



1ST Infantry Division and Fort Riley

Fall/Winter Safety Campaign

2012-2013



AGENDA



- Introduction
- Winter Sports
- Home Safety
- Chain Saw Safety
- Cold Weather Injury Prevention
- Holiday Stress
- Soldier Resilience
- Pedestrian Safety
- Weapons Safety
- Safety Celebrating
- Winter Driving Safety
- Holiday Safety
- Tactical Vehicle Safety



INTRODUCTION



- **Where does safety fit in?**

- A **haphazard safety program** can affect an organization in many ways:
 - Loss of productive time
 - Loss of personnel
 - Loss of equipment
 - Loss of confidence in the organization
 - Loss of morale
- **Seasonal safety awareness** demonstrates a concern for the wellbeing for Soldiers and employees both on and off duty
 - Focuses on topics that help members of your organization make good risk decisions!



WINTER SPORTS

SOLDIERS LEADERS CIVILIANS FAMILIES



Take 5

Safe on the Slopes

- *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*





WINTER SPORTS



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

- **Tips for preventing injury in extreme 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



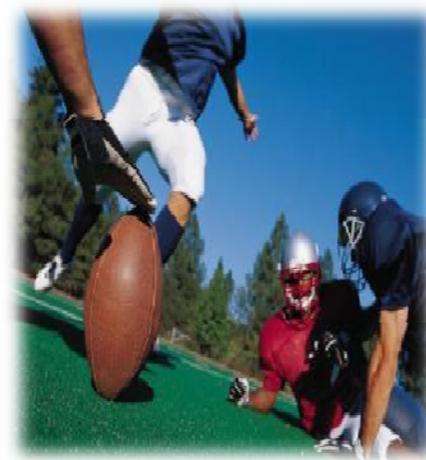


WINTER SPORTS



- **Football**

- Warm up
- Wear proper shoes, clothing, mouthguards, and other protective equipment
- Inspect play area and equipment before use



- **Winter Jogging and Running**

- Pay attention to temperature/wind chill
- Protect hands and feet
- Dress in layers
- Avoid overdressing
- Wear a hat
- Wear shades





WINTER SPORTS



- **Skiing**

- Take lessons
- Use quality, well kept equipment
- Know your abilities and do not exceed your skill level



- **Ice Skating**

- Never skate alone
- Stick to shallow areas
- Never drive vehicles on ice
- There are no authorized ice skating locations on Fort Riley





WINTER SPORTS



- **Snowmobiling**

- Follow manufactures instruction and Safety warnings for equipment.
- Familiarize yourself with new riding areas before you go full throttle.
 - Majority of fatalities involved collisions with fixed or moving objects.
- Never ride on thin ice
 - Fatalities occur from freezing after breaking through thin ice and being stranded from breakdowns





WINTER SPORTS



- **Hockey**

- Use proper fitting equipment
- Wear protective equipment
- Practice good sportsmanship



- **Sledding/Tobogganing**

- Never sled on streets
- Keep arms and legs in the sled



HOME SAFETY

SOLDIERS LEADERS CIVILIANS FAMILIES



Take 5

Safety Begins at Home



- *Leave three feet of space around space heaters*
- *Check electrical outlets for frayed wires or loose-fitting plugs*
- *Inspect fireplace flues and chimneys for leaks and blockages*
- *Keep a multi-purpose fire extinguisher handy*
- *Lock up medicines and household chemicals*
- *Keep hallways clutter-free and clear of obstacles*



HOME SAFETY



Hazards in the home range from carbon monoxide poisoning to slips, trips and falls:

- **Follow these simple tips to keep your family safe and healthy during the colder months:**
- **Fire Safety**
 - Always have a qualified technician clean and inspect your fireplace, furnace and/or central heating system annually
 - Remember to open flues when using a fireplace and burn only wood
 - Burning trash, cardboard boxes and Christmas trees in a fireplace increases the risk of uncontrolled fires
 - Keep the area around space heaters — at least three feet on all sides — free from other objects and debris
 - Unplug space heaters when not in use
 - Install and test smoke alarms on every level of your home
 - Create and practice a fire escape plan





