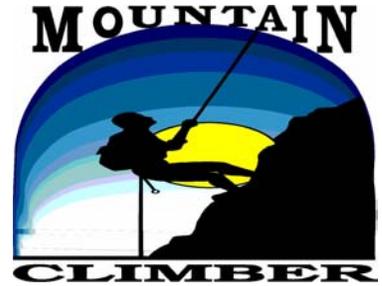


Fort Richardson Safety 101 Critical Days



Outdoor Recreation Safety



Vacation Traveling!

You've earned your vacation, and you should enjoy it. Even though you'll be taking some time off from work, remember not to take "time off" from safety. Playing it safe while you're on vacation can help you plan and your family avoid accidents and injuries while getting the rest and recreation you deserve. Playing it safe means preparing for your activities ahead of time, securing your home if you'll be away, and using common safety sense.

Preparing For Your Activity

Think ahead to where you'll be going and what you'll be doing. If you're planning a vacation in a warm climate, be sure to pack sunscreen, loose-fitting, lightweight clothing, sun hats, sunglasses, and a cooler or jug for carrying cool liquids. Build up your exposure to the sun gradually - 15 minutes the first day, 20 minutes the second day, 25 minutes the third day, and so on.

If you will be boating, swimming, water skiing, or enjoying other water sports, make sure that all family members can *swim* before allowing them to participate in those activities. Take lessons in each activity from a qualified professional who can teach you the rules of the sport as well as specific safety tips.

Securing Your Home

Before leaving on vacation, make sure that your home is secured. This checklist can help you prepare for your departure.

- Are all electrical appliances (except your refrigerator) unplugged?
- Are gas pilots and water faucets turned off?



- Are windows and doors securely locked?
- Have you arranged for someone to pick up your mail?
- Did you have your newspaper delivery placed on hold?
- Have you notified friends, relatives, or neighbors where you'll be and how you can be reached?
- Have you set a timer to turn lights on and off, or asked someone to do it for you?
- Have you notified your local police station when you'll be leaving and when you'll be back?

Safety Sense

In addition to these tips, your most important tool for having a safe vacation is your own common safety sense. When staying in unfamiliar surroundings, always check for fire exits, alarms, and escape routes. Wherever you go, be sure to bring along your family's medical information/insurance ID card, immunization records, medical history, and prescription medications in the event of one of you should become ill. Never leave small children unattended. Bring along a first-aid kit and manual, familiarize yourself with their contents. When you use your safety sense, you'll be able to relax and enjoy a safe and fun vacation.

Vacation Travel

Before traveling to your vacation destination this summer, make sure your vehicle is roadworthy and you are familiar with road travel hazards. Follow these tips for a smooth drive down the highway.

Safety is an Attitude

- ⊙ Keep your vehicle in good operating condition.
- ⊙ Anticipate heavy traffic flow and allow plenty of time to reach your destination.
- ⊙ Avoid driving long hours and traveling at excessive speeds.
- ⊙ When towing a trailer or boat, make sure the hitch is secure and strong enough for the job.
- ⊙ Insure electrical wiring connectors are in good condition and lights are operating properly.
- ⊙ Practice backing, turning and stopping to acquaint yourself with characteristics of towing a boat or trailer.
- ⊙ In an emergency, pull off the road and turn on flashers or place reflective markers behind your vehicle.
- ⊙ Observe all traffic laws.
- ⊙ Beware of weather and traffic conditions that could effect road safety.
- ⊙ Don't drink and drive.
- ⊙ Wear your seatbelts.



Surviving A Hotel Fire

Surviving a hotel fire begins right after you check in. When you get to your room take a few moments to check out possible escape routes.

- Locate your fire exits - are they clear?
- Count doorways and features between your room and exits, so you can find your way out in the dark.
- Try the windows - do they open? Can you exit to the ground, another roof or ledge?

In A Fire - Keep Calm-Don't Panic

- Crawl to the door.
- Feel the doors – if they're hot, don't open them.
- If the door is cool, open it cautiously.
- Check the hall - if it's smoky, stay low.
- Don't use the elevators - use stairs.
- If the door is hot, stay in your room.
- If trapped in your room, use the windows to get fresh air and to vent smoke from the room.
- Phone for help - signal from a window.
- Fill the bathtub with water, for fighting fire.
- Place wet towels around the door to keep smoke from entering.



Remember:

Few people are burned to death in fires. Most people die from smoke, poisonous gases and from panicking. Panic is usually the result of not knowing what to do. If you have an escape plan and adapt it to the emergency, you can greatly increase your chances of survival.

Fun in the Sun

Too much sun can give you painful sunburn, cause heat exhaustion, or lead to heat stroke. Too much sun may also cause long term skin damage - even skin cancer. You can reduce the risks of too much sun by taking these measures.

- ⚙ Build up your exposure to the sun gradually.
- ⚙ Use a sunscreen product. They're rated by Skin Protection Factor (SPF).
- ⚙ Re-apply sunscreen after swimming.
- ⚙ Try to stay out of the sun when it's the strongest from 10 a.m. to 3 p.m.
- ⚙ Wear a hat and clothing that cover as much of your body as possible.

Heat Exhaustion

You may have heat exhaustion if you're weak, dizzy, sweaty, nauseated, pale, or have cramps after being in the sun. To treat heat exhaustion, lie down in the shade, loosen clothing and apply cool wet compresses. Drink plenty of water.

Heat Stroke

Heat stroke is a serious condition that requires immediate medical help. Left untreated, victims will die. Symptoms include hot, dry skin, headache, mental confusion, rapid pulse and breathing. Treat personnel suffering from heat stroke by moving to a shaded area. Loosen clothing, cool the person off immediately with a hose, cool bath, or wet cloths. Slightly elevate the person's head and shoulders.

Sunburn

Protect your skin by using sunscreens with a sun protection factor (SPF).

- ⚙ SPF 2 to 4 - For persons who seldom burn but tan profusely.
- ⚙ SPF 4 to 6 - For those who need extra protection from sunburn.

- ⚙ SPF 8 to 15 - For maximum protection with little tanning results.
- ⚙ SPF 15 and over - An ultra rating that permits no tanning.

If you do get sunburned, rinse or soak in cool water or use cold compresses. Use a mild non-medicated cream only on mild sunburns with no blisters. See a doctor for bad sunburns.



Fitness Injury Prevention

There's hardly an athlete alive, "weekend", amateur, or professional who hasn't known the pain, disappointment, and frustration that can result from a fitness-related injury. While some accidents are beyond our control, following these guidelines for exercising safely can prevent the vast majority of fitness injuries.

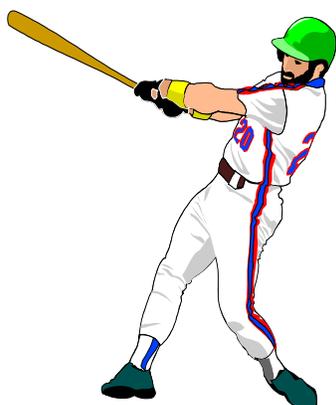
Warm Up/Cool Down

The most important times for preventing fitness injuries occur while you're not even engaged in your activity! The periods before and after exercise are critical times for preventing unnecessary pain and injury. By "warming up" for 5 minutes prior to exercise with gentle activities like running in place, you can increase blood flow to inactive

muscles, and gradually raise your heart rate to its target zone. Similarly, you can gradually lower your heart rate to its resting rate by simply walking for 5 minutes or so after exercise.

