



# Winter & Holiday Safety Guide



**US Army Garrison Daegu, Safety Office**  
**Safety Office – Daegu (768-8650/6126)**

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# Winter Driving Safety

In 2009, 33,808 people died in motor vehicle traffic crashes in the United States – the lowest number of deaths since 1950 (33,186 fatalities in 1950). This was a 9.7-percent decline in the number of people killed, from 37,423 in 2008 to 33,808, according to NHTSA (National Highway Traffic Safety Administration)'s 2009 Fatality Analysis Reporting System. Motorcyclist fatalities broke the continuous 11 year increase with a large decline of 850 fatalities (24% of the total decline of 3,615). Motorcyclist fatalities now account for 13 percent of total fatalities.

According to the Korea Road and Traffic Safety Management Association, the Republic of Korea has over 17.1 million vehicles. 4,157 people were killed and 263,294 people were injured in traffic accidents during 2009.

Last winter from October 2009 to April 2010, there were 130,966 traffic accidents with 3,259 fatalities and 276,485 injuries on Korean roadways. The main causes of accidents were excessive speed for road conditions and following too close.

Defensive driving under any condition means operating in a manner that will prevent not only you, but other drivers and pedestrians from having an accident/collision. Winter conditions add an extra degree of difficulty requiring sharp skills, knowledge, and alertness.

Following are tips for the safe, defensive winter driver:

## Prepare the Driver

- If you must drive in bad weather, plan ahead and make sure you have enough fuel.
- See and be seen; clear all snow from the hood, roof, windows and lights.
- Clear all windows of fog.
- If visibility becomes poor, find a place to safely pull off the road as soon as possible.
- Try to keep to main roads.
- Wear warm clothes that do not restrict movement.
- Drive with caution. Measure your speed to condition.
- Don't press on. If the going gets tough, turn back or seek refuge.
- Avoid overtaking another vehicle if possible, when weather conditions and roads are bad.
- Buckle up at all times. Properly secure small children in child restraints.
- Don't drive after drinking alcohol and don't drive if you're feeling drowsy.
- In bad weather, let someone know your route and intended arrival time, so you can be searched for, if you don't turn up after a reasonable delay.



## **Keep Control of Your Vehicle to Avoid Collisions**

- Winter collision can occur when your vehicle skids. A skid occurs when you apply the brakes so hard that one or more wheels lock, or if you press hard on the accelerator and spin the drive wheels. Skids also occur when you are traveling too fast on a curve and encounter a slippery surface. Skids can best be avoided by anticipating lane changes, turns and curves; slowing down in advance; and by making smooth, precise movements of the steering wheel. Regardless of the type of skid, you encounter, to regain control of your vehicle, DO NOT PANIC.

### **Rear-Wheel Skids**

The most effective way to get your vehicle back under control during a skid is as follows:

- Take your foot off the brake or accelerator.
- De-clutch on a car with a manual transmission, or shift to neutral on a car with automatic transmission.
- Look and steer in the direction you want the front of the car to go.
- As the rear wheels stop skidding to the right or left, counter-steer until you are going in the desired direction.
- In a rear-wheel drive vehicle, if you over-correct the first skid (Step 4), be prepared for a rear-wheel skid in the opposite direction. Practice and the use of timely, gentle movement of the steering wheel are necessary to avoid this type of skid.
- Once the vehicle is straight, release the clutch or shift to drive, apply gentle accelerator pressure so that the engine speed matches the road speed, and accelerate smoothly to a safe speed.

### **Front-Wheel Skids**

Front-wheel skids are caused by hard braking or acceleration if your vehicle has front-wheel drive. When the front wheels lose traction, you will not be able to steer the vehicle. Regardless of whether the vehicle has front-, rear- or four-wheel drive, the best way to regain control if the front wheels skid is:

- Take your foot off the brake or accelerator.
- De-clutch on a car with manual transmission, or shift to neutral on a car with automatic transmission.
- If the front wheels have been turned prior to the loss of traction, don't move the steering wheel. Since the wheels are skidding sideways, a certain amount of braking force will be exerted. (Unwinding the steering wheel will result in regaining steering sooner; however, the vehicle will be traveling faster because there is little sideways braking force. This technique should only be attempted in situations where limited space and sharp curves exist – however, in this case do not reduce pressure on the brakes, because the vehicle will shoot off in the direction the wheels are facing.)

- Wait for the front wheels to grip the road again. As soon as traction returns, the vehicle will start to steer again.
- When the front wheels have regained their grip, steer the wheels gently in the desired direction of travel.
- Release the clutch or shift to drive and apply gentle accelerator pressures so that the engine speed matches the road speed, and accelerate smoothly to a safe speed.

### **Four-Wheel Skids**

Sometimes all four wheels lose traction. This generally occurs when the vehicle is driven at a speed too fast for conditions. The most effective way to get your vehicle back under control when all four wheels skid is:

- Ease foot off the accelerator or take your foot off the brake.
- De-clutch on a car with manual transmission or shift to neutral on a car with an automatic transmission, if you can do so quickly.
- Look and steer in the direction you want the front of the car to go.
- Wait for the wheels to grip the road again. As soon as traction returns, the vehicle will travel in the desired direction.
- Release the clutch or shift to drive and maintain a safe speed.

Note: Avoid using overdrive on slippery surfaces.

### **Braking**

- To survive on the road in winter, proper braking is essential.
- Stopping on slippery surfaces means motorists must increase sight lines, following and stopping distances.
- Beware of shaded spots, bridges, overpasses and intersections. These are areas where ice is likely to form first or be the most slippery.
- Braking if you don't have anti-lock brakes:

If you don't have anti-lock brakes, the most efficient technique for braking under these conditions is to use threshold braking together with de-clutching (manual shift) or shifting to neutral (automatic transmission). The best way to threshold brake (to make a controlled stop) is the heel-and-toe method. Keep the heel of your foot on the floor and use your toes to apply firm, steady pressure on the brake pedal just short of lockup to the point at which the wheels stop turning.

Under the stress of try to stop quickly, drivers almost inevitably overreact and lock the wheels. If this happens, use toe-and heel action to release brake pressure one or two degrees, then immediately reapply it with slightly less pressure.

