



# **1<sup>ST</sup> Infantry Division and Fort Riley**

## **Fall/Winter Safety Campaign**

### **2016 - 2017**



# AGENDA



- Introduction
- Cold Weather
- Driving
- Home
- Preparedness
- Holiday
- Fire Arms
- Tactical



# INTRODUCTION



To provide seasonal safety tips for personal risk management that can be used for unit or directorate safety awareness.

**READY**  
... **OR NOT?**



# INTRODUCTION



- **Ready or Not?:**

- A ***haphazard*** safety program can affect an organization in many adverse ways:

- Loss of productive time
    - Loss of personnel
    - Loss of equipment
    - Loss of confidence in the organization
    - Loss of morale

- “***Ready or Not?***” means using risk management to prepare for the unexpected and to mitigate the probability and severity of potential hazards:

- Focusing on making **good personal risk decisions, eliminating indisciplines** and **taking care of fellow Soldiers and employees**

**COLD WEATHER SAFETY**

**THE RIFT  
COMES**



*Staying safe in the cold means staying aware of your personal risk. Know your limits and plan ahead for all your activities, both on and off duty.*

**READY**  
**...OR NOT?**



# SUSCEPTIBILITY FACTORS



- Previous cold weather injury
- Inadequate nutrition
- Alcohol, nicotine use
- Dehydration
- Over activity (sweating)
- Underactivity
- Long exposure to the cold
- Sick or injured
- Acclimatization
- Ethnic/geographic origin
- Wind, cold, rain
- Age
- Discipline and morale
- Physical stamina
- Inadequate training
- Poor clothing and equip



# TYPES OF COLD INJURIES



- Hypothermia
- Frostbite
- Chilblains
- Immersion/Trench Foot
- Dehydration
- Snow Blindness
- Sunburn



# HYPOTHERMIA



- MEDICAL EMERGENCY; life threatening condition
- Severe body heat loss-body temp falls below 95°F
- Occurs when:
  - conditions are windy, clothing is wet, and/or the individual is inactive
  - extended water exposure or immersion
    - 1 hour or less when water temp is below 45°F
    - prolonged exposure in slightly cool water (e.g. 60°F)
    - thunderstorms, hail, rain and accompanying winds



# HYPOTHERMIA

The “umbles”-stumbles, mumbles, fumbles, and grumbles



- **Initial Symptoms**

- shivering
- dizzy, drowsy
- withdrawn behavior
- irritability
- confusion
- slowed, slurred speech
- altered vision
- stumbling

- **Severe Stages**

- stops shivering
- desire to lie down and sleep
- heartbeat and breathing is faint or undetectable
- unconsciousness followed by DEATH



# HYPOTHERMIA



- **Treatment**

- prevent further cold exposure
- evacuate immediately if severe hypothermia
- remove wet clothing
- rewarm in a warmed sleeping bag
- warm, sweet liquids if conscious
- minimize handling of the unconscious victim so as to not induce a heart attack.





# FROSTBITE



- Air temps below 32°F
  - skin freezes at 28°F
- Superficial frostbite (mild)
  - freezing of skin surface
- Deep frostbite (severe)
  - freezing of skin and flesh, may include bone
- Hands, fingers, feet, toes, ears, chin, nose, groin area



# FROSTBITE



- **Symptoms**

- initially redness in light skin or grayish in dark skin
- tingling, stinging sensation
- turns numb, yellowish, waxy or gray color
- feels cold, stiff, woody
- blisters may develop





# FROSTBITE



- **Treatment**

- remove from cold and prevent further heat loss
- remove constricting clothing and jewelry
- rewarm affected area evenly with body heat until pain returns
  - when skin thaws it hurts!!
  - do not rewarm a frostbite injury if it could refreeze during evacuation or if victim must walk for medical treatment
- do not massage affected parts or rub with snow
- evacuate for medical treatment





# FROSTBITE



## • Prevention

- wear uniform properly (layers and loosely)
- keep socks and clothing dry (use poly pro/thermax liner socks and foot powder/ change insoles also)
- protect yourself from wind
- keep face and ears covered and dry
- drink hot fluids and eat often
- keep active
- insulate yourself from the ground (sleeping pad/tree branches etc...)
- “Buddy System”
- caution skin contact with super-cooled metals or fuel
- Use approved gloves to handle POL
- seek medical aid for all suspected cases





# FROSTBITE





# Wind Chill Chart



		Temperature (°F)																	
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
Wind (mph)	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	

Frostbite Times  30 minutes  10 minutes  5 minutes

$$\text{Wind Chill (°F)} = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$$

Where, T= Air Temperature (°F) V= Wind Speed (mph)

Effective 11/01/01



# CHILBLAINS



- Nonfreezing cold injury
- Cold, wet conditions (between 32-60°F, high humidity)
- Repeated, prolonged exposure of bare skin
- Can develop in only a few hours
- Ears, nose, cheeks, hands and feet



# CHILBLAINS



- **Symptoms:**
  - initially pale and colorless
  - worsens to achy, prickly sensation then numbness
  - red, swollen, hot, itchy, tender skin upon rewarming
  - blistering in severe cases





# CHILBLAINS



- **Treatment**

- prevent further exposure
- wash, dry gently
- rewarm (apply body heat)
- don't massage or rub
- dry sterile dressing
- seek medical aid





# CHILBLAINS



- **Prevention**

- keep dry and warm
- cover exposed skin
- wear uniform properly
- use the “Buddy System”





# CHILBLAINS





# TRENCH/IMMERSION FOOT



- Potentially crippling, nonfreezing injury (temps from 50°F-32°F)
- Prolonged exposure of skin to moisture (12 or more hours)
- High risk during wet weather, in wet areas, or sweat accumulated in boots or gloves