Stretch

Gentle static stretching is actually a part of the warm up/cool down process. Stretching before exercise limbers tight muscles and improves joint flexibility thereby reducing your risk of sprains and tears. Concentrate on stretching those muscle groups used in your particular activity. For example, runners will want to concentrate on stretching out the legs, while swimmers will want to pay extra attention to upper body muscles. Static stretching for a few minutes after exercise is also recommended to prevent muscle soreness.



Use the Right Equipment

Improper equipment - worn exercise shoes, an ill-fitting bicycle, etc. - can cause more harm than is generally realized. Always check your equipment before and after your activity and be sure to make replacements or repairs promptly. Your worn out running

shoes may bring you "good luck," but they can also bring you an ankle or leg injury if they fail to support your foot properly. Even though cycling places less stress on bones and joints than other high-impact sports, an ill-fitting bicycle can lead to back and knee pain and/or injury. Whatever your activity, be sure that your equipment is in top condition before risking your health and safety.



Use Safety Devices

Helmets, goggles, mitts, braces, guards, pads, even sunscreen, are just a few of the numerous safety "devices" available for today's active person. Each activity carries its own risks, and which devices you use will depend on your particular activity. The point, however, is to use them. While some safety gear may feel awkward or "look funny," keep in mind that these minor inconveniences are far outweighed by the risk reduction you'll enjoy.

Use Common Sense

The most important factor in fitness injury prevention is common sense. Make sure your muscles are conditioned before engaging in vigorous activities and use the right

equipment and available safety devices. Fitness should be fun. The best way to enjoy your activity and prevent unnecessary injuries is to use your common sense.

Bicycling Safety

Bicycling is not just for young children and teenagers. It is a popular fitness activity for health conscious adults and provides an alternative means of commuting to and from work. However, bicycling without a helmet can lead to serious head injuries. Without a helmet, the fall from a bike to the ground can kill you. For this reason, a certified helmet is essential and can greatly reduce your chance of a head injury.

Why do you need a bicycle helmet?

A recent national research study has shown that every year in the United States:

Head injuries with bicyclist are noted in 65,000 emergency room cases and 7,700 hospital admissions.

Bicyclist hospitalized with head injuries are 20 times as likely to die as those without.

Bicyclist injury rates are highest between ages 5-15.

56% of fatally injured bicyclists are age 20 or older.

What can happen to your head in an accident?

In a severe bicycle accident, your skull may fracture and bone fragments and other objects may penetrate your brain. However, your brain may also be injured by violent impacts that leave your skull essentially

undamaged. Most brain injuries are irreversible.

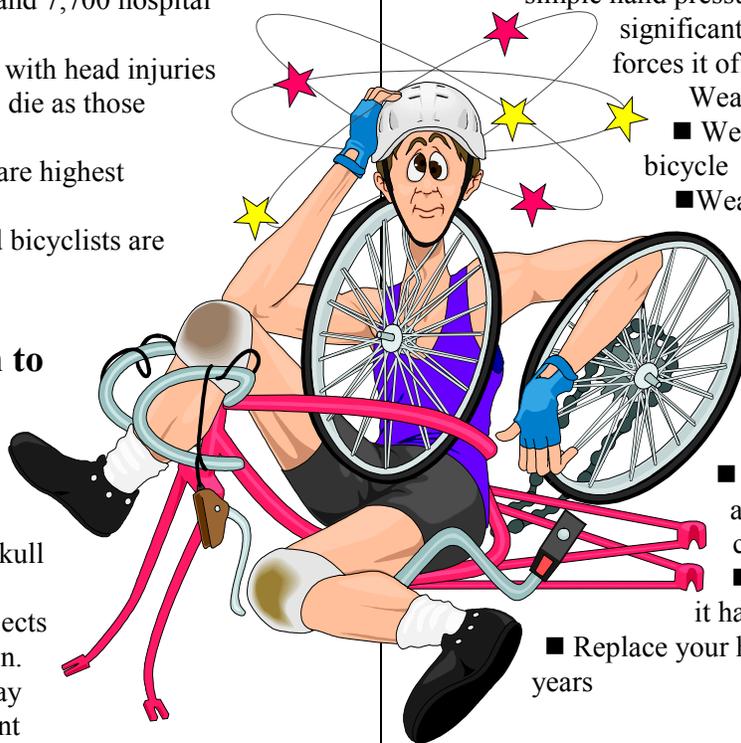
The source of all these injuries is impact. When your head makes sudden, violent impact with something unyielding, the small part of your head remains in motion. As a result, your brain and skull may break and tear before they too can stop moving.

A good helmet protects your head by giving your skull and brain a little time to match speeds with suddenly encountered objects. The easiest way to find a well-made and reliable helmet is to look for the "Snell" certification sticker on the inside of a helmet.

Helmet models carrying the Snell certification sticker meet the rigorous Snell Standards.

The Snell Foundation Urges That You:

- ① Make Sure Your Helmet Fits Your Head
 - Try the helmet on before you buy it
 - Adjust the chinstrap firmly but comfortably
 - Try another helmet size or design if simple hand pressure shifts or tilts a helmet significantly on your head, or forces it off your head
- Wear Your Helmet Correctly
 - Wear it every time you bicycle
 - Wear it low on your forehead just above your eyebrows
 - Always fasten the chinstrap firmly
- ② Read and Follow All Directions Carefully
 - Only use manufacturer approved decorations and cleaners
 - Replace your helmet if it has been damaged
 - Replace your helmet at least every five years



Safety is an Attitude

Cycle Safely

Ten Smart Routes To Bicycle Safety

- ❶ Protect your head. Wear a helmet.
- ❷ See and be seen.
- ❸ Avoid biking at night.
- ❹ Stay alert. Always keep a lookout for obstacles in your path.
- ❺ Go with the flow. The safe way is the *right* way.
- ❻ Check for traffic. Always be aware of the traffic around you.
- ❼ Learn rules of the road. Obey traffic laws.
- ❽ Assure bicycle readiness. Make sure your bike is in good working order.
- ❾ Stop it. Always check brakes before riding.
- ❿ Don't flip over your bicycle. Wheels should be securely fastened.

Remember

- Read your bicycle owner's manual thoroughly before operating your bicycle.

- These recommendations are just that, recommendation, and are not meant to replace owner's manual instructions.
- For more information on safety and rules of the road, consult your State Department of Motor Vehicles.

In-Line Skating

In-line skating has taken off in great strides over the years, becoming one of the most easily accessible and fun activities for the beginner and the experienced skater. Being prepared physically and choosing the right equipment will make your in-line skating safer and lessen the chance of personal injury.

Neglecting a proper stretch and warmup routine is a frequent cause of preventable injuries. Stretching using proper technique reduces muscle tension, increases the range of motion, and prevents injury.



Attitude

A strong, stretched muscle resists the stress of a fall better than a strong, tight muscle does.

Protective Gear

You can prevent or lesson your injuries if you fall by wearing the appropriate Personnel Protective Equipment (PPE). Below is a list of the PPE you should wear when in-line skating.

- Wrist guards
- Knee pads & Elbow pads
- Helmet

Safety Awareness

Rules Of the Road

Become aware of your local skating laws. Every community has different laws and ordinances.



AAA (Awareness-Anticipation-Action)

By using the Awareness-Anticipation-Action method, you will always be prepared, having already foreseen the worst case scenario and planned for a method of action and avoidance.

Passing

When passing, announce your intentions either visually or vocally. When passing someone head-on, you will generally stay to the right. Call

out or lift your arm well in advance of your point of passage. If you are passing someone from the rear, call out with a firm, "On your right!"