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



- **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



- **In the winter time people usually store:**
 - Lawnmowers, motorcycles, camping equipment, grills, and other warm-weather equipment
- **Safe storage:**
 - Many of these are powered by flammable liquids such as gasoline or compressed gases such as propane
 - Drain all flammable liquids from power equipment
 - 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

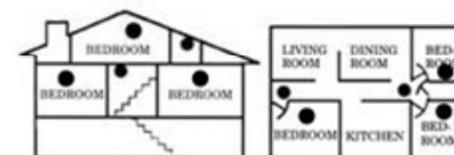
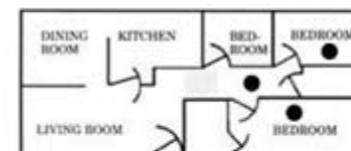




HOME SAFETY



- **Two types:**
 - **Heat** detectors and **Smoke** detectors
- **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 – Everyone should be able to hear the alarm





HOME SAFETY



- **Heat Detectors**

- Used as part of the total system that includes smoke detectors
- React when temperature reaches 135 degrees
- Should be used in kitchens, attics, basements and attached garages
- Check for UL label
- Read instructions especially for schedule and means of testing the detector



- **Both smoke and heat detectors should not have the same warning type sound as fire, police or other emergency vehicles**





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



- **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

- **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



CHAINSAW SAFETY

SOLDIERS LEADERS CIVILIANS FAMILIES



Take 5

Cut Your Losses

- Wear proper personal protective equipment
- Never wear loose-fitting clothing
- Clear away dirt, debris, small tree limbs and rocks from the saw's path
- Look for nails, spikes or other metal in the tree before cutting
- Keep your hands on the saw's handles and maintain secure footing
- Be careful tree limbs don't bind against the saw
- Watch for branches under tension; they may spring when cut



CHAINSAW SAFETY



According to the University of Florida, 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





CHAINSAW SAFETY



According to the University of Florida, 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.

- **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





CHAINSAW SAFETY



According to the University of Florida, 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.

- **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



INJURY PREVENTION

SOLDIERS LEADERS CIVILIANS FAMILIES



Take 5 Beat the Cold

- More than 550 armed forces members suffered cold weather injuries in 2010
- Prevention is a command and individual responsibility

- Keep cold weather clothing clean and dry
- Watch for skin color changes, blurred vision or slurred speech
- Stay hydrated





COLD WEATHER INJURY PREVENTION



Among the most serious of all winter ailments frostbite is the leading cold weather injury reported in the Army.

- **The most common cold weather injuries:**
 - **Frostbite.** Frostbite is the freezing of skin tissue that can extend through all layers of the skin and freeze muscle and bone.
 - Frozen skin may turn red and then gray-blue with blisters. In the worst cases, the skin dies and turns blue-black; at this stage, amputation is often required.
 - Deep frozen skin feels “wooden” to the touch with zero mobility of the affected body part. Instantaneous frostbite can occur when skin comes into contact with super-cooled liquids including petroleum, oils and lubricants, antifreeze and alcohol, all of which remain liquid at temperatures as low as minus 40 F.





COLD WEATHER INJURY PREVENTION



- **Frostnip:**
 - Frostnip is the freezing of the top layers of the skin and is considered the first degree of frostbite.
 - Frostnip usually results from short-duration exposure to cold air or contact with a cold object like metal.
 - Exposed skin such as the cheeks, ears, fingers and wrists are more likely to develop frostnip.





COLD WEATHER INJURY PREVENTION



- **Chilblains:**

- Chilblains is a nonfreezing cold injury that results from repeated, prolonged skin exposure to cold and wet (high humidity) temperatures above freezing.
- Exposed skin becomes red, tender and hot to the touch and is usually itchy. These symptoms can worsen to an aching, prickly (pins and needles) sensation and then numbness.
- Chilblains can develop in exposed skin in only a few hours. The most commonly affected areas are the ears, nose, fingers and toes.





