



Drill Bits

SOUTH DAKOTA ARMY NATIONAL GUARD

March 2012

Motorcycle season is approaching, Be alert, be ready

Don't get too excited just yet, but it is almost time to start thinking about cleaning up and servicing the bike. As the days get longer and warmer, more and more bikes will be out on the roads, highways and free-

The first order of concern is for all operators to watch out for bikes. The smaller, lighter frames make them more agile and quicker. Even operating legally, a motorcycle can appear in a place where a moment ago there was nothing.

Look twice for bikes. If you already look twice, then look a third time.

Bike riders have responsibilities too.

TCLOCK: .

- T – Tires & Wheels
- C – Controls
- L – Lights

- O – Oil
- C – Chassis
- K – Kickstand

First thing ensure everything on your bike functions as it is intended and is in good condition.

Use the appropriate PPE. Street riding, dirt bikes and racing bikes have many things in common, but the exact protective wear varies. So whichever you ride, wear the right gear.

And those classifications need to be adhered to, street riding is for the streets, and racing is for the track. Don't confuse them.

Use your turn signals as well as hand gestures. Look and look again before you change lanes or ride across a lane of travel. You may be an excellent rider, but one missed hazard can spell disaster. Give your-

self a buffer in traffic. If someone moves into your space, then back off and rebuild your distance.

Don't drive angry. Aggressive driving and road rage have no place on the streets. And for bikes, you are too vulnerable. Understand that there are those out there that are poor drivers. But don't become a victim in an accident or the aggressor in a conflict on the road. You won't win that one on the street or in court.

Check the weather and ensure you are protected from the environment.

Having a bike is one of the greatest ways to enjoy the Black Hills. Riding through our great state is economical and exhilarating. Enjoy it whether on your own or in a group.

Ride safe, ride to arrive.

All Soldier: Motorcycle safety training is free

The South Dakota Safety Council and the SDARNG Safety and Occupational Health Office are pleased to announce that motorcycle safety training is being scheduled for 2012. The process for a Soldier to attend has changed, so please let all your battle buddies know.

Here is process:

1. Determine what class you wish to attend: Basic Rider Course (BRC) or Experienced Rider Course (ERC). The BRC is for riders with no or little experience. It is taught on the crawl, walk and run theory to keep everyone in that class at the same level. The ERC is for riders with experience but want to learn more about their capabilities as well as their bikes limitations. The BRC

provides the bike, you must provide helmet, eye protection, long sleeved shirt, jeans or other sturdy/rugged pants, over then ankle boots/shoes (no running/tennis shoes) and full fingered gloves. The ERC you bring all the gear and your own bike.

2. Go to www.southdakotasafetycouncil.org/home.cfm and select/register for the course you wish to attend. You will be required to enter a credit/debit card number. The charge will be 75.00 for BRC and 65.00 for ERC.
3. Initiate a DTS voucher. If you need assistance contact your readiness staff. The funding code for the class will be "FY12 Safety". The only cost that is reimbursable is the course fee; no travel or per diem will be paid. Ensure the

4. Attend the course. Once you have signed up, you must attend, or contact the SD Safety Council (800-952-5539) and make arrangements with Connie Greguson. Upon course completion, ensure you have the Completion Certificate.
5. Complete the DTS voucher, to include a copy of the certificate as a substantiating record. Without this, the voucher will not be approved.

A motorcycle safety course is one step in the long road to surviving and enjoying riding in the Black Hills, throughout SD or anywhere in the U.S. Take the training seriously and prepare for every ride as if your life depended on it. It does.

Watch for MOTORCYCLES

STOP THE LOSS



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Posture is the key for a pain free work station

The term ergonomics has been tossed around for the past decade or so fairly routinely. The study of ergonomics is fairly in depth and should not be used frivolously. However, for the employee who routinely works in a repetitive position such as at a desk in front of a computer and you suffer from pain, you may be in need of an ergonomic assessment.