Night Skating

If you are going to skate at night, select your course during the daylight and inspect it. At night, many hazards are concealed. Make note of construction areas, dips in the road, blind spots, and dangerous neighborhoods. Make yourself visible at night by applying reflective material to your clothing. Place reflectors on the heels of your skates, your back, and your helmet. Avoid night skating if possible.

Terrain

Ruts, cracks, and potholes are the scars and blemishes of the road, and present special hazards for the in-line skater. Know your limits, skate defensively using the AAA method, and always look out for the unknown.

Injuries

Falls are common. When you fall to the ground, your wrists, shoulders, tailbone, elbows, knees, and head are the most common areas to make contact. These are the areas you want to guard with protective gear. The proper way to fall when skating is to relax, lower your center of gravity, by bending at the waist, and fall forward. Guide the impact toward your protected areas beginning with the wrists, elbows, knees, in that order.

In-Line Skate Purchase Checklist

When purchasing new in-line skates, follow this simple checklist to ensure you have the safest and best quality in-line skates for your money.

- Heel brake on one boot.
- Microadjustable ratchet-style buckles that close at boot ankle.
- Memory foam liner to conform to foot for a custom-like fit.
- Tools for removal of wheels.

- Liner is well made with good quality material.
- Boots are comfortable.
- Will the frame design allow you to rocker your wheels and/or shorten or lengthen your wheelbase?
- Do wheels have an inner hub?
- What kind of material is the boot constructed of? Polyurethane has a better feel.
- What is the frame made of?
- Manufacturer's warranty: sixty days or ninety days.
- Warranty information.
- Product documentation.
- Weight.
- Ankle support.



Skateboarding

Skateboarding has come a long way from the “sidewalk surfing” days of the 1960s to the professional skaters of today who thrill young crowds with tricks and aerials on U-shaped ramps called “half-pipes”. Skaters can be seen performing their stunts on sidewalks, streets, curbs, parking lots, drainage ditches, pipes, empty swimming pools, and at skate parks.

Before you begin enjoying skateboarding for fun or sport, wear protective gear to prevent personal injury. When choosing safety equipment, fit and comfort are the most important factors. A helmet, elbow and kneepads, and wrist guards should be part of your standard skating gear.

Skateboards have three basic parts: Board (deck), trucks and wheels. The board has a layer of plastic on the bottom to protect the board and help it glide over obstacles. The board also has a top covering of grip tape to help keep the feet from slipping off the board. The truck is made of metal and holds the wheels and axle. The wheels are made of hard urethane and come in various sizes. The small wheels offer better maneuverability and large wheels are better for speed.

Practice and learn the fundamental maneuvers before trying challenging combinations, and remember to always wear safety gear when skateboarding.

Yearning for Yard Work this Summer?

Green lawns, brightly colored flowers and garden-fresh fruits and vegetables - a backyard bonanza in full bloom and the envy of every gardener on the block. While tending your precious plot this summer you must be on guard in the garden.

There are many hazards associated with yard work and gardening. Here are some things to consider.

- ✿ Think small. Don't try to tackle more than you can handle.
- ✿ Dress for safety. Wear comfortable well fitting clothing. No loose garments or dangling jewelry to tangle with power equipment.
- ✿ Sturdy, heavy-soled shoes can protect your feet when you push a spade or if you step on a nail or broken glass. Safety shoes are even better because their metal toecaps can cushion the blow of a heavy object dropped on your foot.
- ✿ Work gloves protect your hands from scratches, cuts, blisters and irritations caused by chemicals.
- ✿ Safety glasses can protect your eyes from harm when you mow, edge, trim trees, chip patio stones or use chemical sprays or dusts.
- ✿ Pesticides and herbicides can be toxic. Always stay upwind of the area being sprayed. Don't smoke or eat until you have washed thoroughly. Read the container label and follow manufacturer recommendations.
- ✿ Garden tools should be well designed, sturdy and kept in good condition with cutting edges sharp. Lubricate rolling equipment for easy pushing. Use the right tool for the job. Improvising or using a tool for other than its intended purpose increases your mishap potential.
- ✿ Electrical tools like trimmers and edgers can make your work easier, but it's also easier to nip a finger or get into trouble with electricity. Extension cords should be the outdoor, heavy-duty



type, never use an ordinary indoor cord. Ground all power tools unless it is double insulated.

- ✿ Cords should be protected from damage and never yanked on to disconnect them.
- ✿ When a power tool jams or won't start, unplug the power cord before you try to free the jam or find the trouble.

Lawn Cutting Tips

Before beginning your grass cutting chore this summer, take a few moments to review some mowing safety tips.

- ☑ Ensure that cutting equipment is in good operating condition and has the proper machine guards.
- ☑ Clear area to be mowed of stones and other debris. These can be ejected with great force through the discharge chute.
- ☑ Wear eye protection (goggles, or safety glasses with side shields or face shield) when operating power mower when there is danger from flying rocks, dirt, etc.
- ☑ Wear appropriate hearing protection if equipment has been identified as producing hazardous noise levels or for personal comfort.
- ☑ Ensure your grass is dry before you mow. Wet grass is slippery underfoot and can clog both the discharge chute and blades.
- ☑ Never clean, adjust or leave the machine without stopping the motor. Injuries often occur when operators attempt to clean or adjust the machine while the motor is running.
- ☑ Always watch your footing, particularly on slopes. Steer a hand mower across slopes, never up and down. Then if the machine gets out of control, you will be out of the way.
- ☑ To protect your feet, always keep the mower flat on the ground. Never lift, tilt or pull it towards yourself. Never raise the mower to use it to trim the tops of shrubs or hedges.

Barbecue Cookouts

Cooking outdoors -- in parks, campgrounds and backyards is an enjoyable summer pastime. Yet while barbecues provide a fun and casual dining experience, they also provide the ideal conditions for a costly mishap. Barbecue grills appear to be harmless, but misuse and carelessness result in thousands of terrible injuries each year.

While we are anxious to fire up the grill for the first cookout of spring, it's important to remember a few safety tips.

- ❖ Always cook in a well-ventilated area with good lighting.
- ❖ Keep your grill or fire-pit well away from tents, bushes and dry leaves.
- ❖ Keep the grill off wooden decks and away from children's play areas and low-hanging tree branches.
- ❖ Be careful when using lighter fluid; don't add fluid to an already lit fire.
- ❖ Be sure to supervise children around outdoor grills.
- ❖ Before using a gas grill, check the connection between the propane tank and the fuel line.
- ❖ Barbecue only in open spaces, never inside a tent, garage, trailer or home. Deadly carbon monoxide can build up.
- ❖ Never leave a fire unattended. Be extra careful on windy days.
- ❖ Use proper methods to start the fire. Refer to the grill manufacturer's instructions located on the starter fluid labels.
- ❖ Dispose of charcoals and embers properly. Drench embers with water and smother with dirt. Place coals in a proper can.



Heedless Hikers & Careless Campers

The great outdoors naturally lures many of us to enjoy the scenic splendor of wonderful nation. Novices who venture out into the wilderness unprepared and on their own are headed for trouble early on. Before you take that summer trek into the woods, follow these tips to keep you on the safe path to hiking.



- Plan the hike from start to finish by using trail books, forest service, topographical maps, etc.
- Always tell someone where you're going and when you expect to return.
- Don't hike alone.
- Know how and where you can get help in an emergency.
- Don't overdo it. Know your limits and stick to them.
- Travel light and take only what you need.
- Wear comfortable, rugged shoes.
- Check the weather, and time hikes to get back before dark.
- Take an emergency survival kit with you. Your kit should contain at least: Matches, candles, extra food and clothing, first aid kit, compass, map, flashlight, tent, pocketknife and a signaling device.