COLD WEATHER INJURY PREVENTION



- **Immersion foot/trench foot:**

- Immersion foot is a nonfreezing injury that results from prolonged exposure to wet conditions between 32 F and 60 F or inactivity with damp socks and boots.
- Immersing feet in cold water, infrequent changing of socks, poor hygiene and allowing sweat to accumulate in boots or gloves will soften the skin, causing tissue loss and often infection.





COLD WEATHER INJURY PREVENTION



- **Hypothermia:**

- Hypothermia is a potential life-threatening condition defined as a general cooling of the body's core temperature below 95 F (normal body temperature is 98.6 F).
- Hypothermia occurs when body heat loss exceeds heat production due to prolonged cold exposure.
- Although hypothermia is usually associated with cold climates, it can occur at temperatures well above freezing, especially when a person is exposed to wet conditions for an extended period of time.





COLD WEATHER INJURY PREVENTION



- **Dehydration:**
 - Dehydration, most commonly associated with hot weather, is a lack of water in the body.
 - It is very easy to become dehydrated in cold weather, and many individuals fail to drink enough liquids and underestimate fluid loss from sweating.
 - Proper hydration is especially important in cold weather because dehydration adversely affects the body's resistance to the cold, increasing the chance of injury.



Frostbite

Cause	Symptoms	First Aid
<p>△ Freezing of tissue, normally due to exposure below 32° F.</p>	<p>△ Numbness in affected area. △ Tingling, blistered, swollen, or tender areas. △ Pale, yellowish, waxy-looking skin (grayish in dark-skinned soldiers). △ Frozen tissue that feels wooden to the touch.</p>	<p>△ Warm affected area with direct body heat. △ Consult medical personnel as soon as possible. △ Do not thaw frozen areas if treatment will be delayed. △ Do not massage or rub affected areas. △ Do not wet the area or rub it with snow or ice. △ Do not expose affected area to open fire, stove, or any other intense heat source.</p>

Chilblain

Cause	Symptoms	First Aid
<p>△ Repeated exposure of bare skin for prolonged periods to temps from 20° to 60° F (for those not acclimated to cold weather).</p>	<p>△ Swollen red skin (or darkening of the skin in dark-skinned soldiers). △ Tender, hot skin, usually accompanied by itching.</p>	<p>△ Warm affected area with direct body heat. △ Do not massage or rub affected areas. △ Do not wet the area or rub it with snow or ice. △ Do not expose affected area to open fire, stove, or any other intense heat source.</p>

Immersion foot (trench foot)

Cause	Symptoms	First Aid
<p>△ Prolonger exposure of feet to wet conditions at temps between 32° and 60° F. Inactivity and damp socks and boots (or tightly laced boots that impair circulation) speed onset and severity.</p>	<p>△ Cold, numb feet may progress to hot with shooting pains. △ Swelling, redness, and bleeding.</p>	<p>△ Rewarm feet by exposing them to warm air. △ Evacuate victim to a medical facility. △ Do not massage, rub, moisten, or expose affected area to extreme heat.</p>

Dehydration

Cause	Symptoms	First Aid
<p>△ Depletion of body fluids</p>	<p>△ Dizziness △ Weakness △ Blurred vision</p>	<p>△ Replace lost water. Water should be sipped, not gulped. △ Get medical treatment.</p>

Hypothermia

Cause	Symptoms	First Aid
<p>△ Prolonged cold exposure and body heat loss. May occur at temps well above freezing, especially when a person is immersed in water.</p>	<p>△ Lack of shivering. △ Drowsiness, mental slowness, lack of coordination. Can progress to unconsciousness, irregular heartbeat, and death.</p>	<p>△ Strip off wet clothing and wrap victim in blankets or a sleeping bag. △ Place another person in sleeping bag as an additional heat source. △ Get victim to a heated location and medical treatment as soon as possible.</p>

HOLIDAY STRESS

SOLDIERS LEADERS CIVILIANS FAMILIES

A photograph of a man in a U.S. Army uniform and a woman decorating a Christmas tree. The man is holding a purple ornament, and the woman is holding a purple cup. The tree is decorated with purple ornaments and white garlands.