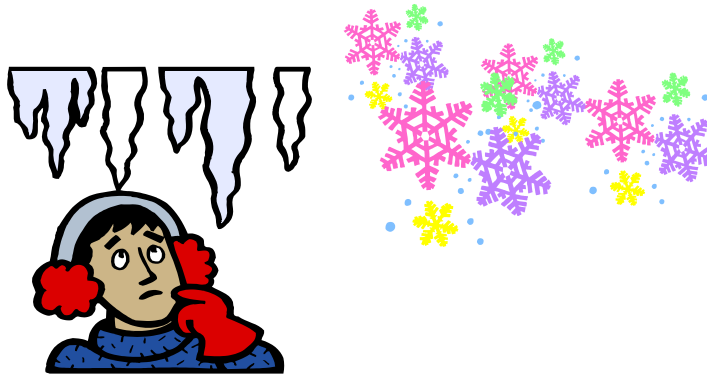
- Braking with anti-lock brakes:

According to a survey conducted by the CAA/AAA Foundation for Traffic Safety, 50% of people are unaware of how anti-lock brakes and traditional brakes differ. If you have an

anti-lock brake system (ABS), use the heel-and-toe method, but do not remove your foot from the brake. When you put on the brakes hard enough to make the wheels lock momentarily, you will typically feel the brake pedal pulse back against your foot. Don't let up! (Novice ABS users can try hard braking in a vacant snow-covered parking lot.)

- How ABS works:

A sensor located at each wheel detects when the wheel stops turning and starts to skid. As soon as the skid is detected, the anti-lock system relieves the pressure just enough to allow the wheel to turn again. This allows you to steer while you continue to bring the vehicle to a stop.



# Cold Weather Injury Prevention

It is that time of the year again, when the temperature is dropping, leaves are falling, and winter weather complete with freezing temperatures is right around the corner. If you don't know the threat cold weather brings, you can't fight it. Many generals have lost the battle of the cold. Napoleon learned this in 1812 when, during his retreat from Russia, he lost 250,000 Soldiers because of the cold weather. The U.S. Army has not been immune to cold weather. During World War II, records show 46,000 cold-weather injuries in the European theater from autumn 1944 to spring 1945. The most important preventive measure is planning for the cold weather. Make sure you have accurate weather information for the area and time of the mission. Be particularly aware of rain, snow and winds since wet conditions and wind-chill greatly increase chance of injury. Then:



- Ensure you have appropriate cold-weather clothing. The most important individual preventive measure is the proper wearing of cold-weather clothing and boots. Some Soldiers think wearing every article of cold-weather clothing issued is the way to go. Wrong! This can cause overheating and dehydration, or restrict circulation in the extremities which can increase the risk of frostbite.
- All cold-weather clothing should be worn loose and in layers. This allows for insulation by air trapped between the layers. Socks should be changed frequently and boots rotated.
- Proper wear of boots is important. Soldiers should not wear jungle boots in the snow, and intermediate cold-weather boots should not be worn indoors and out, year-round. Wet or damp boots need to be dried with warm air whenever possible. If boots are removed at night and moisture in them freezes, it can be just like sticking your feet in ice cubes the next day—a perfect set-up for cold injury.
- It is important to protect the hands and fingers by wearing proper cold-weather/water-resistant gloves.

Typical cold-weather injuries include chilblain, immersion foot or trench foot, frostbite, dehydration, and hypothermia.

**Chilblain** is caused by repeated exposure of bare skin for a long period to temperatures from 20° to 60° F. Some of the symptoms are skin that is swollen, red, (or darkening of the skin in dark-skinned Soldiers), tender, or hot. Itching may accompany any or all of these symptoms. First-aid treatment is to warm the affected area with direct body heat. Do not massage or rub the affected area; do not wet the area or rub it with snow or ice; and do not expose the affected area to open fire, stove or any other intense heat source.



**Immersion foot**, which is commonly known as **trench foot**, is caused by prolonged exposure of feet to wet conditions at temperature between 32° and 60° F, inactivity and damp socks and boots (or tightly laced boots that weaken circulation, which speeds onset and severity).

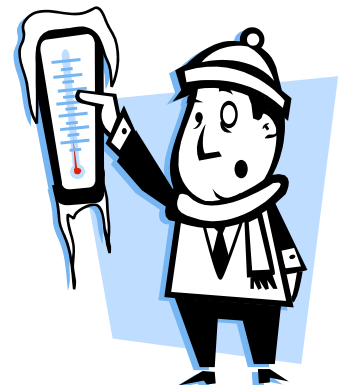
**Frostbite** is caused by freezing of tissue, normally due to exposure to temperatures below 32° F. Body parts that are most often affected include fingers, toes, ears and facial parts. Symptoms of frostbite are numbness; tingling; blistering; swelling or tenderness; pale, yellowish, waxy-looking skin (grayish in dark-skinned Soldiers); and frozen skin that feels wooden to the touch. Frostbite is a medical emergency. Consult medical personnel immediately and evacuate the victim as soon as possible. If not treated properly, frostbite can lead to gangrene and amputation. If you suspect frostbite, you must start first aid immediately. Warm the affected area with direct body heat. Do not thaw the frozen areas if treatment will be delayed; do not massage or rub the affected areas; do not wet the area or rub it with snow or ice; and do not expose the affected area to open fire, stove or any other intense heat source.



**Dehydration** is caused by a depletion of body fluids; symptoms include dizziness, weakness, and blurred vision. First aid treatment is to replace lost water, which should be sipped, not gulped, and to seek medical treatment.

Symptoms of trench foot are cold, numb feet, which may progress to hot with shooting pains and swelling, redness and bleeding. If you suspect trench foot, get medical help immediately. Re-warm feet by exposing them to warm air, and evacuate the victim to a medical treatment facility. Do not massage, rub, moisten or expose the affected area to extreme heat.

**Hypothermia** is caused by prolonged cold exposure and body-heat loss. Hypothermia may occur at temperatures well above freezing, especially when a person is immersed in water. Symptoms include a lack of shivering, drowsiness, mental slowness and lack of coordination. This can progress to unconsciousness, irregular heartbeat and even death. By knowing some of the other factors that can contribute to or prevent cold injury, you can further protect yourself.



- **Previous cold injuries.** Soldiers with previous cold injuries are more susceptible to another one. These Soldiers must be identified, and first-line supervisors should monitor them closely.
- **Tobacco.** Nicotine—regardless if it comes from a cigarette, snuff, pipe, or cigar—causes blood vessels to constrict. Tobacco decreases circulation and increases your risk for injury, especially in the hands and feet.



- **Alcohol and caffeine.** These can lead to increased urination and subsequent dehydration.
- **Skipped meals.** If you skip meals, the first thing the body does is to slow the metabolism. Slower metabolism means less heat production and increased chance of cold injury.
- **Inactivity.** Huddling up and not moving is the wrong thing to do. The more you move the more heat you produce. Decreased activity decreases the time it takes to get an injury.
- In addition to avoiding these contributing factors, you can prevent cold injury through these means:
- **Buddy system.** The buddy system is a great way to help prevent injuries if Soldiers are trained to know what to look for.
- **Self-checks.** A simple self-check is to pinch the fingernail and watch how fast the blood returns to your finger. The slower the return the higher the potential for a cold injury to the fingers or toes.