If you become lost:

- Remain calm and avoid panic.
- Don't proceed in another direction unless you are sure of what you are doing.
- If you move, leave a note or mark the place with stones or sticks in-groups of three, which indicates "help."
- Show the direction of travel by making trail pointers out of stones, brush, or twigs.

- Attract attention with three distress signals. Three blast of a whistle, three shouts, three flashes of light.
- Make a small fire out of green wood, which will produce a lot of smoke.
- Try to keep warm, sheltered, and supplied with water.
- Don't wonder around in the dark. Wait until morning to find your way.

Share the Trail

Trails (or paths) for non-motorized use have become very popular. A consequence of their success is congestion. Regardless of whether you are bicycling, walking, jogging, or skating, if you



follow the same set of rules as everyone else, your trip will be safer and more enjoyable.

- **Be Courteous.** All trail users should be respectful of other users regardless of their mode, speed or level of skill.

- **Keep Right.** Stay as near to the right side of the trail as is safe, except when passing another user.



- ☞ **Be Predictable.** Travel in a consistent and predictable manner. Always look behind you before changing position on the trail.
- ☞ **Pass on the Left.** Pass others, going in your direction, on their left. Look ahead and back to make sure the lane is clear before you pull out. Pass with ample separation. Do not move back to the right until safely past. Faster traffic is responsible for yielding to slower and on-coming traffic.)
- ☞ **Give Audible Signal When Passing.** Give a Clear warning signal *before* passing. Signal may be produced by voice, bell or horn.
- ☞ **Don't Block the Trail.** When in a group, including your pets, use no more than half the trail, so as not to block the flow of other users.
- ☞ **Yield When Entering & Crossing Trails.** When entering or crossing a trail at uncontrolled points, yield to traffic on the trail.
- ☞ **Clean Up Litter.** Do not leave glass, paper, cans, or any other debris on or near a trail. If you drop something please remove it immediately.
- ☞ **Use Lights at Night.** When using a trail during the hours of darkness, ensure you have a flashlight or some other source of light. Bicyclist should have a white light visible from the front, and a red or amber light visible from the rear.

Camping

- ☑ Camping offers a change of pace and the opportunity to experience outdoor living. Being prepared, choosing the proper equipment, and researching your campground destination can make your camping adventure safer and more enjoyable.



Safety Sense at the Campsite

- ☑ Before setting up the tent, look for ground that is flat and has good drainage.
- ☑ Clear tent ground of rocks and other debris before putting up the tent.
- ☑ Build the campfire downwind of your tent, at least 6 to 10 feet away.
- ☑ Clear the area of anything else that might catch fire, especially dry leaves and twigs.
- ☑ Watch over the fire at all times.
- ☑ Pack clothes for rain and sun, cold, and heat.
- ☑ Wear layers of clothes against the cold.
- ☑ If you are in an open area during a thunderstorm, sit or crouch down. Stay away from water and metal objects.

Equipment

- ☑ Good equipment is essential for any camping trip. Cold, wind, fog and electrical storms are enemies of campers and hikers. Choosing the right equipment and knowing how to use it can make the difference between a disastrous trip and an enjoyable one. The following list is the essential equipment you'll need. A tent, sleeping bag, camp stove, first-aid kit, flashlight, gas lantern and an emergency survival kit.



WATERWISE

Swimming

Most drownings occur within 10 yards of shore. Learning to swim and understanding water hazards can increase your chances of survival. Here are some tips.

- ⊗ Never swim alone. Swim with a friend at all times.
- ⊗ Swim at a safe place, preferably one with life guards.
- ⊗ Don't swim when overheated, tired, chilled or in storms.
- ⊗ Don't dive into unfamiliar waters.
- ⊗ Learn basic water rescue and water survival techniques to assist drowning victims and to protect yourself.
- ⊗ Learn CPR to know what to do after pulling a drowning victim from the water.
- ⊗ Remember that alcohol does not mix with swimming.
- ⊗ Most importantly, know your ability.

Rescue Techniques

The Red Cross creed for lifesaving has four steps you should follow in sequential order: **reach, throw, row, and go**. Do not try the next step until you are sure that the previous step will not work.

- ✎ First try to reach the person. Use your hand, or anything else that can be held onto, such as a jacket, a belt, a rope, an oar or a fishing pole.
- ✎ Second, throw something to the person that will float such as plastic bottle, beach toy, spare tire, ball, picnic cooler, or a piece of wood.
- ✎ Third, if the victim is too far away, then you will have to go to the individual by using a log, an air mattress, a surfboard, a small boat, a raft, or anything else that you can row or paddle with your hands.
- ✎ Fourth, swim out and tow the victim to shore, but try this only if you are a good swimmer and trained in life saving techniques.



Skin & Scuba Diving

- ⊗ Get a medical checkup for diving by having a physical examination regularly.
- ⊗ Obtain certified training from a recognized agency.
- ⊗ Don't eat or drink immediately prior to diving.
- ⊗ Plan each dive and dive only when conditions are right.
- ⊗ Never dive alone, always dive with a friend.
- ⊗ Always have a float available for rescue or self-rescue.
- ⊗ Use properly adjusted equipment as required by current conditions.
- ⊗ Establish a system of communication with other divers.
- ⊗ Never dive when suffering from a sore throat, a cold, or when otherwise feeling ill or very tired.
- ⊗ Never wear goggles or ear plugs when diving.

- ⚓ When diving is necessary during adverse conditions, use a life line or buddy line.
- ⚓ Descend at a rate that permits equalization of pressure in ear and sinus spaces. If pain is experienced in the ears, stop the decent, ascend a few feet and clear by swallowing and holding the mask against the face tightly, while exhaling through the nose.
- ⚓ Practice moderation in speed of swimming, depth and time in the water. Always keep breathing normally while underwater, particularly while ascending.
- ⚓ Never ascend faster than 60 feet per minute. A safe rule of thumb is never ascend faster than the slowest bubbles.
- ⚓ Surface carefully to avoid coming up under a boat or other object.



Water Skiing

Do's:

- ❑ Know how to swim and always wear a personal flotation device (PFD)
- ❑ Have two people in the boat – one to drive and one to watch the skier
- ❑ Stay away from solid objects such as docks, boats, stumps etc...
- ❑ Run parallel to shore and come in slowly when landing
- ❑ Stay away from fishers, divers, swimmers, etc.
- ❑ If you fall, clasp both hands overhead to signal your O.K.
- ❑ Hold up ski after falling in crowded boating areas

Don'ts:

- ❑ Don't ski in shallow water

- ❑ Don't wrap rope around any part of your body
- ❑ Don't ski at night
- ❑ Don't ski in front of another boat
- ❑ Don't tell boat to "GO" till rope is taut
- ❑ Don't overdo it and become tired
- ❑ Don't jump from the boat while it is moving



Swimming Pool Safety

Experience has taught us that there are several hazards associated with swimming pools. Such as slipping on walkways, decks, and diving boards or ladders. Striking the bottom or sides of the pool because of insufficient depth for diving or sliding. Drowning when swimming alone and without adult supervision. The following suggestions will help you in the safe construction, use, and maintenance of swimming pools.