# TRENCH/IMMERSION FOOT



- **Symptoms**

- initially appears wet, soggy, white, shriveled
- sensations of pins and needles, tingling, numbness, and then pain
- skin discoloration - red, bluish, or black
- becomes cold, swollen, and waxy appearance
- may develop blisters, open weeping or bleeding
- in extreme cases, flesh dies





# TRENCH/IMMERSION FOOT



- **Treatment**

- prevent further exposure
- dry carefully
- DO NOT break blisters, apply lotions, massage, expose to heat, or allow to walk on injury
- rewarm by exposing to warm air
- clean and wrap loosely
- elevate feet to reduce swelling
- evacuate for medical treatment





# TRENCH/IMMERSION FOOT



- **Prevention**

- keep feet clean and dry
- change socks at least every 8 hours or whenever wet and apply foot powder
- bring extra boots to field - alternate boots from day to day to allow boots to dry.
- no blousing bands
- report all suspected cases to leadership





# TRENCH FOOT





# DEHYDRATION



- A loss of body fluids to the point of slowing or preventing normal body functions
- Increases chance of becoming a cold weather casualty (especially hypothermia)



# DEHYDRATION



- **Symptoms**

- dark urine
- headache
- dizziness, nausea
- weakness
- dry mouth, tongue, throat, lips
- lack of appetite
- stomach cramps or vomiting
- irritability
- decreased amount of urine being produced
- mental sluggishness
- increased or rapid heartbeat
- lethargic
- unconsciousness





# DEHYDRATION



- **Treatment**

- drink WATER or other warm liquids
- water should be sipped, not gulped
- do not eat snow
- Rest
- get medical treatment





# DEHYDRATION



- **Prevention**

- drink minimum of 3 canteens of water daily for inactivity and 5-6 quarts for activity
- monitor urine color
- do not wait until you are thirsty
- drink hot liquids for warmth





# SNOW BLINDNESS



- Inflammation and sensitivity of the eyes caused by ultraviolet rays of the sun reflected by the snow or ice

- **Symptoms**

- gritty feeling in eyes
- redness and tearing
- eye movement will cause pain
- headache





# SNOW BLINDNESS



- **Treatment**

- remove from sunlight
- blindfold both eyes or cover with cool, wet bandages
- seek medical attention
- recovery may take 2-3 days



- **Prevention**

- eye protection
  - dark, UV protective glasses
  - field expedient-cut narrow slits in MRE cardboard and tie around head
- do not wait for discomfort to begin



# WINTER SPORTS SAFETY

# HERE IT COMES

*Are you ready  
for winter  
sports?*

- Warm up before hitting the slopes
- Wear the proper protective gear
- Dress in layers
- Take frequent breaks to avoid dehydration and overheating
- Watch the weather

# READY ...OR NOT?



# SPORT SAFETY



## Protecting yourself from injury while participating in winter sports is extremely important:

- ***The American Academy of Orthopedic Surgeons offers these tips for staying injury-free while participating in winter sports:***
  - Before beginning, perform light exercise for three to five minutes and slowly stretch muscles
  - Never imitate stunts seen on television!!
  - Always have a partner when participating in extreme sports
  - Always have a communication device with you to call for help if injured
  - Wear the appropriate protective gear such as goggles, helmets and padding
  - Wear several layers of light, loose, water and wind-resistant clothing
  - Take frequent breaks to avoid dehydration and overheating
  - Pay strict attention to weather warnings





# SPORT SAFETY



- ***Knee and ankle injuries are the most common injuries in off-duty sports:***

- Exercise. Exercise regularly to keep fit.
- Dress properly. Wear the right shoes, pads, guards, protective gear
- Warm up. Stretch before and after.
- Hydrate. Drink plenty of water. Stay away from drinks that have a lot of caffeine.
- Treat soft tissue injuries. Rest, ice, compression, elevation (RICE).
- Recover. Resume activity when you are fully recovered from injuries.
- Limitations. Know your physical limitations and your present state of conditioning.



# WINTER DRIVING SAFETY

# HERE IT COMES



***Don't wait for the storm to come. Now is the time to get your vehicle ready.***

- Emergency kit
- Blanket
- Flashlight
- Heat source

# READY ...OR NOT?





# ROAD CONDITION MATRIX



Vehicle Types	GREEN	Amber	Red (Emergency vehicles only)	Closed (Barricaded)
Tactical Vehicles	No Restrictions	Battalion level commanders or their designee (XO, S3) will ensure only mission essential vehicles are dispatched	FRPD, Snow Removal, Personnel Safety or emergency resupply, battalion level Commander will ensure only emergency vehicles are dispatched.	No vehicle traffic except for emergency vehicles, i.e. MP, snow removal, Fire Department, Ambulances, recovery vehicles.
TMP/Commercial Vehicle Fleet	No Restrictions	Vehicles essential for base operations, MP, Supply Vehicles, PW Repair, Recovery vehicles, Mail/distribution, Command/Staff Sedans, mission essential vehicles determined by directors/deputies grades GS 12/MAJ & above	FRPD, Snow Removal, Fire Dept., Ambulance, Hospital Food and Linen truck, Engineer Repair vehicles, Dump Trucks, Equipment, Crew Buses, Recovery Vehicles	No vehicle traffic except for emergency vehicles, i.e. MP, snow removal, Fire Department, Ambulances, recovery vehicles
POV	No Restrictions	No Restrictions	No Restrictions	No POV movement authorized



# LATE ARRIVAL/EARLY RELEASE



- **During hazardous weather conditions, the USAG CDR authorizes delayed arrival or early release, based on recommendations from the DES, in coordination with DPW, USD 475, MSE and 1ID staff**
  - Supervisors are responsible for designating mission essential personnel in writing for purposes of reporting to duty under hazardous weather conditions.
  - Employees designated as providing mission essential services are expected to report for work on time unless otherwise advised by their supervisor.
    - Delayed Arrival - Delayed arrival or early release is authorized only by the USAG CDR during hazardous weather. Weather conditions are such that, due to safety considerations, beginning the workday at the normal start time is not possible. Local radio stations will air the delayed arrival time for non-essential personnel.
    - All employees are to presume, unless otherwise notified, that the installation and every activity will be open on regular workdays, regardless of weather or other emergency conditions.



