



# US ARMY GARRISON HUMPHREYS Safety Bulletin



Safety Bulletin #11-10

## ATTENTION

### *Staying Safe in Cold Weather*



•The winter season is upon us. Exposure to cold can cause injury or serious illness such as frostbite or hypothermia. The likelihood of injury or illness depends on factors such as physical activity, clothing, wind, humidity, working and living conditions, and a person's age and state of health. Follow these tips to stay safe in cold weather:

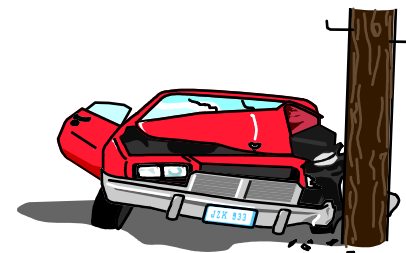
•Dress appropriately before going outdoors. The air temperature does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite. Wind speed can create dangerously cold conditions even when the temperature is not that low. If possible, dress in layers so you can adjust to changing conditions. Avoid overdressing or overexertion that can lead to heat illness.

Traveling and winter can be a dangerous combination. Allow extra time when traveling. Monitor weather conditions carefully and adhere to travel advisories.

Keep a winter storm survival kit in your car. This should include blankets, food, flares, chains, gloves and first aid supplies.

NEVER allow anyone who has been drinking alcohol to drive.

Cold- and heat-related emergencies can occur quickly. Be prepared!





# US ARMY GARRISON HUMPHREYS Safety Bulletin



Safety Bulletin # 11-27



## ATTENTION Christmas Safety Tips



- ▲ Unplug light string before replacing a bulb. Review the original package to verify proper wattage and voltage.
- ▲ Never use electric lights on a metallic tree, use colored spot lights.
- ▲ Make sure trees hung with X-mas lights are not touching power lines.
- ▲ Install at least one carbon monoxide detector in your home.
- ▲ Have an operable fire extinguisher readily available.
- ▲ Ensure that Smoke Detector is working properly.
- ▲ Use only outdoor lights outside your home.
- ▲ Examine light strings each year, discard worn ones.
- ▲ Fasten the bulbs securely and point the sockets down to avoid moisture build up.
- ▲ Connect no more than three strands together.
- ▲ Never use indoor extension cords outside.
- ▲ Avoid overloading wall outlets and extension cords.
- ▲ Keep outdoor electrical connectors above ground and out of puddles and snow.



**DO NOT USE CANDLES ON OR AROUND CHRISTMAS TREES**





# US ARMY GARRISON HUMPHREYS **Safety Bulletin**



Safety Bulletin # 11-09

## **ATTENTION**

### *Carbon Monoxide Poisoning The Silent Killer!*

**Carbon Monoxide (CO) is a poisonous, invisible, odorless, tasteless gas that kills people every year.** It is produced whenever fuels e.g., gasoline, diesel, kerosene, wood are burned. (Families are often poisoned when they use charcoal barbecue grills indoors).

**Soldiers can be exposed to CO when fuel burning equipment/vehicles are used in poorly ventilated situations.** Vehicles, tent stoves, M-2burners, generators, kerosene heaters, etc., can all produce fatal levels of CO.

**CO poisoning can be prevented by: adequate ventilation, venting vehicle/equipment exhaust outside, and good vehicle/equipment PMCS.** Look for exhaust system/manifold leaks on vehicles, generators, and heaters. Ensure tent stove exhaust pipes are unobstructed. Always keep a tent flap/window partially open when fuel heaters are in use.

**Never sleep in vehicles with the engines running.** If the vehicle is running to keep the heater on keep a window down an inch.

**All soldiers must know the symptoms of CO poisoning: nausea, dizziness, headache, and unconsciousness in severe cases. If CO poisoning is suspected: move to fresh air immediately, perform CPR if victim is unconscious, call medic, ventilate area before returning, inspect fuel burning source.**

Safety Bulletin # 11-08

## ATTENTION



### *Halloween Safety Tips for Kids and Adults*

With witches, goblins, and super-heroes descending on neighborhoods across America, USAG-H Safety Office offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun.

- 🍁 Walk, slither, and sneak on sidewalks, not in the street.
- 🍁 Look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
- 🍁 Cross the street only at corners.
- 🍁 Don't hide or cross the street between parked cars.
- 🍁 Wear light-colored or reflective-type clothing so you are more visible.  
\*\*\*And remember to put reflective tape on bikes, skateboards, and brooms, too!\*\*\*
- 🍁 Plan your route and share it with your family. If possible, have an adult go with you.
- 🍁 Carry a flashlight to light your way.
- 🍁 Keep away from open fires and candles. (Costumes can be extremely flammable.)
- 🍁 Visit homes that have the porch light on. Accept your treats at the door and never go into a stranger's house.
- 🍁 Use face paint rather than masks or things that will cover your eyes.
- 🍁 Be cautious of animals and strangers.
- 🍁 Have a grown-up inspect your treats before eating and don't eat candy if the package is already opened. Small, hard pieces of candy are a choking hazard for young children.