Construction

- ◆ Use non-slip materials on the deck surrounding your pool and on the diving boards and ladders.
- ◆ Avoid sudden drops in depth when building a pool. Indicate safe diving areas with different colors on the pool bottom. Paint numbers on the edge of the pool showing the water depth at various points.
- ◆ Make all water pipes flush with the walls and bottom of the pool.
- ◆ Have the electrical systems install by licensed electricians and in accordance with recognized safety standards.

- ◆ If you use your pool at night, there should be sufficient lighting both above and under the water so that people can see.
- ◆ Ladders should be equipped with a handrail on both sides and meet recognized safety standards. You should have at least one ladder on each end of the pool.
- ◆ There should be a fence around the pool to keep children out when supervision is not available. Do not provide direct access to the pool area from the house or patio door. Toddlers could wander out and fall into the pool.
- ◆ The barrier should be difficult to climb. Gates should be self-closing and secured with a lock.
- ◆ Check local ordinances for safe pool construction requirements.

Use

- ◆ Always have competent adult supervision while children use the pool.
- ◆ Never swim alone.
- ◆ Ensure diving board height is sufficient for the depth of the pool.
- ◆ When diving, go straight off the end of the board, not the side.
- ◆ Place a safety float line where the bottom slope begins to deepen (about the four-foot level).
- ◆ Keep essential rescue devices and first aid equipment ready at the pool.
- ◆ A floatable shepherd's crook is especially useful.
- ◆ Don't swim after drinking, eating heavily, or taking drugs and other medications.
- ◆ Keep all electrical appliances, such as radios, away from the pool because of the potential shock hazard.
- ◆ Don't show off by swimming long distances underwater.
- ◆ Learn to swim well.
- ◆ Alcohol and swimming don't mix.

Maintenance

- ◆ Keep fence in good repair. Don't put anything outside the wall that will enable a child to climb over it.

- ◆ Inspect diving boards, ladders, walking surfaces often during the swimming season to insure that the slip resistant surfaces are kept in good repair.



River Survival Tips

- ✓ Secure all gear so there is no danger of becoming entangled should you capsize.
- ✓ Pull ashore and then walk ahead to examine all rapids and danger spots. If in doubt, portage the craft around the trouble spot.
- ✓ Steer clear of overhanging trees, logjams, brush piles and other obstacles that water flows through rather than around. The force of the current could pin you against them, possibly underwater.
- ✓ Avoid dams and weirs, they generate recirculating currents that could trap you under water.
- ✓ Once overturned, stay upstream, go feet first to fend off rocks and to protect your head from injury. Go with the flow, do not fight the current. This will only cause you to tire faster.
- ✓ Remember the current is faster on the outside of a river bend.
- ✓ A "V" in the water pointing upstream indicates a rock, while downstream "V" shows a gap between rocks.
- ✓ Always wear an approved flotation device while on the water. Protective headgear should also be worn.
- ✓ There is safety in numbers – always travel in-groups of two or more watercraft.
- ✓ Currents are deceptively strong, so be wary of walking or swimming across a river.

Kayaking

Kayaking can be enjoyed on leisurely meandering flat water, out in the open sea, or on powerful white water rapids. Before taking on your kayaking adventure, it is wise to learn some kayaking skills and techniques from a professional instructor. Doing so could save you from a needless mishap.

- Always wear a life jacket
- Wear a helmet on white water
- Wear sturdy footwear and carry spare warm clothes in a waterproof bag
- Know how to rescue yourself if you capsize
- Fill all spare room in the kayak with buoyancy bags
- Never paddle alone
- Check out the river in advance. Find out where you can put your kayak in and how difficult the paddling will be.
- Learn first aid and resuscitation techniques

Kayaking always involves some risk. To participate safely, you must be a good swimmer. Make sure you know the safety rules and can perform self-rescue techniques before you go on any trip.

Canoeing Safety

The canoeing experience can provide unlimited satisfaction, paddling along peaceful waterways viewing spectacular scenery. Whether canoeing solo or tandem, learning basic principles, strokes, and maneuvers will give you confidence and enable you to explore other types of paddle sports.

When beginning canoeing, it is wise to learn with the support of a group. Do not paddle

alone. Responsible instruction builds safety and rescue skills as well as good canoeing technique.

Canoeing accidents have resulted from not wearing a personal flotation device, alcohol consumption, cold water, and inexperience. Whenever you take a canoeing trip, follows these safety tips.

- ★ Don't choose rivers beyond your ability
- ★ Choose your route wisely; try shorter distances first
- ★ Be respectful of private property
- ★ Dress properly for the activity and the weather
- ★ Wear a properly fitting Personal Flotation Device (PDF)
- ★ Be properly outfitted with equipment in good repair
- ★ Do not consume alcohol or drugs
- ★ Establish organizational guidelines for the tour
- ★ Establish a reasonable schedule and stick to it
- ★ Dress for the water temperature, not the air temperature
- ★ Anticipate the impact of other boats, other canoeists, changing weather conditions, and motorized boats

Off-shore Life Jacket



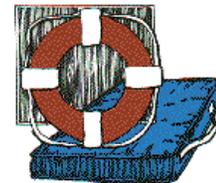
Near-shore Buoyant Vest



Flotation Aid



Throwable Device



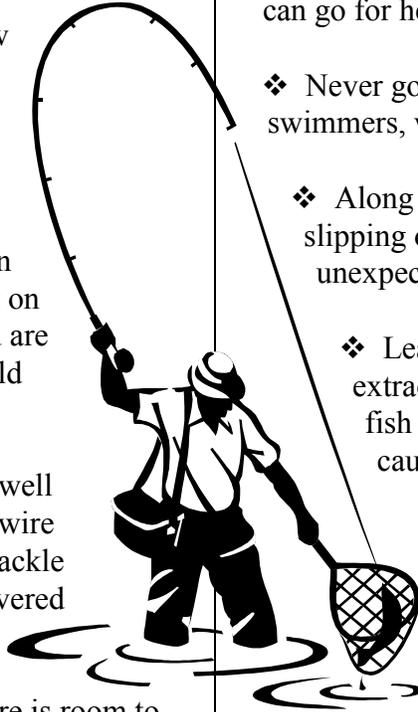
Inflated Hybrid PFD



Safety Angles For Anglers

Summer fishing is soon to be in full swing. To help you land the big catch of the day, consider these safety tips.

- ❖ All fishermen should know how to swim, know how to give first aid, and remember to carry a firstaid kit with you when on fishing trips.
- ❖ Fishing enthusiasts should listen to weather forecasts before leaving on a fishing trip. This will ensure you are better prepared if the weather should suddenly change.
- ❖ Fishhooks can catch anglers as well as fish, so carry needlenose pliers, wire cutters, and a pocketknife in your tackle box. Always keep fishhooks in covered containers.
- ❖ When casting, make certain there is room to cast without hooking someone else. Always look before casting and use an overhead cast while in a boat with others.



- ❖ If you choose to go fishing on your own, leave word where you'll be and when you plan to return. It is always safer to fish with a partner. If a mishap occurs, then your partner can go for help.
- ❖ Never go fishing in water where there are swimmers, water skiers, and scuba divers.
- ❖ Along the shore, wade cautiously to avoid slipping on hidden rocks or stepping unexpectedly into deep water.
- ❖ Learn to hold a fish properly while extracting the hook. Many species of fish have sharp teeth or fins that can cause painful hand wounds.
- ❖ If you snag yourself deeply with a hook, cut off the line, bandage the wound, and go immediately to the nearest doctor or hospital.
- ❖ Do not consume alcohol or other drugs.