Take 5
Manage Stress
for a Happy Holiday

- Acknowledge your feelings
- Reach out to others
- Keep expectations realistic
- Set aside differences
- Stick to a budget
- Plan ahead



HOLIDAY STRESS



According to the Mayo Clinic, if you can recognize stress, you may be able to manage it. The following three topics can be a hotbed of holiday stress:

- **Relationships:**

- Relationships can cause turmoil, conflict or stress at any time, but tensions are often heightened during the holidays. Family misunderstandings and conflicts can intensify — especially if you're thrust together for several days. On the other hand, facing the holidays without a loved one can be tough and leave you feeling lonely and sad.



- **Finances:**

- With the added expenses of gifts, travel, food and entertainment, the holidays can put a strain on your budget and your peace of mind. In addition, overspending now can mean financial worries for months to come.





HOLIDAY STRESS



- **Physical Demands:**
 - Even die-hard holiday enthusiasts may find extra shopping and socializing leaves them wiped out.
 - Being exhausted increases your stress, creating a vicious cycle. Exercise and sleep — good antidotes for stress and fatigue — may take a backseat to chores and errands.
 - To top it off, burning the wick at both ends makes you more susceptible to colds and other unwelcome guests.





HOLIDAY STRESS



- **Tips for handling stress:**
 - **Talk to someone.** Express your feelings to a close friend; seek out community, religious or social events for support
 - **Be realistic.** Set your holiday goals within your social and financial limitations
 - **Set aside differences.** Setting aside grievances and mending broken relationships will bring an enormous amount of relief
 - **Learn to say no.** Don't over commit yourself
 - **Don't abandon healthy habits.** Overindulgence only adds to your stress and guilt
 - **Take a breather.** Find fifteen minutes of alone time, without distractions, listen to music, slow down breathing to relax



RESILIENCY



SOLDIERS LEADERS CIVILIANS FAMILIES

Take 5

Coming Home Resilient

- Know your limits
- Bouncing back is the only option
- Inner strength is true power
- There is no shame in asking for help
- Giving up is not the Army way



COMING HOME RESILIENT



For redeploying Soldiers, coming home requires preparation and adjustment, just as pre-deployment did for themselves and their Families:

- U.S. Army Combat Readiness/Safety Center, offers the following advice for Soldiers feeling the stress of redeployment and homecoming:
 - Know your limits
 - Be willing to make changes
 - Bouncing back is the only option
 - There is no shame in reaching out and asking for help
 - Giving up is not the Army way; rather, it is the true sign of weakness
 - It takes more than courage to be resilient
 - Inner strength is true power
 - Physical, mental and emotional strength are the true balance of power
 - Life's struggles are only reminders that we must keep ourselves in check

PEDESTRIAN SAFETY

SOLDIERS LEADERS CIVILIANS FAMILIES



Take 5

Walkin' in a Winter Wonderland



- Alcohol use was reported in 48 percent of pedestrian fatalities in 2010
- High vehicle speeds contribute to pedestrian accidents
- Each year, about 5,900 pedestrians are killed and another 85,000 are injured in privately owned motor vehicle accidents
- Be alert when crossing the street; look left, right, then left again



PEDESTRIAN SAFETY



- **Soldiers and civilians can better protect themselves and their Family members by following these safety tips:**
 - Be alert and attentive to traffic
 - Look for slippery conditions caused by snow, ice or wet pavement
 - If walking with a hood over your head, turn your body in each direction to check for traffic
 - Be responsible and obey Walk/Don't Walk signals
 - Continue to check for traffic in all directions when crossing the street
 - If there's traffic at a crosswalk, make eye contact with drivers so they see you, understand your intentions and stop before you start to cross
 - Use sidewalks when they're available
 - Almost 50 percent of all pedestrian fatalities occur between 6 p.m. and midnight. Wearing reflective clothing is especially important during the fall and winter months