# US ARMY GARRISON HUMPHREYS Safety Bulletin



Safety Bulletin # 11-36

## ATTENTION

### Winter Storms - Don't get caught , Be prepared

- The hazards of winter storms are dramatic: wind-driven snow that makes it impossible to see, creates large drifts and lowers the wind chill.
  - Small amounts of ice are extremely hazardous to motorists and pedestrians.
  - Frostbite or hypothermia is possible and can be life-threatening.
  - Advisories are issued by the 607<sup>th</sup> Weather when the public should be alerted to possible storms. A winter storm watch is issued when severe winter conditions are possible.
  - Take action before a winter storm strikes.
  - "Winterize" your car with fresh antifreeze and a strong battery. Use snow tires.
  - Keep a winter survival kit in your car.
- During a storm, listen to AFN local radio or television for the latest weather reports and emergency information.
- If you must be outside, wear plenty of layers of clothing. Don't over-exert yourself.
  - Make sure you wear a hat, because the largest amount of body heat is lost through the top of the head.
  - If you get stranded in your car, stay with it until help arrives.
  - Do not try to walk for help during a blizzard.





# US ARMY GARRISON HUMPHREYS Safety Bulletin



Safety Bulletin # 11-35

## **ATTENTION**

### *HIGHWAY CONDITION CODES “DISPATCH PROCEDURES”*

**GREEN** – HIGHWAY CONDITIONS ARE NORMAL.

**AMBER** – MISSION ESSENTIAL OFFICIAL BUSINESS VEHICLES ONLY. MILITARY VEHICLES OTHER THAN THOSE REQUIRED FOR MISSION ESSENTIAL OFFICIAL BUSINESS, WILL NOT BE DRIVEN ON HIGHWAYS.

**RED** – EMERGENCY ESSENTIAL VEHICLES ONLY. DRIVERS OF MILITARY VEHICLES, (INCLUDING COMMAND VEHICLES, STAFF CARS, MESSENGER, MAIL, AND RATION VEHICLE) MUST HAVE IN THEIR POSSESSION A DD FORM 1970, SIGNED BY A DIRECTING AUTHORITY WITH THE RANK OF LIEUTENANT COLONEL (O-5) OR ABOVE OR CIVILIAN SUPERVISOR IN THE GRADE OF GS-13 OR KGS-13, INDICATING WHY THE TRIP IS ESSENTIAL/EMERGENCY. THE DD FORM 1970 WILL BE STAMPED, “AUTHORIZED RED.” **EMERGENCY VEHICLES HAVING THE MISSION TO PROTECT LIFE AND PROPERTY (SUCH AS LAW ENFORCEMENT VEHICLES, FIRE TRUCKS, EXPLOSIVE ORDNANCE DISPOSAL AND AMBULANCES) OR THOSE VEHICLES ESSENTIAL FOR SNOW AND ICE REMOVAL, HIGHWAY REPAIR, AND THE REMOVAL OF HAZARDOUS OBSTRUCTIONS FROM THE ROADWAY ARE EXEMPT FROM THIS REQUIREMENT.**



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## 1. Prepare your vehicle for the winter.

### Winterize your car

Check antifreeze, defroster, heater, lights, oil, tires, windshield washer fluid, and wiper blades

### Have emergency supplies in your car

Snow Chains, Blanket, jumper cables, first aid kit, Spare batteries, flashlight, ice scraper, sand/gravel, small shovel and a cellular phone

## 3. While you are driving

- Follow vehicles at a safe distance
- **Increase distance** if you are driving in snow or snow-packed road.
- Gently tap and release brake pedal in a pumping motion (Non ABS vehicle only)
- Vehicles with ABS/disk brakes should apply steady, gentle pressure to the pedal
  - **Do not pump ABS brakes.**

## 4. Maintain **SPACE**

**Speed** - The No. 1 cause of Winter driving accidents is driving to fast.

**Patience** and courtesy save lives.

**Awareness** of other vehicles and your environment is essential.

**Concentration** - The increased hazards of winter driving make this important.

**Exit** - Always leave yourself an out.

## 2. Before you drive

- Warm up your car for a few minutes
- **Clean the entire car** – remove snow & ice from(lights, bumpers, hood, trunk and roof of vehicle).
- Make sure all lights are operational & test brakes.

## 5. Safe Driving Skills

### Skids – **Steer in direction of skid**

- As the vehicle comes out of the skid, straighten wheels or steer slightly in the opposite direction as necessary to maintain control of vehicle.

### When Stuck

- **Watch out for other cars!**
- Shovel the snow from the front & back of all wheels, spread sand, salt or kitty litter
- Try to ease out without spinning the wheels
- **Keep wheels aligned straight** until vehicle begins to move ... steer as necessary
- Gently rock the vehicle by shifting between forward and reverse.
- *If all else fails* – **CALL FOR HELP!**

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