Boating

Most boating mishaps involve capsizing, falls overboard and collisions. Drowning causes about 90% of all boating fatalities. In nearly all of these fatalities, a personal flotation device (PFD) was not used.

Capsizing

Stay with the boat after capsizing. Do not try to swim ashore. The shore is usually farther than it looks. Most boats will float when swamped and it is easier to spot an overturned boat in the water than a swimmer. Never overload your boat. Your boat stability is related to the movement and number of passengers you are carrying. The capacity plate will tell you the number of people and total weight, and maximum power your boat can safely handle. An overloaded or overpowered boat is less stable and more likely to capsize.

Falls Overboard

Never stand up in small boats or ride on the gunwales, seat backs or bow. While riding in small boats, move as little as possible to prevent upsetting the boat. If you need to change position in the boat, hold onto both sides and keep your weight low. Standing in a small boat to start the engine or land a fish increases your chances of falling overboard.

To rescue a person who has fallen overboard, follow these procedures.

- ☞ Throw the person a life saving devise.
- ☞ Steer the engine away from the person and approach from downwind or into the waves.
- ☞ Stop the engine and assist the person into the boat
- ☞ In the event the victim is injured, the rescuer should put on a PFD with safety line attached and enter water to help the victim.
- ☞ Depending on the size and construction of the boat, the person should normally be brought in over the stern.

Hypothermia

Hypothermia is a condition in which the body loses heat faster than it can produce it.

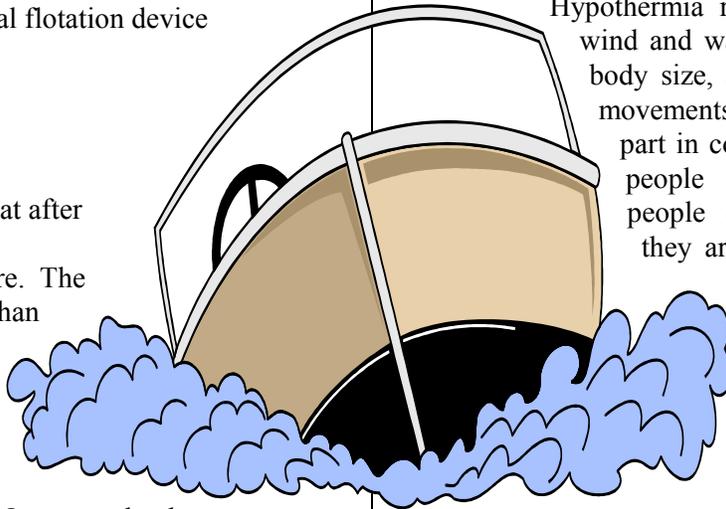
Hypothermia results from exposure to wind and water. Water temperature, body size, amount of body fat, and movements in the water all play a part in cold water survival. Obese people cool slower than thin people do. Children, because they are small, cool faster than adults do. By swimming or treading water, a person will cool 35 percent faster than if remaining still.

In case of accidental immersion in cold water, remember, water conducts heat many times faster than air. Most boats will float even when capsized or swamped. Therefore, get in or on the boat so you are as far out of the water as possible. Don't use drown proofing methods that call for putting your face in the water. Drown proofing will cause a person to cool about 80 percent faster than if the head is kept out of the water.

Wearing a PFD is a must. It will keep you afloat even if you are unconscious. Remaining still and, if possible, assuming the fetal, posture will increase your survival time. About 50 percent of body heat is lost through the head. If there are several people in the water, huddling close, side to side in a circle, will also help preserve body heat. Placing small children in the middle of the circle will lend them some of the adult body heat and extend their survival time as well.

Alcohol

It is unlawful for a person to operate a vessel while under the influence of intoxicating liquor or any drug. A person's balance, coordination and judgment are all in jeopardy when alcohol is consumed. In addition, stressors, which fatigue and slow one's reaction time, such as heat, glare, engine noise, vibration and the boat's motion through the water, when combined with alcohol, can be deadly.



✿**Limit** loading your boat to the recommended weight! Overloaded boats often capsize.

✿**Limit** movement! Moving around increases chances of capsizing and falling overboard.

✿**Limit** boating to safe weather and water conditions! High winds, stormy seas and swift currents spell trouble.

✿**Limit** alcohol consumption! Alcohol quickly affects judgment and reactions.

Personal Water Craft

There's nothing like the speed and maneuverability of a Personal Water Craft (PWC) on the water. But remember that you're smaller than most vessels and you're moving pretty fast. Mishaps on PWC are not pleasant. Here is some safety tips to keep in mind while operating a PWC.



- ✗ Every person on board must wear a U.S. Coast Guard approved personal flotation device.
- ✗ Ensure you're familiar with all operating features and safety equipment.
- ✗ Never operate a personal watercraft at night.
- ✗ Never allow a child to operate personal watercraft alone.

- ✗ Before you attempt any maneuver, look around to ensure your path is clear.
- ✗ Never operate a personal watercraft near beaches or swimmers.
- ✗ Never operate a personal watercraft after consuming alcohol or medication.
- ✗ Be sure that your craft has a lanyard engine cutoff; that is one that attaches the key (or cutoff switch) to you, so that if you fall off, the engine shuts down.
- ✗ Do not follow closely behind boats trying to jump their wakes. Should the boat turn or stop suddenly, you would be in a dangerous position.
- ✗ Do not operate above idle speed near docks or other boats. If you are moving fast, you may not see swimmers in the water. Besides, it is courteous not to rock the boat.



SEATBELTS

Are You A Part-time Seat Belt User?

Do you only buckle your seat belt when you go on long trips, travel in bad weather or on unfamiliar roads and highways?

Do you forget or just “don’t bother” to wear your seat belt when you’re running errands or driving in good weather?

Do you think that because you have an air bag you don’t need to use a seat belt?

If you said “yes” to one or more of these questions, then you are a part-time seatbelt user.

You may not know that:

- † Three out of four crashes happen within 25 miles of home, at speeds of 45 miles per hour or less.
- † Two out of five car crash deaths occur at speeds 45 miles per hour or less and have been known to occur at speeds as low as 12 miles per hour.
- † If you have a car equipped with air bags, you still have to buckle your seat belt. Air bags only work in frontal crashes. If your car is rear-ended hit on the side or rolls over, the air bag can’t protect you. But your seat belt will.
- † You just never know when you’re going to be in a crash.

Alaska’s Seat belt Law

Can a driver be pulled over and given a ticket for not wearing a seat belt?

Yes! Although this doesn’t happen too frequent it is not something we should ignore. DODI 6055.4 requires all DoD personnel on & off duty, on & off base to where restraint devices. Line of duty determinations have been rendered holding personnel accountable for none use status.

Child Safety Seats

Infant Seats are specially built for babies up to 20 pounds, or about 6 to 9 months old. These tub-shaped seats are easy to use, inexpensive, and fit most cars.

Convertible Seats cost more but can be used for both infants and older children. Convertible seats are used rear-facing for infants up to 20 pounds. Then the seat is turned to a forward-facing position until the child physically outgrows it, around age four or 40 pounds

Booster Seats fill the gap between when your child outgrows a full-sized seat and when only a seat belt can be used. They provide a safe inexpensive transition for children over 40 pounds.

How To:

It’s easy to use a child seat correctly if you follow three simple steps:

1. **Sit Right.**
2. **Seat Right.**
3. **Belt Right.**

Sit Right - Face the child in the right direction.

A child’s car seat is designed to hold the child in place and absorb the impact of a crash by spreading the forces over the stronger parts of a child’s body. For these reasons, it’s critical that your child is sitting correctly in a child car seat that is facing the right direction.