Prevention is the key, and all cold-weather injuries are preventable. Prevention is the responsibility of leaders at all levels, as well as the individual soldier.

**Note:** 154<sup>th</sup> Medical Detachment will conduct cold weather injury prevention classes for Area IV units on request. Units should call 764-4486 in the Daegu, Waegwan and Busan area.



## Wind Chill

Wind chill is the term used to describe the rate of heat loss on the human body resulting from the combined effect of low temperature and wind. As winds increase, heat is carried away from the body at a faster rate, driving down both the skin temperature and eventually the internal body temperature. While exposure to low wind chills can be life threatening to both humans and animals alike, the only effect that wind chill has on inanimate objects, such as vehicles, is that it shortens the time that it takes the object to cool to the actual air temperature (it cannot cool the object down below that temperature).

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

**GREEN** LITTLE DANGER (frostbite occurs in >2 hours in dry, exposed skin)  
**YELLOW** INCREASED DANGER (frostbite could occur in 45 minutes or less in dry exposed skin)  
**RED** GREAT DANGER (frostbite could occur in 5 minutes or less in dry, exposed skin)

**Read right and down from the calm-air line.**

**For example, a temperature of 0°F combined with a 20 mph wind, has an equivalent cooling effect of -22°F.**

The important thing to remember is that the wind chill index is a measure of the rate of heat loss, and is not a temperature. For example, the wind chill index tells you how quickly heat is lost to the wind, not how cold your fingers, a car radiator, or a glass of water will not freeze if the air temperature is above freezing and the wind chill is below freezing. Or, if your car's antifreeze is good down to -30°F, wind chills below -30°F will not harm your car (only if the air temperature drops below -30°F are you in trouble). For humans, there is no specific rule for determining when wind chills become dangerous. However, wind chill values below -20°F appear to significantly increase your risk of frostbite.

# Carbon Monoxide

Carbon monoxide (CO) poisoning is a “silent killer.” It occurs more frequently in winter, when people spend more time in a closed environment, such as homes, cabins, tents, autos, communications vans, maintenance shops, etc. The most common sources of CO in Korea are engine exhausts, heating stoves, and defective ondol heating systems fired by yontan (charcoal briquettes).

## Prevention

You can safeguard against carbon monoxide poisoning by making sure of the following:

- Never sit in vehicles for long periods with engine running and windows closed.
- Never sleep in or near vehicles with the engine running.
- Never operate engines in a closed garage without exhaust ventilation.
- Check to be sure there are no leaks in your vehicle exhaust system.
- Avoid the use of un-vented heaters and charcoal grills in closed areas.
- Avoid the lodging in a room or house heated by charcoal.
- If in doubt as to the heating system, open a window for ventilation.
- Avoid sleeping directly on the floor.
- Make sure heaters are set at the proper combustion ratio and heating system is leak free.

## Treatment

Recommend the following first aid for victims of carbon monoxide poisoning:

- Remove victim away from contaminated area into fresh air and loosen clothing.
- Give artificial respiration or CPR, as appropriate.
- If oxygen is available, give it to the victim by using a face mask.
- Seek medical attention immediately.
- Keep victim resting.



## Vehicle Preparation for Winter

Whether driving a Privately Owned Vehicle (POV) or an Army Motor Vehicle (AMV), the first important step to consider in winter driving is vehicle preparation. Without proper preparation, you may find yourself stranded and in a life-threatening situation. Use the checklist below to prepare your POV for the long cold winter months. If driving an AMV, follow the maintenance checklist provided by your motor pool for your military-unique vehicle.

- Your battery and ignition systems should be in top working order. Be especially careful to check that your battery terminals are clean and in good condition. Minor problems with your battery and ignition systems can become major ones in bouts of cold weather.
- Your brakes should also be inspected prior to driving in winter conditions. Make sure that brake wear and brake fluid levels are fine. If brakes are excessively worn and/or the brake fluid level is too low, brakes can grab, which is serious hazard on snow and ice.
- Check your antifreeze and be ready for colder temperatures. You may want to add special solvent to your windshield washer reservoir to prevent icing.
- Check your tires. Make sure they are properly inflated and the tread is in good condition. Always carry chains. Make sure they are the proper size for your tires and are in working order. You might want to take along a flashlight and chain repair links. Chains must be installed on the drive wheels. Make sure you know if your vehicle is front or rear wheel drive.
- Check windshield washers to ensure washer motor is working and nozzles are properly aligned.
- Check radiator hoses for leaks, cracks, and ensure clamps are tight. Replace cracked or brittle hoses.
- Check headlight, taillights, parking lights, and turn signals. Also check interior lights, such as map or dome lights. Ensure headlights are properly aligned.
- Check oil and filter. Use oil weight recommended for extreme cold temperatures.
- SURVIVAL ITEMS are important. Some items you may want to include are:
  - ✓ Shovel, Flashlight, Tool Kit,
  - ✓ Traction Mats,
  - ✓ Tow Chain or Strap, Tire Chains,
  - ✓ Flares (road type), Dry Sand in sealed container,
  - ✓ Sleeping Bag/Blanket,
  - ✓ Ice Scraper and Brush,
  - ✓ First Aid Kit, High Energy,
  - ✓ Food/Water,
  - ✓ Candle and Matches.

Periodically re-check your vehicle to ensure proper maintenance. Have qualified mechanics complete the work that may be beyond your capabilities. You may have to depend on your car for survival, so be prepared.



## Snow and Ice Removal

Slips and falls on icy walkways account for a large percentage of personnel injuries during the fall and winter months. Many of these accidents result in serious head, spinal and fracture injuries. The best prevention for these accidents is the prompt removal of snow/ice before it becomes a hazard.

Prior to the arrival of the winter season, all units should prepare for snow/ice removal tasks by ensuring the following minimum supplies are available.

<u>ITEM</u>	<u>SOURCE</u>
Broom, Upright	PX
Shovel, Hand	Four Season
Sand	DPW
Urea (De-icer)	DPW



DPW can supply urea (De-icer) and sand by contacting their work order section (768-7969) during duty hours or calling the Fire Department (764-4120) off-duty hours.

Remove snow/ice from high-traveled areas such as outside stairs and entrance/exit ways to include all fire exits. When snow/ice cannot be removed, use sand to increase traction. Follow these guidelines too:

- Remind personnel to be extra cautious when taking that first step outside. The majority of falls occur when people make the transition from firm, indoor footing to unexpectedly-slick outdoor conditions.
- Avoid marching Soldiers over slick/icy roads and walkways.
- Ensure firm footing for ladders and platforms before climbing. Use caution when mounting or working on large size vehicles.

Clean up water which has a tendency to collect inside building entrances as the result of snow/ice deposits from footwear.