# LATE ARRIVAL/EARLY RELEASE



- Late arrival decision must be made NLT 0430 and notification must be disseminated prior to 0500 in order to reach all affected employees
- Early release plan for non-essential personnel calls for staggered release
  - **H hour: release employees  $\geq$  25 miles from residence**
  - **H = 30 minutes release employees  $<$  25 miles from residence**
  - **H = 90 minutes: release all remaining employees**





# WINTERIZE YOUR VEHICLE



- **Reliable transportation is especially important in the winter. Check the following:**

- ✓ Ignition system
- ✓ Fuel system
- ✓ Belts
- ✓ Fluid levels
- ✓ Brakes
- ✓ Exhaust system
- ✓ Wiper blades and windshield washer fluid
- ✓ Snow tires
- ✓ Tire tread and pressure
- ✓ Defroster
- ✓ Proper grade oil
- ✓ Cooling system
- ✓ Battery
- ✓ Lights
- ✓ Antifreeze



# VEHICLE EMERGENCY KIT



## • Vehicle Kit

- Jumper cables to restart engine
- Cat litter or sand for tire traction on snow and ice
- Shovel to scrape snow away from tires
- Ice scraper to clear windshield
- Warm clothes gloves, a hat, sturdy boots, warm jacket and even a change of clothes
- Blankets to keep warm inside the vehicle
- Flashlights and extra batteries for increased visibility
- First aid kit also pack necessary medications in case you are stuck on the road





# WINTER DRIVING TIPS



- **Full tank.** Keeping your tank as full as possible will minimize condensation, providing the maximum advantage in case of trouble
- **Wipe clean.** Clear all windows and lights of frost and snow
- **Headlights.** Drive with your headlights on
- **Preparation.** Stock your car with basic winter driving equipment
- **Plan.** Avoid unnecessary trips
- **Time.** Give yourself extra time





# WINTER DRIVING TIPS



- **Stopping Distance.** Give yourself room. If you have anti-lock brakes, press the pedal down firmly and hold it. If you don't have anti-lock brakes, gently pump the pedal.
- **Slow down.** When approaching intersections, off-ramps, bridges or shady spots. These all have potential to develop black ice.
- **Avoid Overcorrecting.** Avoid abrupt actions while steering, braking or accelerating to lessen your chance of losing control.
- **Drive Defensively.** Look farther ahead in traffic. Actions by other drivers will alert you to problems and give you extra reaction time.
- **Don't cruise.** Avoid using cruise control or overdrive



# DISTRACTED DRIVING



- The National Highway Traffic Safety Administration and the American Automobile Association encourages people to follow these tips to help end distracted driving:

- Never talk/text while driving (*DoD regulation on military installations and a primary law in the state of Kansas*)
- Speak out if the driver of my car is distracted
- Turn off your phone before you drive
- Pull over to a safe place to talk/text
- Buckle kids and get situated with snacks/entertainment **before** driving
- Adjust seat, climate controls, sound systems etc...**before** driving
- Brush your hair, shave, put on make-up etc.. before you leave home

**CELL PHONES & DRIVING**

**Did You Know?**

1 Number 1 use of American's distracted driving	2 200 text messages are received in the average American's phone every hour	3 more than 1,000 text messages are sent every minute
4 text messages are more likely to be read than a text message	5 out of 100 text messages sent, 60 are sent while driving	6 cell phone use while driving is the leading cause of distracted driving in the U.S.
7 people who use their cell phones while driving are 23% more likely to be involved in a crash	8 people who use their cell phones while driving are 23% more likely to be involved in a crash	9 cell phone use while driving is the leading cause of distracted driving in the U.S.
* People die every day from driving while distracted	0 People die every day from driving while distracted	# People die every day from driving while distracted

18% of all fatal accidents are caused by cell phone use.

**Degrees Of Distraction**

- Audio**: taking your eyes off the road
- Visual**: taking your hands off the wheel
- Manual**: taking your mind off the road
- Cognitive**: taking your mind off the road

Texting is the most dangerous distraction because it requires 3 of the primary degrees of attention required to drive safely, visual, manual, and cognitive.

**DEATHS**

5,474 people in the U.S. were killed in distracted related accidents in 2009. An additional 448,000 were injured in motor vehicle crashes that were reported to have involved distracted driving.

More than one in four Americans who download apps admit to using those apps while driving.

**State Texting Laws**

- Universal Texting Ban
- No texting ban
- Texting ban on new drivers only
- Texting ban on both new and school bus drivers only