As every person is different, "any old set up" may not be right for a person. If you notice headaches, aching/sore wrist and fingers or unusual weakness in your hands, pain in the lower back after work, you and your work station may not be compatible. The answer is not to get rid of the employee, but make the work fit the employee. Sometimes a simple adjustment in the height of the chair or moving the monitor an inch or two makes all the differ-

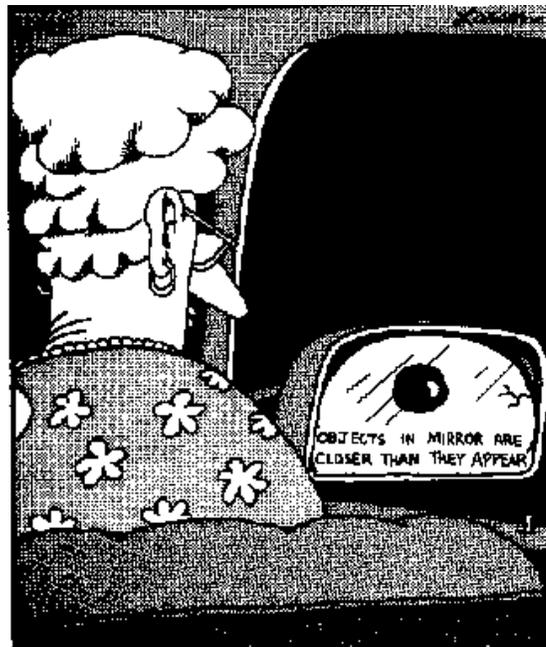
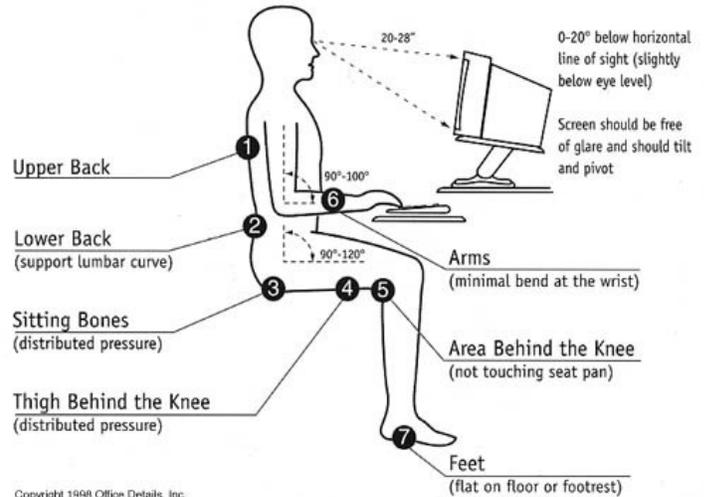
ence in the world.

Other times it may require an overhaul of the work station.

If you are experiencing pain that is either acute or chronic, headaches for unknown reasons that seem to go away after work, and you feel your work station just doesn't fit you,

contact SFC Bruce Kraemer at the SOH office.

There are some simple tricks, minor adjustments, pieces of furniture or changes in work that can cure your ailments.



Your senses are the first line of defense in accident prevention:

- Sight:** Look around you, more than once. Keep checking especially when driving.
- Sound:** Listen for things out of the ordinary, it can indicate something crossing your path or signify mechanical problems.
- Smell:** If your car starts to produce an abnormal odor, have it checked out. If things in your home don't smell "right", check it out.
- Touch:** Abnormal vibrations when driving or in power tools, unexplainable heated surfaces (walls in a home), or tools that are generating excessive heat.
- Taste:** Heavy metals in an area or that you come into contact may give you a metallic taste.
- The Sixth Sense:** If something doesn't "feel" right, if you aren't sure of your environment or the hair on the back of your neck stands up, heed these warnings and double/triple check what's going on around you.