## Winter Walking

Careful people should not fall while walking, but they do. They forget to walk carefully or they hurry on icy sidewalks, streets, or snow-covered building entrances. Additionally, snow drifts can cover signs and landmarks. They can block corners, crosswalks. We should use common sense about how we walk and the footwear we wear.

Short steps and picking your path are the best aids on ice. Use footwear with soles made for winter.

Extra care is a must for winter walking.

- Walk defensively. Slippery streets, sidewalks and early darkness pose extra dangers. Use crosswalks. If the sidewalks and walkways are impassable and you have to walk in the street, walk against traffic and as close to the curb as you can.
- Watch for traffic. Cars require much longer braking distances to stop on ice and snow.
- Avoid “overloading”. Keep your balance. Keep your packages together. Don’t block your line of vision.
- Choose footwear that will give you maximum traction.
- Bending your knees a little and taking slower and shorter steps can greatly reduce your chances of falling.
- Keep out of streets. Even if sidewalks are snowier, they’re safer.

NOTE: Commanders/leaders must ensure that snow and ice removal equipment and supplies are prepared during winter months.



***Falls kill more people than any other kind of accident!***

## Winter Weapons Safety

Sure, cold weather affects people - but what does it do to that M-16 you are carrying? Extreme cold weather can cause weapon malfunctions and breakages.

Snow is a big reason for malfunctions. It can get into the working parts, sights, and even the barrel of a weapon. So when you are moving through snow-covered woods or digging a foxhole in the snow, take care of your weapon. Keep it out of the snow and always check it for snow clogs before you fire. Breakage can result when a weapon is warmed up too quickly in a cold environment. Extreme cold makes tempered steel brittle. Rapid firing of the weapon can further weaken the temper by heating the barrel and weapon to sudden temperatures up to 750°F.

Fire cold weapons at a slow rate of fire initially. Once the parts have warmed up, increase the rate of fire to normal speed.

A sweating weapon can also cause problems. Condensation forms on a weapon taken from extreme cold into heated shelter. When the weapon is taken back outside, the sweat freezes on and in the weapon. This freezing can cause malfunctions and even breakage.

Don't take a sweaty weapon out in the cold - get rid of sweat completely, even if disassembling the weapon and re-oiling after cleaning are necessary.

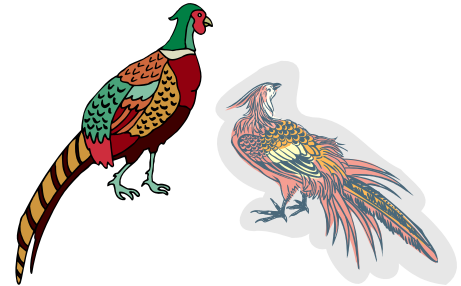
Cold-weather operations cause other weapons' problems. For more information, check FM 31-70, "Basic Cold Weather Manual." It could save you real trouble during winter operations.



# Hunting Safety

## For the best hunting, leaders should ensure hunters know to –

- Wear required safety gear.
- Use proper weapons-handling procedures.
- Familiarize themselves with the hunting area.
- Familiarize themselves with local hunting regulations.
- Inspect equipment such as deer stands for loose parts before each use.
- Always carry basic first-aid kit.



## Safety Procedures

### General

- Treat every weapon as if it's loaded. NEVER assume a weapon is unloaded.
- Never handle a weapon until first inspecting to determine if it's loaded or not.
- Ensure your weapons function properly, especially the safety.
- Be familiar with the local laws concerning the purchase, transportation, shooting, and storage of all types of small arms and ammunition.
- Be constantly aware of where the muzzle is pointed. Always keep it in a safe direction.
- Never handle a weapon while under the influence of drugs or alcohol (to include shooting, transporting, and cleaning).
- Never point a weapon at something you don't intend to shoot (even if you're sure it's unloaded).
- Don't load a weapon until you're about to shoot.
- Keep your finger outside the trigger guard until you're ready to shoot.
- Never pull the trigger of a loaded weapon to check the safety.
- Be aware of how far ammunition can travel. Shotgun pellets, 500 yards; shotgun slugs, 1/2 mile.

### Field

- Ensure the bore remains unobstructed.
- Control your muzzle; don't depend on friends to avoid it.
- Always unload your weapon before crossing a fence or ditch, climbing into a stand, field dressing game, or going into a car or building.
- Communicate with members in the hunting party. Determine zones of fire, individual locations, and meeting places and times.
- Be sure of your target and what is beyond it.
- Take your time with a shot. If you're rushed or unsure, pass it up.
- Be sure your ammunition matches your weapon.



- Carry only one caliber or gauge weapon and just the one type of ammunition for it.
- Be familiar with and obey local hunting regulations.
- Wear high-visibility (hunter) orange clothing.
- Carry handguns with the hammer down on an empty chamber.

### **Storage**

- Deny children and untrained adults access to all small arms.
- Store your weapons unloaded.
- Consider trigger locks for your weapons.
- Store your weapons and ammunition separately.
- Store ammunition in its original package.
- Don't mix ammunition.
- Maintain records of your weapons' serial numbers, make, model, caliber, and accessories in case of theft.



## Hiking and Camping Safety

Hiking and camping provide exercise and interest for people of any age. Just getting out and walking around is a wonderful way to see nature. Since unexpected things happen, however, the best way to help guarantee a good time for all is to plan carefully and follow commonsense safety precautions.

- If you have any medical conditions, discuss your plans with your health care provider and get approval before departing.
- Review the equipment, supplies, and skills that you'll need. Consider what emergencies could arise and how you would deal with those situations. What if you got lost, or were unexpectedly confronted by an animal? What if someone became ill or injured? What kind of weather might you encounter? Add to your hiking checklist the supplies you would need to deal with these situations.
- Make sure you have the skills you need for your camping or hiking adventure. You may need to know how to read a compass, erect a temporary shelter or give first aid. Practice your skills in advance.
- If your trip will be strenuous, get into good physical condition before setting out. If you plan to climb or travel to high altitudes, make plans for proper acclimatization to the altitude.
- It's safest to hike or camp with at least one companion. If you'll be entering a remote area, your group should have a minimum of four people; this way, if one is hurt, another can stay with the victim while two go for help. If you'll be going into an area that is unfamiliar to you, take along someone who knows the area or at least speak with those who do before you set out.
- Some areas require you to have reservations or certain permits. If an area is closed, do not go there. Find out in advance about any regulations--there may be rules about campfires or guidelines about wildlife.
- Pack emergency signaling devices, and know ahead of time the location of the nearest telephone or ranger station in case an emergency does occur on your trip.
- Leave a copy of your itinerary with a responsible person. Include such details as the make, year, and license plate of your car, the equipment you're bringing, the weather you've anticipated and when you plan to return.