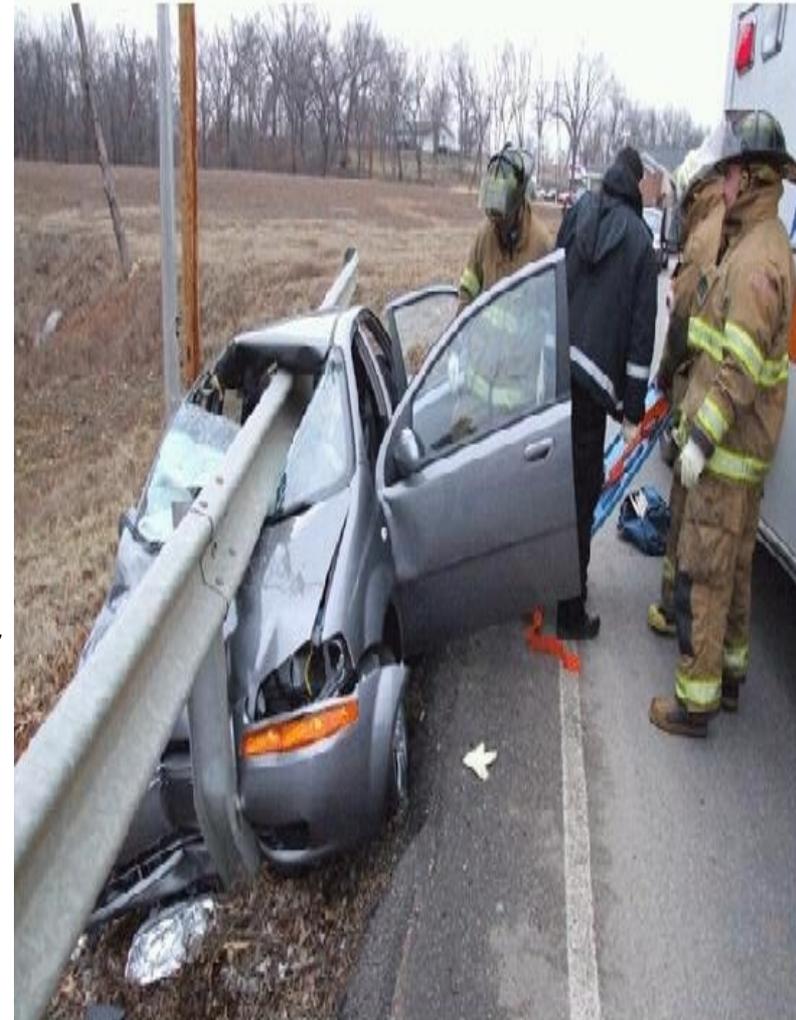
Created By The Christensen Law Firm  
Sources:  
<http://www.distraction.gov/stats-and-facts/>  
<http://www.nationwide.com/newsroom/bwd-surveys.jsp>  
<http://www.zdnet.com/blog/archives/the-most-used-iphone-apps.php>  
[http://www.washpost.com/archive/1d/38744731/ac/technology\\_and\\_science-wireless/?h1=new-problem-apping-while-driving](http://www.washpost.com/archive/1d/38744731/ac/technology_and_science-wireless/?h1=new-problem-apping-while-driving)



# DRIVING INDISCIPLINE



- **Indiscipline driving can lead to consequences drivers never anticipated. To avoid an unhappy, surprise “ending” on the road, follow these tips:**
  - **Have a plan.** Plan to stay with friends, use a designated driver or use a taxi to get you home safely
  - **Don't speed.** If you want the thrill of high-speed driving, consider joining the Sports Car Club of America and racing on a track.
  - **Buckle up.** Airbags are secondary restraints
  - **Be a buddy.** Don't let friends drive impaired





# RAILROAD CROSSING



- **A train needs up to a mile to stop!**
  - **Sight.** Just because a locomotive engineer can see you doesn't mean the train can be stopped in time
  - **Headphones.** Never wear headphones or any device that impairs your hearing around train tracks
  - **Crossings.** Only cross at designated spots. Take extra precaution at unguarded train crossings
  - Never try to “**beat the train**” at a crossing on foot or in a vehicle.
  - A person or a vehicle is struck by a train about every three hours in the US





# DRIVER'S RESPONSIBILITY



- **Pedestrians have the right of way!**
  - **Crosswalks.** Pedestrians have the right of way in crosswalks. Do not continue across a cross walk while a pedestrian is still crossing.
  - **Elderly.** Elderly pedestrians are at a greatest risk for vehicle accidents.
  - **Hybrids.** Due to the quiet nature of electric motors when running at low speeds, pedestrians may not hear car approaching
  - **Distractions.** Texting while driving, and other distractions put pedestrians at risk
  - **Road Rage.** Lack of common courtesy, road rage, aggressive driving make pedestrians more vulnerable



# HOME SAFETY

# HERE IT COMES



***Do you have an evacuation plan ready?***

- Gather as a family and make a plan by walking through your home and inspecting all possible exits and escape routes.
- If you have children, show them two exits from each room such as a door and window.
- Designate a gathering point outside the home for everyone in the house to meet once they exit the structure.
- The plan should include two ways out of every room and an outside meeting place where everyone will gather. Once outside the home, call 911 using a cellphone or a neighbor's phone. It is important to practice your home fire drill at least twice a year.

# READY ...OR NOT?



# HOME SAFETY



- **Dangers of Carbon Monoxide:**

- CO is an odorless, colorless gas formed by the incomplete combustion of organic substances such as fuels
- Interferes with normal oxygen uptake for humans and other oxygen-breathing organisms

- **Prevent CO Poisoning:**

- Ensure all fuel-burning appliances and heating devices are vented and maintained properly
- Know the symptoms of CO poisoning
- Install and maintain CO alarms in your home, testing them every six months

- **Report Gas Leaks immediately!!**

- If living in on-post housing, call 911 and Picerne (784-2673) immediately

## Signs of CO Poisoning





# HOME SAFETY



- **Slips, Trips and Falls:**

- According to the Home Safety Council, slips, trips and falls are the single-greatest hazard causing injuries and deaths at home each year
- FY 15 Army objective mandates a 10% reduction in Slips, Trips, and Falls

- **Prevention:**

- Wear Proper Foot Gear
- Take smaller steps when walking
- Walk slowly and never run on icy ground
- Keep both hands free for balance rather than in your pockets
- Use handrails from start to finish
- Test potentially slick areas by tapping your foot on them
- Step-don't jump from vehicles or equipment
- Keep walkways clear of debris, water, ice and slippery materials
- If you fall, roll with the fall. Try to twist and roll backwards, rather than falling forward
- If you fall, fall with sequential contacts at your thigh, hip and shoulder to avoid using your arms to protect against breakage



# HOME SAFETY



## PROPER TECHNIQUE FOR SHOVELLING SNOW



Keep feet wide apart. Put weight on front foot close to shovel and use leg to push shovel straight ahead.