WEAPONS SAFETY



SOLDIERS LEADERS CIVILIANS FAMILIES



Take 5
THINK Before You Shoot

- *Treat every weapon as if it's loaded*
- *Handle every weapon with care*
- *Identify the target before shooting*
- *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*



WEAPONS 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>



WEAPONS 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



WEAPONS 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





WEAPONS SAFETY



- **Tips to keep you safe this hunting season :**
 - Ensure you can clearly see and identify the animal you intend to shoot, including the correct body part for a kill shot.
 - Before pulling the trigger, take a moment to look beyond the animal to ensure your shot won't endanger others
 - Use the appropriate weapon for the game
 - Always wear a sufficient amount of blaze orange when and where it's required so you'll be visible to other hunters
 - Carry your decoys (or harvested game) in a bag to reduce the risk of other hunters mistaking them for live animals
 - As you stalk game, be aware your stealthy movements may sound like those of an animal to another hunter.
 - If there are too many other hunters in the area, find another location.
 - Take notice of the litter you find. Empty beer cans and whiskey bottles are a sign you may be in an area where irresponsible people are hunting. Find a safer place to hunt and report such findings to game wardens or other authorities.



SAFE CELEBRATING

SOLDIERS LEADERS CIVILIANS FAMILIES



Take 5

Safe and Sober Celebrating

For Hosts

- Collect car keys from guests as they arrive, and return them to only those guests who are not impaired
- Offer alcohol-free beverages and plenty of food so guests have alternatives to alcohol
- Ensure guests leave sober or with a sober designated driver, or call a cab for guests without a ride
- Keep alcoholic beverages off limits to all guests under the age of 21

For Guests

- Make a plan; designate a nondrinking buddy and give them the keys
- Prearrange a taxi service or have the numbers for local cab companies programmed into your cellphone
- Rotate designated driver responsibilities and, if no one else volunteers, speak up and offer to stay sober



SAFE CELEBRATING



- **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





SAFE CELEBRATING



- **If you observe a guest drinking too much, try these steps:**
 - Engage him or her in conversation to slow down the drinking
 - Offer high protein food
 - Offer to make the next drink using less alcohol. Mix it with a non-carbonated base
 - Carefully observe his or her condition throughout the evening. Make sure the guest does not drive, if you believe he or she is impaired
 - Remember: Neither coffee nor a cold shower will help someone sober up. Only time can do that



DRIVING SAFETY



SOLDIERS LEADERS CIVILIANS FAMILIES



- Accelerate and decelerate slowly
- Increase your following distance eight to 10 seconds to provide more room to stop
- Know your brakes
- Don't power up hills and don't stop while going uphill unless necessary
- Take a fully charged cellphone, food, water and warm clothing
- Don't go out unless absolutely necessary



WINTER DRIVING SAFETY



- 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





WINTER DRIVING SAFETY



• 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 SAFETY



- **While on the road:**

- Keeping your tank as full as possible will minimize condensation, providing the maximum advantage in case of trouble
- Clear all windows and lights of frost and snow
- Drive with your headlights on
- Stock your car with basic winter driving equipment
- Don't get overconfident with four-wheel drive
- Avoid unnecessary trips
- Give yourself extra time





WINTER DRIVING TIPS



- **Defensive driving:**

- Winter road conditions often result in longer stopping distances. 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 abrupt actions while steering, braking or accelerating to lessen your chance of losing control.
- Look farther ahead in traffic. Actions by other drivers will alert you to problems and give you extra reaction time.
- Trucks take longer to stop. **Don't cut in front of them.**
- Avoid using cruise control or overdrive

HOLIDAY SAFETY

SOLDIERS LEADERS CIVILIANS FAMILIES



Take 5

*Fireproof
Your Holidays*

- *Ensure your artificial tree is fire retardant and certified by a recognized consumer protection agency such as Underwriters Laboratories*
- *Make sure fresh trees are well-watered*
- *Inspect holiday lights for frayed, worn wires and replace if necessary*
- *Keep decorations away from heat vents/fires*
- *Avoid lit candles*
- *Never leave food alone on a hot stove*