### What to Bring: A Hiking Checklist

What you take will depend on where you are going and how long you plan to be away, but any backpack should include the following:

- Candle and matches
- Cell phone
- Clothing (always bring something warm, extra socks and rain gear)
- Compass



- First aid kit
- Food (bring extra)
- Flashlight
- Foil (to use as a cup or signaling device)
- Hat
- Insect repellent
- Map
- Nylon filament
- Pocket knife
- Pocket mirror (to use as a signaling device)
- Prescription glasses (an extra pair)
- Prescription medications for ongoing medical conditions
- Radio with batteries
- Space blanket or a piece of plastic (to use for warmth or shelter)
- Sunglasses
- Sunscreen
- Trash bag (makes an adequate poncho)
- Water
- Waterproof matches or matches in a waterproof tin
- Water purification tablets
- Whistle (to scare off animals or to use as a signaling device)

Always allow for bad weather and for the possibility that you may be forced to spend a night outdoors unexpectedly. It's a good idea to assemble a separate "survival pack" for each hiker to have at all times. In a small waterproof container, place a pocket knife, compass, whistle, space blanket, nylon filament, water purification tablets, matches, and candle. With these items, the chances of being able to survive in the wild are greatly improved.

## Ice Skating Safety

Ice skating is a fun winter activity, and a great exercise! These safety tips to help you and your family enjoy safe skating.

- Wear skates that fit comfortably and provide enough ankle support to keep you on your feet.
- Have the blades professionally sharpened at the beginning of each season.
- Skate only on specially prepared skating areas where you are sure the ice is strong enough to withstand your weight.
- Always check for cracks, holes and other debris.
- Before setting out on your skating expedition, learn basic skating skills, such as how to stop and fall safely.
- Wear warm clothing and rest when you become tired or cold.
- Never skate alone.

## Sledding Safety

Sled riding is a great way to have fun in the winter, but play it safe. Always remember these important safety tips:



- Wear a helmet.
- Wear warm clothing – including heavy gloves and boots.
- Know how to stop your sled or make a sharp turn by dragging your feet.
- If your sled won't stop or if you are out of control, roll off your sled and onto the ground. Don't worry about your sled after you roll off. You can get it back after it stops sliding.
- Make sure your sled is in good condition and isn't broken. In addition, always tell an adult if you have a crash.
- Only use the sled your parents or guardians gave you. Never use an inner tube, saucer or disk. You can get hurt because you can't steer them.
- Only sled ride when an adult is present.
- Never sled ride in unsafe areas like the street, driveways, rocky hills or near a cliff.
- Never ride into a snow bank – the snow may hide a tree stump or rocks.
- Never sled ride when it is icy. Ice makes the sled go too fast. Moreover, you can't steer or stop a sled when you're on ice.
- Never sled ride in the dark.
- Never ride a sled that is being pulled by a car, truck, or ATV.

## **Ski and Snowboarding Safety**

Anyone can reach the top of a slope. It's getting down safely that can get tricky. According to the National Injury Information Clearinghouse, more than 40,000 skiers were treated in emergency rooms for injuries in one year alone. These skiers ranged in age from the very young to age 64. Skiing is a demanding sport; skiers should be physically fit and properly conditioned before attempting to sail down the slopes.

### **Tips for Prior to Hitting the Slopes**

- Get in shape. Don't try to ski yourself into shape. You'll enjoy skiing more if you're physically fit.
- Obtain proper equipment. Be sure to have your ski or snowboard bindings adjusted correctly at a local ski shop. You can rent good ski or snowboarding equipment at resorts.
- When buying skiwear, look for fabric that is water and wind resistant. Look for wind flaps to shield zippers, snug cuffs at wrists and ankles, collars that can be snuggled up to the chin and drawstrings that can be adjusted for comfort and keep wind out. Be sure to buy quality clothing and products.
- Dress in layers. Layering allows you to accommodate your body's constantly changing temperature. For example, dress in polypropylene underwear (top and bottoms), which feels good next to the skin, dries quickly, absorbs sweat and keeps you warm. Wear a turtleneck, sweater and jacket.
- Be prepared. Mother Nature has a mind of her own. Bring a headband or hat with you to the slopes, 60 percent of heat-loss is through the head. Wear gloves or mittens (mittens are usually better for those susceptible to cold hands).
- Wear sun protection. The sun reflects off the snow and is stronger than you think, even on cloudy days!
- Always wear eye protection. Have sunglasses and goggles with you. Skiing and snowboarding are a lot more fun when you can see.



### **Tips for while on the Slopes**

- Take a lesson. Like anything, you'll improve the most when you receive some guidance. The best way to become a good skier or snowboarder is to take a lesson from a qualified instructor.
- The key to successful skiing/snowboarding is control. To have it, you must be aware of your technique, the terrain and the skiers/snowboarders around you.
- Be aware of the snow conditions and how they can change. As conditions turn firm, the skiing gets hard and fast. Begin a run slowly.
- Skiing and snowboarding require a mental and physical presence.
- If you find yourself on a slope that exceeds your ability level, always leave your skis/snowboard on and side step down the slope.

- The all-important warm-up run prepares you mentally and physically for the day ahead. Drink plenty of water. Be careful not to become dehydrated.
- Curb alcohol consumption. Skiing and snowboarding do not mix well with alcohol or drugs.
- Know your limits. Learn to ski and snowboard smoothly-and in control. Stop before you become fatigued and, most of all have fun.
- If you're tired, stop skiing. In this day and age of multi-passenger gondolas and high-speed chairlifts, you can get a lot more time on the slopes compared to the days of the past when guests were limited to fixed grip chairlifts.
- Follow the "Your Responsibility Code," the seven safety rules of the slopes:

### **Your Responsibility Code**

Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross country and other specialized ski equipment, such as that used by disabled or other skiers. Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce. Observe the code listed below and share with other skiers the responsibility for a great skiing experience.

1. Always stay in control.
2. People ahead of you have the right of way.
3. Stop in a safe place for you and others.
4. Whenever starting downhill or merging, look uphill and yield.
5. Use devices to help prevent runaway equipment.
6. Observe signs and warnings, and keep off closed trails.
7. Know how to use the lifts safely.