TRISH McALASTER / THE GLOBE AND MAIL



Shift weight to rear foot and keep shovel-load close to body. Lift with arms and legs, not back.



Turn feet in the direction of throw and pivot entire body rather than twisting at the waist.



# HOME SAFETY



- **Smoke detectors alone offer minimum level of safety recommended by the NFPA**
  - At least two-thirds of the death in home fires stem from inhaling smoke and toxic gases
  - Proper smoke detector placement is crucial
    - Locate near sleep areas – hallways or areas adjacent to bedrooms
    - Locate smoke detectors in areas your Family must pass through to escape
    - Locate smoke detector on ceiling or high wall – always at highest point of a sloped ceiling
    - Test – Have Family members go to bedrooms and close doors – Every should be able to hear the alarm



# HOME SAFETY



- **In the winter time people usually store:**
  - Lawnmowers, motorcycles, camping equipment, grills, and other warm-weather equipment
  - Many of these are powered by flammable liquids such as gasoline or compressed gases such as propane
  - Drain all flammable liquids from power equipment before storage
  - Make sure items such as paint, gasoline, leftover charcoal lighter, and kerosene are properly marked and stored away from heat, sparks or open flames
  - Store items in well ventilated area, free of combustibles
  - Keep a type A-B-C fire extinguisher handy





# HOME SAFETY



- **Fall is a good time to check your:**
  - Furnace, fireplace, chimney, pipes and flues
- **Electric Heaters**
  - Keep the heater away from flammables
  - Locate away from moisture
  - Select heater that shuts off automatically if tipped over
  - Make sure home electrical system has adequate capacity to power heater in a safe manner
  - Never use an extension cord to plug in the heater
  - Turn off heater when you go to sleep or leave the room
- **Fuel-Powered Heaters**
  - Do not use heater indoors unless specifically designed for indoor use
  - If okay for indoors, mount CO alarm in room where heater is being used



# HOME SAFETY



- **Natural Gas**

- Follow manufacturers instructions
- Keep chimney flues and vents for appliances clean and in good repair
- Keep areas clean around your gas water heater and furnace

- **In Case of Emergency**

- If you smell gas and can't find the source, go to a neighbor's house and call the gas company
- If the odor is not strong, open doors and windows to ventilate
- If a strong odor persists:
  - Get everyone out of the house
  - Don't use a telephone, switch a light on or off, or light a match
  - Don't try to relight a gas furnace, water heater, or range until you are sure there is no more smell of gas



# HOME SAFETY



About 40,000 Americans are injured each year while operating chain saws. Injuries require an average of 110 stitches to close and four weeks of recovery time to heal.

- **Before starting a chain saw:**

- Most incidents are caused by kickback, when the teeth on the chain catch an object and send the blade flying backward
- Check controls, chain tension and all bolts and handles to ensure they are functioning properly and are adjusted according to the manufacturer's specifications
- Ensure the chain is sharp and the lubrication reservoir is full
- Start the saw on the ground or another firm, supportive surface. Never drop start a chain saw
- Start the saw at least 10 feet from the fueling area with the chain's brake engaged



- ← - Helmet
- ← - Visor
- ← - Ear Defenders
- ← - Protective Material Clothing
- ← - Safety Gloves
- ← - Safety Trousers
- ← - Steel Toecap Boots



# HOME SAFETY



- **Fueling a chain saw:**

- Use only containers approved by a nationally recognized testing laboratory when transporting fuel (glass containers are not approved for transport of fuel or fuel products)
- Dispense fuel at least 10 feet from potential sources of ignition. Never smoke during fueling or when handling gasoline-powered machinery
- Use a funnel or flexible hose when pouring fuel into the saw
- Never attempt to fuel a running or hot saw





# HOME SAFETY



- **Chain Saw Safety:**

- Clear away dirt, debris, small limbs, rocks and other obstructions from the chain's path
- Keep your hands on the saw's handles and maintain secure footing while operating the saw
- Always wear proper personal protective equipment — hand, foot, leg, eye, face, hearing and head protection — when operating a chain saw. Ensure clothing fits close to the body and does not hang loose
- Watch for branches under tension that may spring when cut
- Never saw at the blade tip and keep the tip guard in place if the saw is equipped with one
- Never cut branches that may fall onto overhead power lines. Contact the local utility company for assistance



# HERE IT COMES

**September is  
National Preparedness Month  
... are you ready?**

- Earthquakes, floods, hurricanes, tornadoes, wildfires, winter storms — any of these could occur at the Army's locations worldwide.
- Make a plan so you and your family are prepared should disaster strike.



# READY ...OR NOT?



# GET A KIT



**GET A KIT ► MAKE A PLAN ► BE INFORMED**

- Ice melt for walk-ways
- Sand to improve traction
- Shovel
- Flashlights with extra batteries
- First aid kit with pocket knife
- Necessary medications
- Several blankets
- Sleeping bags
- Extra newspapers for insulation
- Plastic bags (for sanitation)
- Matches or lighter
- Infant formula & diapers
- Pet food
- Cash
- Battery-powered NOAA Weather Radio with tone alert & extra batteries
- Extra set of mittens, socks, and wool cap
- Cell phone
- Drinking water & extra water for your pet
- Candles



# MAKE A PLAN



GET A KIT ► MAKE A PLAN ► BE INFORMED

- **Prepare Your Family**
  - Complete a family communication plan
  - Identify escape routes and safe places
  - Rehearse your escape plan with your family
- **Assemble a Disaster Kit**
  - Three day supply of non-perishable food and water
  - Essential survival equipment
- **Maintain Your Plan**
  - Replace food every 6 months
  - Update emergency contact numbers as they change



# BE INFORMED



GET A KIT ► MAKE A PLAN ► BE INFORMED

- **Notification and Emergency Action**
  - **Understand** the local mass warning system(s) and, when notified, be prepared to evacuate, move to a civilian shelter or designated safe haven or temporarily shelter-in-place
  - **Warning:** A hazardous event is occurring or imminent. Take immediate protective action.
  - **Watch:** Conditions are favorable for a hazard to develop or move in. Stay alert.
  - **Evacuation:** If advance warning and other circumstances permit, the preference for nonessential and nonemergency personnel is evacuation using specified routes and transportation methods.



