

SARND Safety and Occupational Health Office

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Army wide, MC Accident rate up nearly 30%

Recent Combat Readiness Center Preliminary Loss Reports indicate that throughout the Army, Privately Owned Motorcycle (POM) fatal accident rates are up from last year. While there is no clear indication of a trend, one clear fact stands out: Soldiers are being killed off the battlefield at an alarming rate.

Many theories suggest motorcycles and cyclist travel to fast, leading to accidents. While this is the case in some accidents it is not necessarily the case in all or most crashes.

Here in South Dakota, home of the most famous motorcycle rally in the world, we like to believe that when it comes to riding, we are above the

other states in experience and safety. While our motorcycle accident rates are down this year, as we approach the rally time in Sturgis, the numbers will increase dramatically.

There are many things a rider can do to make him or herself more safe on the road

mended personal protective gear, take your time even when late and do anything that will make you more visible to cars and trucks on the road. Traveling at or below the posted speed limit gives you reaction time increasing your chance of avoiding a collision. Slow down at intersections, anticipating that someone will pull out in front of you. Finally, don't drink and ride. Your vision and judgment are impaired before you realize that your buzzed. Your inability to determine distances, even in inches can cause a disastrous situation.

For more information on motorcycle safety training go to: www.southdakotasafetycouncil.org/home.cfm



on two wheels: participate in a Motorcycle Safety Course, wear a DOT approved helmet and all the recom-

Lawn Maintenance Safety

A home's beauty is accentuated by a nicely trimmed lawn and landscape. To make things look good and keep them that way does require some sweat and time. But just as at the shop, a little forethought about safety can prevent a trip to the emergency room. Each turn of the weed eater or other power tool sends grass clippings and other debris flying. Safety glasses will prevent

most occurrences of eye injuries.

While eye injuries account for the greater majority of lawn care injuries, lacerated and severed extremities still occur too often. Keep your hands and feet away from rotating blades and wheels. And protect your hearing as well. A set of ear plugs is cheap compared to the cost of hearing loss.



A hand in the wrong place can be painful and forever haunting. Keep your body parts to yourself.

Use eye protection to prevent a minor irritation or a blinding eye injury from occurring.



ANAPHYLAXIS

“anaphylaxis can be a life threatening condition.”

You probably know someone who has allergies if you don't have any yourself. Most of the time an allergy can be a nuisance; runny nose, congestion, cough, sneezing and watery eyes. But significant reactions, or anaphylaxis can be a life threatening condition. Typically a bee sting or other insect venom will cause a histamine release, but in these severe cases the airway can swell, even to the point where respiratory arrest (breathing stops) takes place and the heart will soon follow if not cared for immediately. This is a true medical emergency and 9-1-1 should be activated immediately.

Many people know of their allergic reactions and many carry an Epi Pen with or near them. An Epi Pen is an Epinephrine injection that will aid in the reduction of the histamines and increase perfusion. Other medication like Benadryl will also aid in the medical response.

Also, many people who know of their allergies will wear a medic alert bracelet or necklace. It will list the allergy and brief medical information important to know when treating an unconscious or incoherent person.

If you have an allergy, don't keep it to yourself: let someone know. Consider

wearing a medic alert tag when not wearing your ID Tags (Dog tags). If your ID tags do not list your medical conditions, especially allergies, talk to your command and medical readiness personnel.

Make the same considerations for your family as well and give them the best opportunity for survival if they have a condition.

If you need an Epi Pen, see your physician and get a prescription. Keep that injection where you can get to it rapidly. Remember the medication will expire over time so just like any medication, check the dates and discard and replace old drugs.

Summer heat settles in South Dakota and the Black Hills

The past few weeks have seen a dramatic change in the weather. From a seemingly endless winter to floods brought on by melting snow and rain, the sun has broken through for more than a few days and summer has really begun, with the heat index reaching 130 degrees in some areas.

With these hotter days and high humidity, a person can become dehydrated or suffer a heat injury quite rapidly. Enjoy the outdoors, but take ample breaks to get out of the sun. Drink at least 48 oz of water throughout the day and more if



you are active and sweating. Watch your children, as they can dehydrate faster and yet can maintain a resilience until they have no stores left. Ensure they eat and drink appropriately.

The activities are near endless in our gorgeous state with place to hike, ride, boat, water ski, camp and fish. Yet the risks of heat are everywhere you turn.

From a minor sun burn and heat cramps to heat exhaustion and heat stroke. You must be prepared, and the best preparation is prevention.

Never leave a child or a pet in a parked car: its illegal, cruel and deadly. On long trips bring plenty of beverages with you.

And as Soldiers, we may have a competitive spirit, but don't take the idea of frequent water breaks and cool down periods as weakness. A strong Soldier and good leader will not wait until they or others are overheating before taking a break.