Seat Right - Secure the child in the safety seat.

The harness and/or straps must secure your child in the seat itself. If not, the child could be thrown from the seat during a crash and hit the car’s interior surfaces. The child could even be ejected from the car.



**Belt Right -
secure the**



**Properly
child seat to the car.**

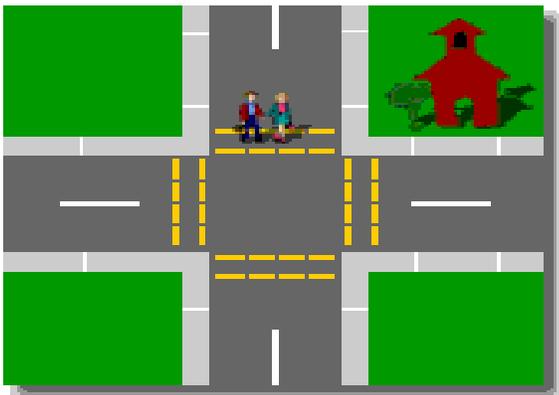
Failing to correctly anchor the seat in the car as recommended by the manufacturer has resulted in seats tipping over, sliding sideways or

being ejected from the car completely. It also resulted in many children being hurt or killed. Anchoring the car seat properly is critical to the seat's performance in a crash.

Convertible and booster seats require extra attention since the car's seat belt is routed differently in each position. Older seats sometimes require a tether strap attached to the top of the seat and the frame of the car.

ALWAYS REMEMBER...

- ❑ **Never hold a child in your lap while riding in either the front or back seat.**
- ❑ **Always follow the manufacturer's instruction for correct installation.**
- ❑ **The center rear seat is the safest place in the car.**
- ❑ **Remember. Infants face backwards, and toddlers face forward.**
- ❑ **Always use the car's seat belt to anchor the seat to the car.**
- ❑ **Make sure the seat's harness fits snugly (two finger widths of slack only).**
- ❑ **Use a tether strap if the seat requires it.**
- ❑ **Set a good example by using your seat belt every time you travel. All vehicle occupants must use a seat belt in Washington, it's the law.**
- ❑ **Studies show that when children are correctly buckled up they are better behaved and feel more secure.**



PEDESTRIAN SAFETY

The top ways pedestrians get hurt...

- † darting out from between parked cars
- † walking along the edge of a roadway
- † crossing a multilane street
- † crossing in front of a turning vehicle
- † going to or from an ice cream truck
- † crossing behind a vehicle that is backing up

- † dashing across an intersection
- † crossing in front of a stopped bus

On average, a pedestrian is killed in a traffic crash every 96 minutes in the United States. Alaska State law says that crosswalks exist at all intersections except where prohibited by posted signs. Drivers must yield the right-of-way to pedestrians at any crosswalk, marked or unmarked.

Crosswalks are marked to encourage pedestrians to use a particular crossing. Studies show that more mishaps occur in marked crosswalks than unmarked. Such research suggests that marked crosswalks can give pedestrians a false sense of security. At **all** crosswalks, both marked and unmarked, it is the pedestrian's responsibility to be cautious and alert while crossing.

Drivers need to be cautious when approaching crosswalks. Here are some points to remember.

- ❑ Watch for pedestrians.
- ❑ When turning left or right, look for pedestrians, and continue to look as you turn. Don't forget to check your blind spots.
- ❑ Watch for pedestrians when backing up.
- ❑ In bad weather, there may be obstacles that block a pedestrian's view of oncoming cars, such as umbrellas or hats. Be prepared to stop.
- ❑ Near school and neighborhoods, watch for children at all times.

CROSSING THE STREET

- When crossing a street, stop at the curb or edge of the road and look left, right and left again. Look over your shoulder for traffic and turning vehicles. Wait until there is a safe interval in traffic to start crossing. Keep looking until you've crossed the street safely.
- If flashing "Don't Walk" appears while you are crossing, keep on walking. If you are at the curb, wait until the next "Walk" light. A steady

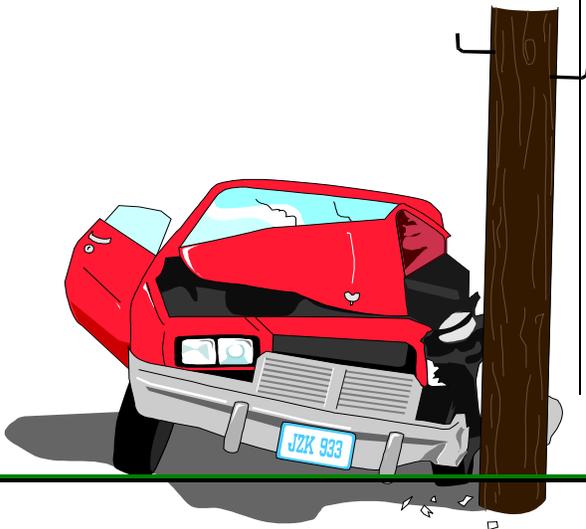
“Don’t walk” light means you should wait for the next “Walk” light.

- Use sidewalks. Where there are no sidewalks, keep to the left and walk facing traffic. Keep as far to the left side of the roadway as possible.
- Never run into the street or step out from between parked cars.
- When waiting for buses, keep back away from traffic. Avoid roughhousing or other careless Behavior.
- Do not play near any roadway.



SAFETY FLASH FOR SUPERVISORS

Supervisors, would you like to give each of your troops a gift that doesn’t cost you a dime? Doesn’t need to be gift-wrapped, and is not against Air Force policy? Give them a safety briefing that may



save their lives, their careers, and the lives of others. It only takes a few minutes to give a briefing that discourages DWIs (Driving While Intoxicated), and to make it more effective you may want to include some information other than the old standard Don’t Drink and Drive. Give them some cold, hard facts about the dangers and consequences of driving while intoxicated.

- ⇒ Approximately half of all traffic fatalities are the result of alcohol related accidents.
- ⇒ You could injure or kill yourself, a friend, or another innocent victim, resulting in untold grief and expense.
- ⇒ Off-base DWIs will carry jail time or community service, severe fines, administrative actions from your commander, possible court and attorney fees, and a possible revocation of your license.
- ⇒ On-base DWIs can result in dishonorable discharge, Article 15, loss of rank, loss of all pay and allowances, confinement to base, and a one year revocation of base driving privileges.
- ⇒ UAD (Under Age Drinking - Persons under the age of 21) can result in an Article 15, court martial, or other administrative actions such as loss of rank, forfeiture of pay and extra duties.

To supplement this information, you may want to provide some guidelines and suggestions to the people that you are briefing on specific steps to take in order to avoid DWIs. No one ever expects to get a DWI, and those who do usually make a number of small judgment errors that lead up to him or her getting behind the wheel of a vehicle under the influence. Here is some good judgment guidelines to offer:

- ⇒ Don’t risk even one drink behind the wheel because even a little amount of alcohol can impair your driving ability
- ⇒ Designate a sober driver before the evening’s festivities begin.
- ⇒ Call a friend, co-worker, supervisor or taxi if you’ve been drinking.
- ⇒ If your squadron has a Designated Driver Program, use it.
- ⇒ Have a backup plan in case your original plan goes awry.
- ⇒ Party hosts should ensure they have adequate plans to keep their guests from driving under the influence. (Extra beds, designated sober

drivers, collect guest's keys, etc.) As a host, you could be held responsible for any and all damages caused by those served at your party.