# BE INFORMED



GET A KIT ► MAKE A PLAN ► BE INFORMED

- **Notification and Emergency Action**
  - **Moving to Civilian Shelter:** A shelter is a publicly identified, certified, supplied, staffed and insured mass care facility where endangered people can find temporary protection for a limited time
  - **Moving to Designated Safe Haven:** A local safe haven is a facility on the installation that provides temporary protection during sudden incidents, such as earthquakes and tsunamis
  - **Sheltering-in-Place:** In some instances, evacuating or moving to a shelter or safe haven is more dangerous than remaining where you are



# BE INFORMED



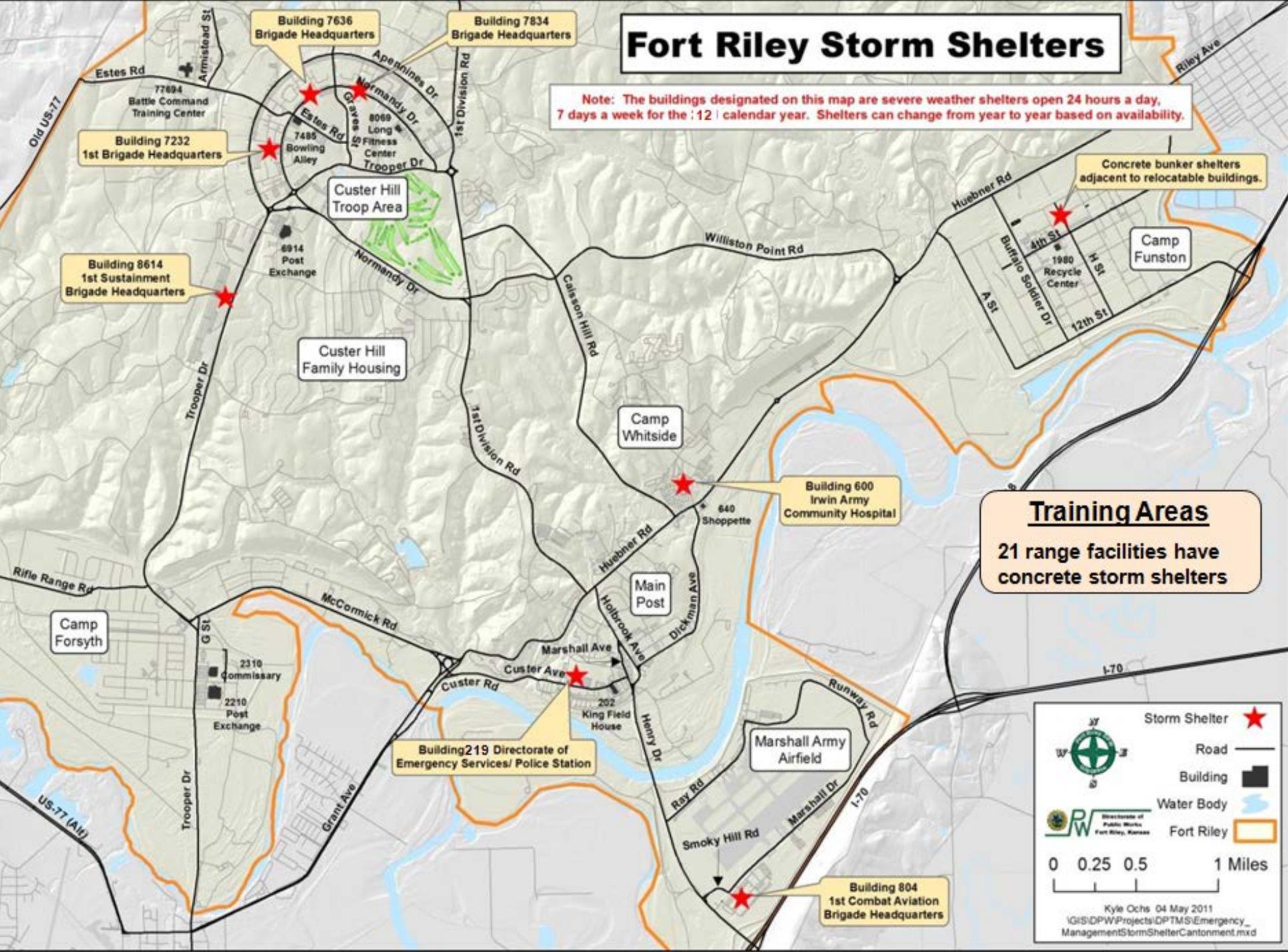
GET A KIT ▶ MAKE A PLAN ▶ BE INFORMED

- **Designated Shelters available during non- duty hours:**
  - **Custer Hill**
    - Building 8614 (1SB HQ)
    - Building 7636 (Brigade HQ)
    - Building 7834 (Brigade HQ)
    - Building 7232 (97<sup>th</sup> MP BN)
  - **Camp Funston** - Concrete Storm Shelters outside of MRSB relocateable buildings, near Building 1865A, vicinity of 2nd and H Streets
  - **Marshall Airfield** – Building 804
  - **Main Post** – Building 219 (DES HQ)
  - **During duty hours any open building can be used for shelter**



# Fort Riley Storm Shelters

Note: The buildings designated on this map are severe weather shelters open 24 hours a day, 7 days a week for the :12 | calendar year. Shelters can change from year to year based on availability.