## Information on Muju Ski Resort

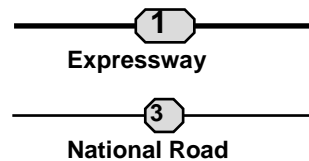
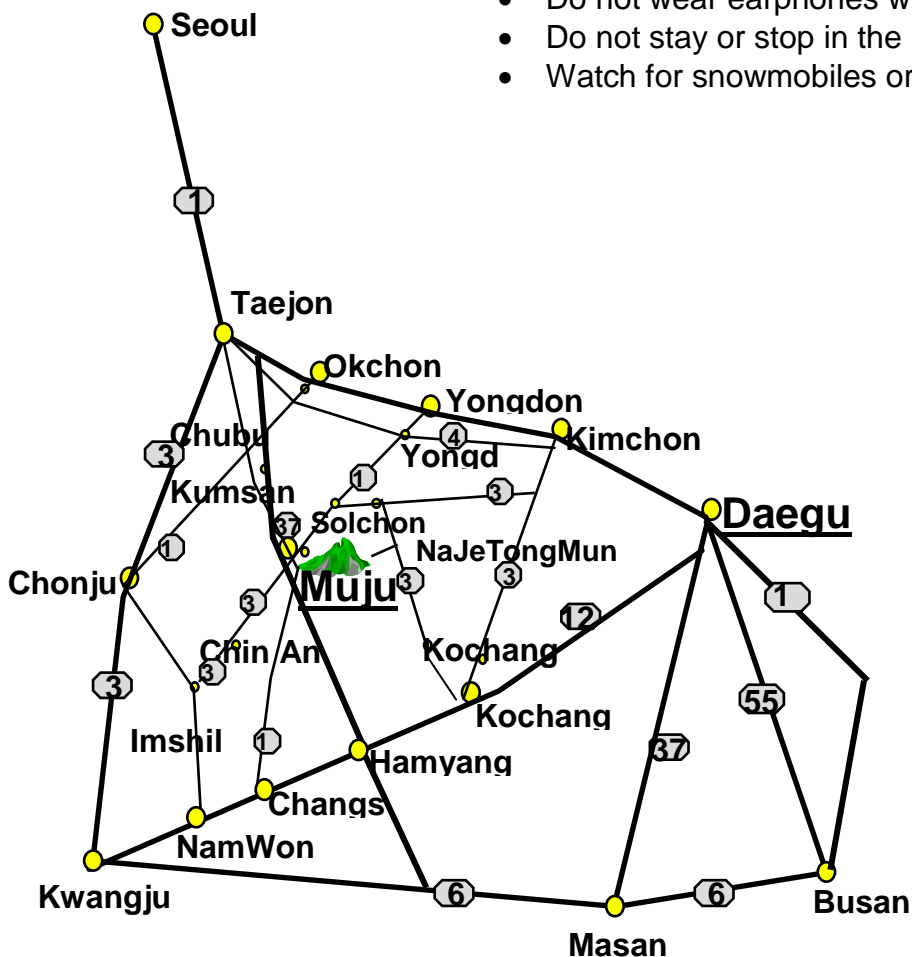
Muju Resort has been rapidly gaining an international reputation because the Federation of International Ski (FIS) recognized its ski course and facilities in April 1990 for its optimum conditions for world-level ski games.

Muju Ski Resort only 2 hours from Daegu by bus (see route map below)

### *Safety Rules for Muju Ski Resort*

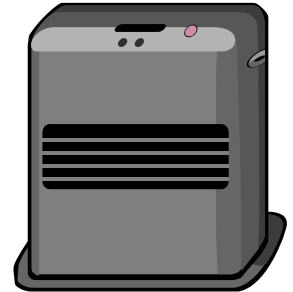
Muju Ski Resort established the following safety rules for their patron's compliance:

- Watch for other skier or objects by controlling ski speed.
- Watch for skiers who are in a lower area.
- Yield the right-of-way to the skiers who already entered ski slope.
- Follow warning signs posted and do not enter blocked areas.
- Follow patrol personnel's instructions.
  - Do not engage in horseplay.
  - Do not ski under the influence of alcohol and/or drugs.
  - Do not wear earphones while skiing.
  - Do not stay or stop in the middle of a slope.
  - Watch for snowmobiles or other equipment operating.



## Kerosene Heater Safety Tips

Use of privately owned space heaters is prohibited in Eighth Army tents, buildings, and vehicles. Heaters must meet requirements of a responsible national standards organization such as UL, ANSI, International Standards Organization, FM or the Japanese Ministry of International Trade Industry. Users of privately-owned, un-vented, catalytic-type kerosene heaters in off-post quarters must strictly comply with the manufacturer's instructions and the fire prevention measures.



### How to Correctly Operate your Kerosene Heater

- Read and follow the manufacturer's directions for correct operation and maintenance of the heater. Keep the instruction booklet available for future reference.
- Use only Grade K-1 kerosene. It should be as clear as water. Yellow or colored kerosene will smoke, emit unpleasant odors, and damage the operation of the wick on the heater.
- Never use additives designed to purify kerosene. These additives have not been proved effective, and in fact in many cases they are highly flammable and dangerous liquids.
- Never use gasoline, camp stove fuel or other flammable liquids in your kerosene heater.
- Kerosene should be stored in a vented metal container with a tight fitting lid. It should be clearly marked FOR KEROSENE USE ONLY. Never use a red container or any container that has had a flammable liquid in it. For safe storage, never keep kerosene near any source of heat or ignition.
- Provide adequate ventilation. This can be done either by opening a door to an adjacent room or by leaving a window open.
- Place the heater away from curtains, furniture and other combustibles. Make sure that it is not blocking an exit or walkway.
- Kerosene heater surfaces are very hot. Severe burns will occur if these surfaces are touched. Keep small children away from the heater and instruct them not to touch the controls.
- Since kerosene heaters have an open flame, do not use flammable solvents, lacquers, aerosol sprays or gasoline in the same room.
- When turning the heater off, make sure the flame is extinguished before leaving the area or retiring for the night. NEVER leave a heater "on" while unattended.
- Refill the heater outside when the unit is cool. Use a siphon pump to prevent spillage. NEVER refuel heater while it is burning.

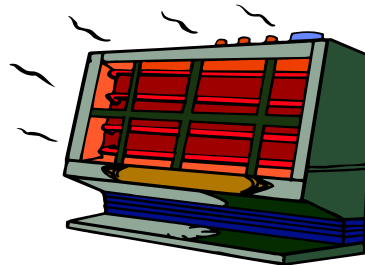
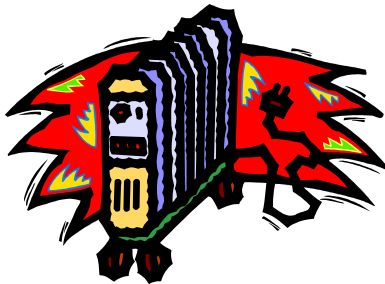
The majority of fires and casualties relating to kerosene heaters have resulted from the abuse and misuse of the heater by the operator. Make sure to retain the manufacturer's instructions and these safety tips, and review this information before each heating season and from time to time during the season.



## Portable Electric Heater Safety Tips

Portable electric space heaters are the safest of all room heaters. There's no odor, no flame and no fuel to fill or spill. Nevertheless, as with any other electric appliance, proper use will ensure your family's safety.

