for each other and work to identify those at risk. “Stop the Loss” is a program directed by NGB that requires each Soldier to be counseled and reminded that their lives are at risk with acts of recklessness and lack of safety devices such as seatbelts and helmets. Attendance in Motorcycle Safety is not just a requirement but it makes darned good sense.

Officers and NCOs need not only remind those in their charge to use the safety sense of mind, but to lead by example and set the standard.