



SOUTH DAKOTA ARMY NATIONAL GUARD

Drill Bits

Independence Day Salute

July 2011

Fireworks Safety is for everyone

Safety and
Occupational Health
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Each year, across the country millions of people gather on the Fourth of July to celebrate the Independence of our great nation. Within that celebration, as well as others through the year, many choose to enjoy fireworks. However, each year, tens of thousands of inadvertent fires are started, homes destroyed and people are injured or killed: some in part due to negligence, some due to weather and wind, and others due to true carelessness.

Many municipalities have placed restrictions on the use of, times allowed or outright forbid the use of fireworks. Know your local laws and then plan the ac-

tivity safely.

Ensure that the devices are appropriate for the area, and not used near dry grass, brush or forested areas. Keep fire fighting/ extinguishing materials handy, and place a bucket of water near the sight to drench a spent device before discarding it to the trash. Use fireworks as they were designed to be used, and don't get creative.

Make sure the devices are in age appropriate hands and that ignition sources, (matches, lighters or other material) are used wisely. Clean the area after your done and account for all the devices- nothing



Use of fireworks can be safe and fun in competent hands. Work towards a safe and enjoyable

worse than a surprise smoldering device forgotten especially where it can cause harm.

And finally, alcohol and fireworks do not mix. Emergency rooms nationwide will have their share of visitors for burns. Nothing good has ever followed an inebriated person saying "Watch this". Don't be one of them.

Warm weather requires each Soldier to take precautions

Summertime work and time off necessitates a serious look at wellness and physical conditioning.

Working outdoors in uniform or mowing the lawn at home, the perspiration we excrete works to dehydrate the body. The

less fluids we have the more rapidly our bodies break down. Heat cramps, heat exhaustion and heat stroke can result if we don't get enough fluids and nourishment, as well as proper cool down breaks.

Drink plenty of water

each day, and for strenuous work outs consider sports drinks. But do your research, you can overload your system with electrolyte replacements when not needed, not including the carbohydrates you consume.



Army Safety Gram



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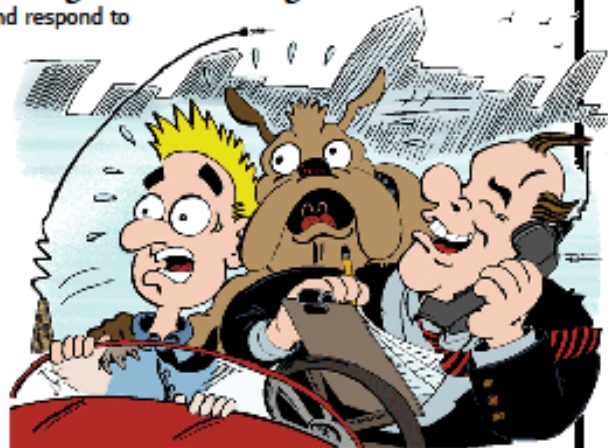
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Driver Distractions – They’re Everywhere

Driving requires your full attention to safely control your vehicle and respond to events happening on the roads around you. Driving involves constant and complex coordination between your mind and body. Events or things that prevent you from operating your car safely are distractions. The safe operation of your car or truck is your primary responsibility. Do not let these distractions prevent you from the safe operation of your vehicle.

Some common driving distractions include:

- Cell phone use
- Reading or sending text messages
- Reaching for a moving object inside the vehicle
- Looking at an object or event outside of the vehicle
- Reading a newspaper, map, or document
- Applying makeup
- Playing with the GPS or other electronic gadget



Here are some reminders for driving safely without distractions:

- Perform a quick visual on the floor of your car. Pick-up anything that might roll under your seat and become lodged under the brake or accelerator.
- Always buckle up.
- Keep your hands on the wheel and your eyes on the road.
- Never read or send text messages while driving.
- Use cell phones safely. The safest thing is to make your calls before you set out. If you receive a cell phone call while you are driving, let the caller leave a message, pull over, and call that person back. Be aware that using a hands-free, voice-activated cell phone can still distract you.
- Arguments or stressful conversations with passengers can also divert the driver's attention from the road. We know better than to drive while under the influence of alcohol or drugs, but fatigue, stress and strong emotions such as anger can also impair the ability to drive safely.
- A safe driver also stops before checking maps and addresses, looking at paperwork, and dealing with similar distractions.
- Avoid playing with your electronic gadgets. Put them away before you drive. Program your GPS before you begin your trip.
- Fiddling with the radio or vehicle sound system, adjusting heaters, and digging items out of the glove box while driving can be even more distracting than cell phones and all have caused vehicle crashes.
 - Don't eat or drink while driving. If you are on a long road trip, stop every couple of hours to stretch and eat a snack.
 - Don't apply make-up, shave, or any other primping that may distract you from the road.



Drive safe and stay alive. Keep your mind on your driving; keep your eyes on the road, and your hands on the wheel!