**Training Areas**  
21 range facilities have concrete storm shelters

	Storm Shelter	
	Road	
	Building	
	Water Body	
	Fort Riley	

0 0.25 0.5 1 Miles

# HOLIDAY SAFETY





# TRAVEL PREPARATION



- **Planning is a key:**

- **Rest.** Drowsy driving is impaired driving
- **Plan.** Set reasonable mileage goals. Map out route, rest stops, fuel stops etc...
- **Stop frequently.** Rest, check tires, look for leaks, etc...
- **Snack.** Don't eat huge meals when driving.
- **Drive defensively.** Watch out for other drivers who may be distracted or drowsy.
- **Don't speed.** Obey all traffic laws.
- **Inform.** Let someone know where you are, what time you expect to arrive/depart





# HOLIDAY PARTYING



- **Tips for Safe Parties**

- Always serve food along with alcohol especially foods high in protein and carbohydrates such as cheeses and meats
- If you serve alcoholic punch, use a noncarbonated base such as fruit juice
- Give guests a choice between alcoholic and nonalcoholic beverages
- Use jiggers or self measuring one-ounce bottle spouts at the bar to mix drinks
- Don't force drinks on your guests or rush to refill their glasses
- Stop serving alcohol about two hours before the party will be over

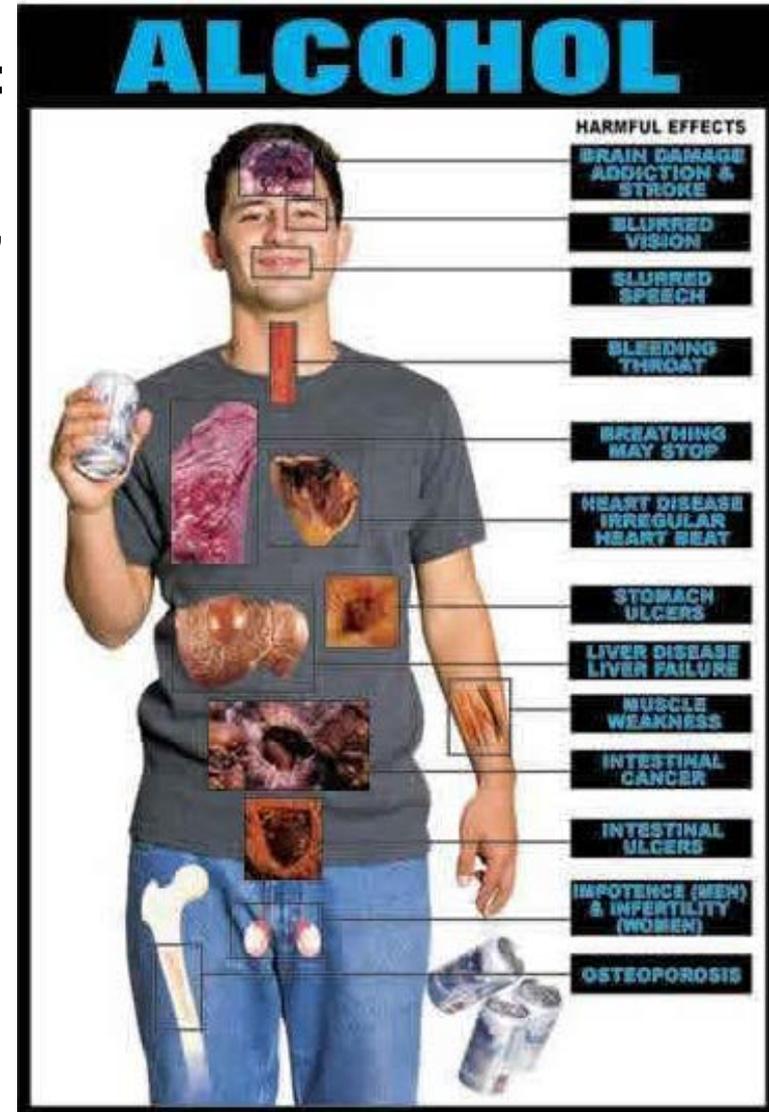




# DRINK RESPONSIBLY



- **Excessive drinking has consequences:**
  - **Judgment:** Intoxication risks include getting arrested, ruining your career, sexual assault, STDs, accidents, suicide
  - **Limits.** Know your limits and stick to it.
  - **Drink Slowly.** Nurse one drink, dance, eat, drink water, socialize
  - **Eat.** Food adds in alcohol absorption.
  - **Alternate.** Dilute drinks, alternate between alcohol and non-alcohol drinks
  - **Don't Sport Drink.** Avoid alcohol games and drinking contests
  - **Don't Binge Drink.** Avoid drinking while upset or angry, or to forget a problem





# HOLIDAY SAFETY



- **Accidental falls – Many deaths occur every December from accidental falls. Typical winter and holiday falls include:**
  - Outside steps: sidewalks and driveways should be kept free of ice and snow
  - Inside stairway should be kept clear. Handrails should be kept free of decorations
  - Electrical cords and wires should be away from traffic areas where they could be a tripping hazard
  - Ladders – not stools or chairs – should be used for those out-of-reach decorating jobs
  - Toys, boxes, paper, etc..., are tripping hazards when left on the floor



# HOLIDAY SAFETY



## • Halloween Safety Tips

- Costumes: Children should wear costumes that fit properly and should have clear vision when wearing masks
- Decorations: Place decorations in a manner that they do not create hazards for children entering your property
- Receiving Trick-or-Treaters: Ensure adequate lighting
- Checking Treats: Instruct children not to eat homemade foods or treats not in original wrapping
- Instruct Children, not to enter anyone's home or vehicle