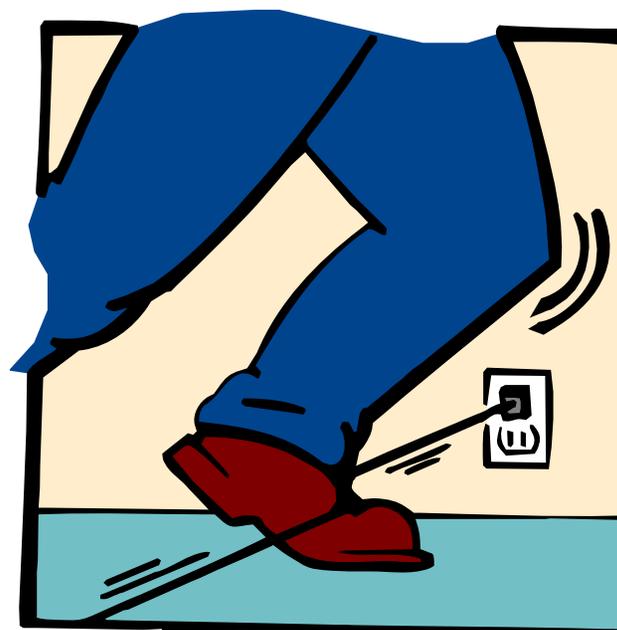


HOLIDAY SAFETY



Holiday Accidents – The holiday season is a time of joy and fun, gifts and surprises.

- **But, beware of extra hazards the holidays bring:**
 - More traffic accidents
 - More home fires
 - More accidents with toys
 - More falls
 - More accidental poisonings
 - More suicidal ideations





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





HOLIDAY SAFETY



- **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





HOLIDAY SAFETY



- **Turkey frying hazards**

- **Tipping.** The gallons of hot oil used in turkey fryers can cause devastating burns
- **Overfilling.** If oil hits the burner, fire is a real possibility
- **Spillover.** Partially frozen turkeys placed in the fryer pot can cause a spillover effect
- **Overheating.** Without thermostat controls, turkey fryers have the potential to overheat oil to the point of combustion
- **Burns.** The sides of the cooking pot, lid and handles get dangerously hot

- **Turkey frying tips:**

- Keep the fryer in full view while the burner is on
- Place the fryer in an open area away from all walls, fences or other structures
- Never use the fryer in, on or under a garage, breezeway, carport, porch or other structure that can catch fire
- Raise and lower food slowly to reduce splatter and avoid burns
- Cover bare skin when adding or removing food



TACTICAL SAFETY

SOLDIERS LEADERS CIVILIANS FAMILIES



Before every mission:

- Remove ice, snow and condensation from all windows and mirrors before operating the vehicle
- Ensure defrosters and windshield wipers operate properly
- Keep mirrors clean and adjusted

When the tactical situation and local SOP allows:

- Use headlights during snowstorms and periods of reduced visibility
- Increase following distances between vehicles
- Use ground guides while backing and when visibility is restricted (e.g., roads or trails obscured by deep snow)



TACTICAL SAFETY



- **Tips for maintaining and driving ACVs and AMVs during winter include:**
 - Perform PMCS before, during and after vehicle operations
 - Take it slow! You'll need additional time and stopping distance on icy roads
 - Check road conditions along the entire route and know the difference between conditions. Vehicle operations might start out as GREEN or AMBER but be RED further along
 - Keep headlights clear. Brush snow off all headlights and taillights, and use low beams so the vehicle is more visible to other drivers
 - Check tires and chains, and ensure your crews are trained to properly install snow tires
 - Ensure windshield wipers are serviceable and the rubber lip is not torn.
 - Check the windshield washer fluid reservoir regularly and refill as necessary. Debris from winter roads can be especially grimy
 - Ensure the vehicle battery is fully charged and in good condition





Commander's Guidance