- Select a heater that's approved by Underwriters Laboratories. Look for the UL label on the heater.
- Read the manufacturer's instructions completely before using.
- Check to be sure the heater has reliable thermostat controls.
- Keep the heater at a safe distance from furniture, draperies and other objects that could catch fire.
- While heater cords normally become warm during use, stop using the heater if the cord becomes hot.
- Avoid using extension cords with the heater.
- Unplug the heater when you leave home, before going to sleep and when not in use.
- Keep children away from space heaters.
- Never use your kitchen stove or oven as a space heater.
- Use the heater on the floor only; never place one on a counter top or furniture.
- Make sure others a tip-over switch or a heat sensor (or both) that turns off the heater if it falls over.



## LPG-Burning Heater Safety Precaution

LPG, such as butane and propane, are flammable and relatively nontoxic but may act as an anesthetic. They are heavier than air. LPG is odorless but in Korea it has a foul smell due to odorant additive.

- Licensed Korean gas-company personnel must install stoves and heaters.
- Keep gas containers outside buildings and protect them against direct sunlight or other sources of heat.
- Inspect the hoses and appliances. The plastic/rubber-type hose is subject to hardening, cracking, and leaking as it ages.
- Shut off the safety valve on the hose line and appliances when not in use.
- When hooking up a new LPG tank, listen for leaks and test container tank/connections with soapy water.
- Main valve on the tank must be shut off when occupants are expecting to be away from their residence for extended periods.
- Install an alarm system to detect LPG leakage.
- Ventilation is required prior to turning on stoves or heaters.





## Holiday Home Safety

The holidays are a joyful time of the year as we gather with our families and friends. Often, our lives become very hectic as the season approaches, and it's easy to overlook common safety precautions. Just as there are safety rules and precautions to help you on duty, there are also safety guidelines to help you through the holidays while off duty.

As joyous as the season is, we must remember to keep our guard up when it comes to accident prevention. So, as you're making your holiday list, put safety at the top.

### Christmas Trees

- Christmas trees are one of the most popular traditions of the season - and one of the most dangerous. Whether you choose a live tree or an artificial one, there are certain precautions that must be followed.
- Freshness is the most important safety factor. The higher the moisture content, the less likely the tree is to dry out and become a fire hazard. The best way to ensure a tree is fresh is to cut it yourself; however, sometimes that can't be done. Pre-cut trees can be just as good if you use these tests to help judge a tree's freshness:
- Lift the tree and tap the trunk on the ground. Only a few needles should fall, and the trunk should be sticky with sap.
- Make sure the needles are attached firmly to the twigs and that the needles can be bent without breaking. Once you get the tree home, take these precautions to keep it fresh:
- Immerse the tree in a bucket of water until ready to decorate.
- When you're ready to put up the tree, cut a one-or two-inch diagonal slice off the bottom of the trunk. The new cut helps the tree absorb water and will preserve freshness.
- Put the tree in a sturdy stand with widespread legs and keep the stand filled with water the entire time the tree is indoors.
- Keep the tree at least three feet away from heat sources such as fireplaces and space heaters. When the holidays are over, take the tree outside as soon as possible. Recycle or discard it according to your local city or county regulations.
- If you are considering using an artificial tree this year, look for the label "Fire Resistant" when purchasing. Be aware that even fire-resistant artificial trees can catch fire - especially if they have years of dust buildup on them. Wash the artificial tree each year and store the parts in plastic bags. When decorating, be sure lights are designed for artificial tree use.

**Important:** To keep your tree from being knocked over, set it up where it is out of the way of traffic and does not block entrances or exits.



## Lights

- Mixing and matching lights can create a fire hazard, so keep outside lights outside and inside lights inside. Examine lights before you hang them. Check to see that each strand has a United Laboratory (UL) label, indicating it has been safety tested. Inspect the light strings and cords for fraying, bare wire, loose connections and broken sockets. After replacing missing or broken parts, check each set by setting it on a nonflammable surface and plugging it in for 10-15 minutes to see that the lights don't melt or smoke.
- Now that you have examined the lights, you're ready to hang them. Be sure to take the following precautions:
- Position the bulbs so they are not in direct contact with needles or ornaments. Also keep lights away from curtains or flammable materials.
- Don't overload electrical outlets. Don't connect more than three sets of lights to an extension cord.
- Keep cords and plugs away from the water under the tree.
- Don't run a cord under a rug or carpet, since wires may overheat and surrounding materials could catch on fire.
- Be cautious when placing cords behind furniture - if pinched, cords may fray.



**Remember:** Unplug all decorations inside and outside the home before leaving the house or going to bed.

## Holiday Parties and Alcohol

**It's great to get together with coworkers and friends to celebrate the season. Let common sense be your guide. Please don't drink and drive. Use a designated driver or take a taxi home. Better yet, don't overdo it. If you're hosting a party, serve plenty of food along with the drink.**



## Holiday Blues

Finally, the holiday season - a joyous season for most people - can be just the opposite for many Soldiers away from home perhaps for the first time. Being alone for the holidays can have a depressing effect. Don't let someone you know spend the holidays alone. The true meaning of the season is that of giving and opening our hearts to others.

From our family to yours, we wish you a truly happy, healthy, and safe holiday season.

## **Winter Fire Safety Tips for the Home**

U.S. fire departments responded to an estimated 1,451,500 fires. These fires resulted in 3,320 civilian fire fatalities, 16,705 civilian fire injuries and an estimated \$15.5 billion in direct property loss. There was a civilian fire death every 158 minutes and a civilian fire injury every 31 minutes in 2008. Home fires caused 2,755 or 83% of the civilian fire deaths. Fire accounted for six percent of the 25,252,500 total calls. Nine percent of the calls were false alarms; sixty-two percent of the calls were for aid such as EMS. Here are some other suggestions for keeping the home fires safe.

### **Fireplaces**

When temperatures inside are kept down, a crackling fire in the fireplace is a cozy and cheery way to keep warm but these fires, if not carefully tended, could cause tragedy. To use them safely, follow these guidelines:

- Do not use flammable liquids to start the fire.
- Keep a metal screen in front of your fireplace. Flying embers can start fires.
- Don't use excessive amounts of paper to build roaring fires in fireplaces. It is possible to ignite soot in the chimney by overbuilding the fire.
- Never burn charcoal in your fireplace, in a charcoal broiler or in a hibachi unit inside your home. Burning charcoal gives off deadly amounts of carbon monoxide.
- Be sure no flammable materials hang down from or decorate your mantel. A spark from your fireplace fire could ignite these materials and cause a fire.
- When you go to bed, be sure your fireplace fire is out. Never close your damper with hot ashes in the fireplace. A closed damper can help hot ashes build up heat to the point where a fire could flare up and ignite the room while you are asleep.
- If your fireplace hasn't been used for some time, have it and the chimney checked before using.
- Follow the directions on the package if you use man-made logs. Never break a man-made log apart to quicken the fire.