# POISONING



- **Poisoning**

- Plants and greens used for decoration may be poisonous – for example, holly berries, mistletoe berries, and Jerusalem cherry plants
- During the holidays and throughout the year, keep medicines and household chemicals out of reach of small children
- **If you have preschool and school-age children, teach them about poisoning hazards in your home. Help them place “Mr. Yuk” stickers on poison hazards**
- **Post the telephone number of a poison control center in a location where you can find it quickly:**

**1-800-222-1222**





# HOLIDAY DECORATIONS



- **Christmas Tree Decorations**

- Select tree with firm green needles
- Cut tree off at least 1 inch from the original cut and place tree in water as soon as possible
- Artificial trees with built-in electric lights must carry a Underwriters Laboratory (UL) label
- Use indirect lightening in metal trees to avoid electric shock
- Use noncombustible or fire-retardant materials
- Use low-heat-producing miniature lights that can be held in your fingers
- Extension cords must be no smaller than 18 gauge wire
- Don't overload receptacles
- Check cords and plugs for wear; frayed insulation, cracks and loose connections



# FIREARM SAFETY

# HERE IT COMES

Are you ready to own a gun?

- Treat every weapon as if its loaded.
- Handle every weapon with care.
- Identify the target before you fire.
- Never point the muzzle at anything you don't intend to shoot.
- Keep the weapon on safe and your finger off the trigger until you intend to fire.

# READY ...OR NOT?



# FIREARM SAFETY



- **Respect for weapons; responsibility for actions:**

- **Muzzle.** Keep muzzle pointed in safe direction at all times
- **Weapon.** Treat every firearm as if loaded
- **Trigger.** Keep your hand outside the trigger guard until read to shoot
- **Survival.** Carry survival kit including first aid, whistle, maps, compass, food, water
- **Emergency.** Carry matches, knife, flashlight, cell phone
- **Visibility.** Wear orange
- **Alert.** Watch out for fellow hunters





# FIREARM SAFETY



- **Kansas Law:**
  - Requires anyone born on or after, 1 July 1957 complete an approved course in hunter education before they can hunt in Kansas
  - Kansas Department of Wildlife and Parks' hunting regulations are in effect on Fort Riley
  - Special regulations are also in effect on Fort Riley
    - Contact the Conservation Branch of Public Works
    - For details by calling (785) 239-6211 or visiting BLDG 404
  - Resources – National Shooting Sports Foundation for videos and training material <http://www.nssf.org>



# FIREARM SAFETY



- **Safety Rules for Firearms**
  - Treat every firearm as if it were loaded
  - Don't put complete trust in safety mechanism
  - Make sure the firearm is empty before cleaning
  - Point firearm in safe direction
  - Keep firearm unloaded when not in use
  - Only point firearm at a target you intend to shoot
- **Firearms at home**
  - Keep firearm out of reach of children
  - Keep firearm locked up separate from ammo
- **In the field**
  - Never climb tree or fences or jump ditches while carrying a loaded firearm



# FIREARM SAFETY



- Never transport loaded weapons in your motor vehicle
- Be sure there are adequate backstops for target practice
- Be sure of your target (People have been killed or seriously wounded by hunters who heard a sound and fired into underbrush thinking the sound was made by game)
- Firearms and alcohol don't mix
- Be sure your firearm is maintained in a safe operating condition





# FIREARM SAFETY



- **Basic rules for archery safety**
  - Cock an arrow or draw a bow only at target you attend to shoot
  - Make sure full path to the target is clear before releasing the arrow
  - Do not engage in horseplay with drawn bows
  - Keep equipment well maintained and in good condition
  - Always be sure of your target
  - Do not run with a bow and arrow in the shooting position



# TACTICAL SAFETY



U.S. ARMY



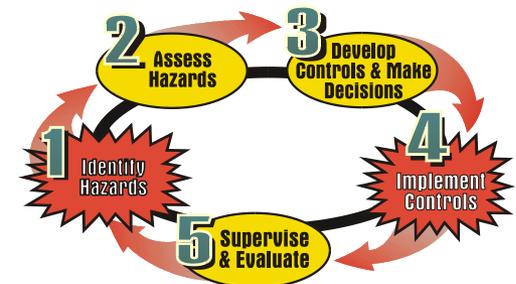


# TACTICAL SAFETY



- **We train how we fight!**

- Soldiers can and do get injured during Army training.
- Practice Risk Management (RM) and incorporate the principles of Risk Management into everything you do. Remember RM is 24 hours a day, 7 days a week.
- Do not take unnecessary risks!
- Be concerned for buddies who engage in risky behaviors. Don't be afraid to talk to fellow Soldiers who exhibit behaviors that can harm themselves or others.
- Stress is real. Know the warning signs when you or your body is getting “stressed out.” Don't be afraid to ask for help.
- Safety is more than following procedures. Safety is caring about someone else!





# SAFETY POCS



## Division Office – Bldg 580, RM 219

Safety Director	Paul Inman	239-6464
Deputy	Joe Zelko	240-1073
Safety Spc	Marc Greene	240-1491
1 SB	Harold Stafford	240-0911
1 HBCT	Jezriel Templeman	240-0524
2 ABCT	Wendell Franklin	2395684
CAB	CW4 Steven Burr	239-8704
DIVARTY	1 LT Shawn Dolan	239-5857

## Garrison Office – Bldg 500, Rm 16

Safety Director	Rick Hearron	239-8469
Deputy	Ronald Clasberry	239-4748
Industrial	Alex Bender	239-3421
Explosive	Thomas Anderson	239-2245
ATSTP	Rod Cruz	239-3391
Training	Dawn Douglas	240-0647
Radiation/Resp	Walter Hill	239-0517