- ⇒ Decide to remain sober.
- ⇒ Remember if you are caught with a BAC of .10 or higher in Alaska you will be charged with DWI.

Hopefully this is the kind of gift that gets "recycled" year after year, like that fruitcake your aunt sent you last year that you're going to send to your cousin this year. The up and coming airmen you brief this year have a better chance of being with us next year to provide the same briefing. If every Air Force member receives this type of briefing there might be zero DWIs during the 101 Critical Days of Summer.

Fourth of July Fireworks Safety

Safety should be a primary concern for your Independence Day celebrations particularly if they include fireworks. Remember though the use of fireworks in the municipality of Anchorage is illegal.

The U.S. Consumer Product Safety Commission (CPSC) estimates that in 1997, 8,300 people were treated in hospital emergency rooms for injuries associated with fireworks.

Approximately 50 percent of the fireworks-related injuries were burns. Most of the burns involved the hands, eyes and head. Nearly one-half of the victims were under 15 years of age.

In a special study of fireworks related injuries, CPSC found that firecrackers, rockets, and sparklers caused the bulk of injuries treated in emergency rooms during the study period.

If you're going to be in charge of fireworks at home this year it is important to plan ahead. Your planning and your reactions could help prevent an injury.

The following is a list of "dos" and "don'ts" that will help ensure you have a safe holiday.

- ❑ DO purchase your fireworks from a reliable seller.
- ❑ DO have an adult present to supervise all fireworks activity.
- ❑ DO inspect fireworks carefully before using.



- ❑ DO have a fire extinguisher or water nearby when setting off fireworks.
- ❑ DO ignite fireworks outdoors in a clear area away from buildings, vehicles and shrubbery.
- ❑ DO shoot fireworks off of a hard paved surface in a wide-open area.
- ❑ DO keep spectators 25' to 100' away from the firing site.
- ❑ DO light fireworks one at a time, wear eye protection.
- ❑ DO step out of the way quickly after lighting fireworks.
- ❑ DO dispose of fireworks properly, by dousing them in water after use.
- ❑ DO store unused fireworks in a cool dry place.
- ❑ DON'T give fireworks to small children.
- ❑ DON'T point or throw fireworks at another person.
- ❑ DON'T hold lit fireworks in your hand.
- ❑ DON'T carry fireworks in your pocket.
- ❑ DON'T set off fireworks in a large crowd of people.
- ❑ DON'T use fireworks by dry grass or flammable materials.
- ❑ DON'T stand over fireworks while lighting.
- ❑ DON'T experiment with homemade fireworks or attempt to make your own fireworks.
 - ❑ DON'T shoot fireworks in/from metal or glass containers.
 - ❑ DON'T attempt to re-light or fix fireworks that have not gone off or have misfired.

Don't let injuries or fires caused by careless use of fireworks ruin your holiday. We cannot in good consciousness

recommend the personal use of fireworks. These tips can help you protect yourself, family, friends, pets, and property.

Internet Sites of Interest

Severe Weather Briefing

<http://www.nwsnorman.noaa.gov/severewx/safety.html>

Lightning Safety Information

<http://www.prazen.com/cori/litfacts.html>

Tornado & Thunderstorm Safety

<http://www.twisters.com>

Auto & Highway Safety Info

<http://www.mrtraffic.com>

All Safety Regulations.....

<http://users.erols.com/mlesh/standards.htm>

Military Safety Video Free Rental

<http://dodimagery.afis.osd.mil>

Safety Stuff, posters, training, checklists, etc

<http://www.safetyinfo.com>

How to Handle Storm Damage to your home

<http://www.askthebuilder.com/cgi-bin/column?999>

PRODUCT AND FOOD RECALLS

The manufacturer has recalled the following products. Contact the manufacturer, dealer, or place of purchase for further information. To report an automotive safety related problem or to seek further information, consumers can contact the NHTSA at 1-800-424-9393 or <http://www.nhtsa.dot.gov>. The Reducing Radon Hotline is 1-800-767-7236. The EPA's Lead Hotline is 1-800-424-5323. Highway Traffic Safety Administration at 800 424-9393. To report a dangerous household product, call the Consumer Product Safety Commission at 800 638-2772, then press 1, followed by 777.

'91, '93-94 Daimler Chrysler minivans. Lift gate could drop suddenly and unexpectedly,

possibly injuring anyone in its path. Have dealer inspect and install larger washers on bolts that attach lift gate supports.

Gap and Old Navy Pajamas. Garments may be neither flame-resistant nor self-extinguishing if fabric ignites in violation of federal requirements. Call 800-427-7895 or 800 653-6289 for further information.

Sunbeam, Hankcraft, and Sunmark "glow in the dark" humidifiers. Pose fire hazard. Call Sunbeam at 800-440-4668 to learn how to get a free replacement.

A LOOK BACK AT PAST MISHAPS THAT OCCURRED TO MILITARY PERSONNEL IN THIS REGION DURING THIS CRUCIAL TIME PERIOD

(12 Jul 99) Individual was on terminal leave from Hawaii. Individual was on his way from California to Ohio where his parents live. Mishap individual was a passenger in a 4-WL PMV when he unhooked his seatbelt to reach in the back seat. The driver of the vehicle turned to look in the back and started to drive off the road. The operator of the vehicle attempted to regain control of the vehicle; however, he over corrected. The vehicle went into a spin crossing the median and was struck by another vehicle. The passenger was not wearing seatbelt at the time of the mishap.

(23 Jun 99) Member was found dead in a lake. Mishap individual was wearing snorkeling gear when he was found. Although mishap report is almost complete the actual cause of the mishap may not be known.

(6 Jun 99) Individual was operating a 4-WL PMV when she drove off the road. Member over corrected causing the vehicle to roll several times. Seatbelt use could not be determined.

(22 Aug 97) Individual was backing an MMV when he stuck a local national on a bicycle. The operator of the bicycle was not wearing a helmet and received fatal injuries. Seatbelt/Used by the MMV operator.

(30 Jun 97) Mishap Individual was operating his 4-WL PMV to work when he lost control and went off the road striking another PMV. Seatbelt/Used.

(7 Jun 97) Individual was operating a AFMV when it went through a light, North to South. At the same time a taxicab was going through the same light, East to West. The two vehicles collided resulting in the death of the local national taxicab driver. All members in the AFMV were wearing seatbelts; however, no one in the taxicab was buckled.

(17 Aug 96) Individual was operating his 2-WL PMV when he crossed the centerline and was stuck by a 4-WL PMV. Helmet used. MRC: RSS Completed Sep 94.

(6 Jul 96) Individual was sightseeing at Mutsu Bay, 50-km northwest of Misawa, when he lost his balance and fell off a cliff sustaining head injuries.

(14 Jul 95) Mishap individual was operating his 4-WL PMV when another vehicle crossed the centerline and struck the 4-WL PMV. The mishap individual was wearing his seatbelt, however, he received fatal injuries.

(24 Jun 95) Mishap individual was replacing an inner tube in a friend's boat trailer tire at the Andersen AFB auto hobby shop. After completing work, he was airing up the tire when about sixty percent of the wheel liberated near the hub striking him in the head. This was a single rim not a split rim. Wheel was highly corroded.

(19 Jun 95) Ped struck by PMV 4-WL while attempting to cross a 7-lane road in Miami FL.

(13 Jun 95) Mishap individual died as a result of a fire at his downtown residence. Probable cause of the fire was mishap individual fell asleep with a lit cigarette. Alcohol was a factor in the mishap.