### **Furnace Heating**

It's important that you have your furnace checked out and cleaned regularly, and that it be in good working condition. Furnace fire safety tips need to be observed all year round. Some things you should know:

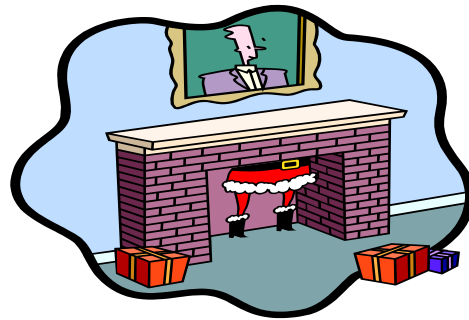
- Be sure all furnace automatic controls and emergency shutoffs are in good condition.
- Leave furnace work to experts. Don't attempt repairs unless you are qualified.



- Have the repairman check the wall and ceiling near the furnace and flue. If they are hot, additional insulation or clearance may be needed.
- Check the flue pipes. Are they well supported? Free of holes and clean?
- Is the chimney solid? No cracks or loose bricks? All unused flue openings should be sealed with solid masonry.
- Keep trash and combustible storage away from the heating system.
- Don't store hot ashes in the home; take them outside immediately.

## **Room Heating**

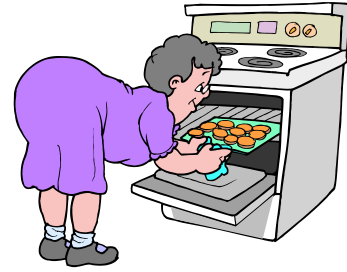
Space heaters and heating stoves are used throughout the nation to increase the warmth in rooms. They do the job but can be dangerous. In order to use them safely, follow these guidelines.



- Never use a fuel burning appliance without proper vents to the outside. Burning fuel (kerosene, coal or propane, for example) produces deadly fumes.
- Be sure your heater is in good working condition. All room heaters need frequent checkups and cleaning. A dirty or neglected heater is a critical fire hazard.
- Use only the proper fuel for each heater. Never introduce a fuel into a unit not designed for that fuel.
- Never quicken a fire with kerosene or gasoline.
- Keep gasoline or other flammable liquids stored outside of the home at all times.
- Maintain adequate clearance in all directions around space heaters and heating stoves. (Surrounding surfaces should not become too hot for your bare hand.) Three feet is the minimum.
- Use a screen around stoves or space heaters which have open flames. Give the heater adequate clearance from walls and combustibles such as clothes racks, curtains, beds, or other furniture.
- If you use an electric heater, be sure your house wiring is adequate. Avoid overloading the circuit and overloading extension cords.
- Avoid using electric space heaters in bathrooms and certainly do not touch one when you're wet.
- Avoid the use of Kerosene Heaters.
- When refueling an oil unit, don't overfill it. If cold fuel is used, it will expand as it warms up inside your home and may cause burner-flooding; this could cause flare-ups. Don't fill your heater while it is burning.
- Keep young children away from space heater-particularly when they are wearing nightgowns. The nightgowns can be sucked in by a draft created by the heater and ignited.

## Kitchen Stoves

- Never use a gas range or an oven to heat your kitchen. Any un-vented fuel burning appliance is capable of producing deadly levels of carbon monoxide.
- Don't leave lit oven doors open. Children could burn themselves on the heating elements.



## Detection, Escape and Fire Extinguishers

All homes, condominiums, and apartment residences (including hotel rooms) are required by law to have smoke detectors installed. Install a smoke detector outside the bedroom areas on the ceiling and on every living area of your home. Test your smoke detectors at least once a month, and replace their batteries once a year.

Have a fire escape plan and have the entire family practice it. If windows are emergency exits in your home, train your family to use them in case a fire should strike and see that the storm windows open easily. Plan a meeting place outside for all family members to meet after practicing your drill. This will help to ensure that everyone has escaped the building safely. Make sure every member of your household knows what to do if there is fire. Also, buy a fire extinguisher for your home and make a habit of inspecting it on a regular basis.

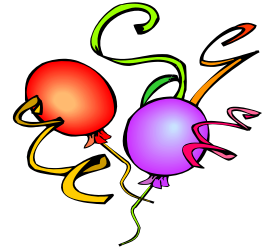


## Safety Tips for Toys

Here are some guidelines for selecting safe toys and looking at old ones:

### Infants

- Never buy toys with cords and strings that can become wrapped around an infant's neck.
- Buy large rattles, teeters, and squeeze toys that cannot get lodged in an infant's throat.

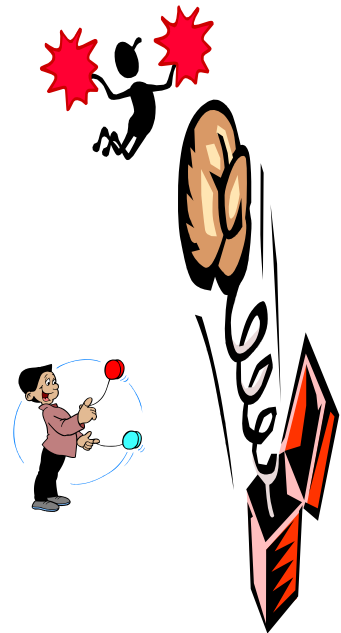


### Children Under Age 3

- Do not buy toys with small parts for children under 3 years old. This includes marbles, small balls and balloons, which can choke a young child.
- Use caution when giving toys to older children who have siblings under age 3. Younger children often are injured by toys that are meant for their older siblings.
- Buy toys made of sturdy construction with tightly-secured eyes, noses and other small parts.

### Children Under Age 8

- Do not buy toys with sharp points or metal edges.
- Do not buy electrical toys with heating elements.
- Avoid buying toy guns that look like and can be mistaken for real guns. Some cap guns can injure a child's hearing.
- If you buy arrows or darts (not recommended for children under age 5), make sure they have rubber suction cups or flexible, protective tips that stay secured when used.
- Do not buy balloons for children under age 8. Un-inflated balloons and broken pieces can choke a child.



### Toys at All Ages

- Read warning labels for age recommendations. Even the brightest child should not be given a toy labeled specifically for an older child. Toys meant for older children may have parts or strings that can choke or strangle a younger child.
- Always give a safety helmet with the gift of a bicycle. Bicycles are associated with about 300 deaths and 400,000 injuries annually to children under age 15. Helmets decrease the risk of death and severe injury.
- Buy the appropriate protective gear to complement all gifts of sporting equipment. For example, if you give a gift of in-line skates, be sure to buy a helmet and wrist, elbow, knee, and shin pads.