



DRILL BITS

Safety and Occupational Health Office

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Decoration Safety

Christmas and safety rarely exist in the same sentence. How often are we wished have a safe Christmas? But in the weeks before and after Christmas, personal injury accidents spike, vehicle accidents go up exponentially and home accidents occur at alarming rates.

Truly the only excuse is often that we don't take safety seriously. Its always the other guy, and I am to good to let that happen to me. Whatever excuse you use to ignore a safety hazard in your world, you may be setting yourself or family up for failure and tragedy.

In the movies we make light of accidents: Chevy Chase on the roof of his house in Christmas Vacation, Darren McGavin in A Christmas Story overloads a circuit and blows a fuse. But in all actuality, a small oversight can mean electrical shock, electrocution and fire.

Take the time to install Christmas light appropriately and according to manufacturer instructions. Don't overload circuits or outlets.

Don't allow flames to come into contact with

combustible material. Candles and fireplaces have their uses, but don't leave them unattended. Clean flues and chimneys regularly. Change filters in furnaces.

Home fires are devastating. While insurance may replace some materials, it will never replace a life or sacred items that can be lost in a fire.

Have a safe and joyous Christmas. Enjoy the time with family and friends.



Winter Fitness

With a new APFT looming on the horizon, we all must stay in shape even through the fat filled, high cholesterol, sugary Holidays. Winter months make it difficult to get out and get fit or stay in shape.

Here are just a few ideas

of different activities you can try to stay on the cutting edge of physical fitness:

- Snow Shooing
- Cross Country Skiing
- Down Hill Skiing
- Racquetball

Treadmill/Elliptical Runner
Rapid City Swim Center
YMCA

Staying in shape is not only a requirement for Soldiers, but it will make you feel better all the way around and prolong your life.



If you are feeling distressed or hopeless, thinking about death or wanting to die, or, if you are concerned about someone who may be suicidal, please contact Suicide Prevention Lifeline at 1-800-273-TALK (8255) 24/7.

Other contacts:

Lynn Wilson
 Chaplain, Lieutenant Colonel
 SDNG Full-time Support Chaplain
 (o) 605-737-6009
 (c) 605-431-5182

SSG Michael L. Strang
 SDARNG, Family Programs Branch
 State Suicide Prevention Program Manager
 Office 605-737-6949

One day Some Body fell outside his office and fractured his wrist. It turns out that Every Body knew that the steps there were icy and slick, but knew Some Body would take care of the problem. Any Body could have but didn't take the time to put ice melt down and No Body thought of telling Some Body about the problem. No Body was willing to tell Any Body about small problems figuring that Every Body knew Some Body was going to fix the problems around the office. The results: Some Body hurt, Every Body pointed fingers at Any Body and No Body took responsibility for the problem.

All this could have been avoided if Any Body spoke up to the right person, in fact Every Body has the responsibility to point out and fix problems. No Body should get hurt due to carelessness and neglect that Some Body could suffer.



Be a part of the solution, not the problem.