

# Drill Bits

## SOUTH DAKOTA ARMY NATIONAL GUARD

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### CRM- On and Off Duty

Composite Risk Management is the process of identifying and controlling hazards to protect the force. Its five steps represent a logical and systematic thought process from which users develop tools, techniques and procedures for applying risk management in their areas of responsibility. Military operations are made safer through the elimination or reduction of risks while retaining **ESSENTIAL MISSION VALUE**. It is a continuous process applicable to any

situation and environment. You probably use CRM in your daily life without even realizing it. Have you ever woke up in the morning to find a blanket of snow? Did you think to yourself of the steps that are necessary to prepare for the commute to work: defrost the windows and clear snow from the lights, leave earlier than normal to adjust for traffic and drive a little slower. The fact that you thought this out is a simple example of using CRM.

Every job, no matter how insignificant or routine needs a risk analysis.

At home or off-duty you make the final decision if the residual risk is worth the effort. But on-duty or on the job it's the chain of command that must determine if the risk is worth the reward.

In simplistic terms, it's a cost-benefit analysis. Consider the benefits of what it may cost to carry out the task at hand.

RISK ASSESSMENT MATRIX		HAZARD PROBABILITY				
		Frequent	Likely	Occasional	Seldom	Unlikely
		A	B	C	D	E
SEVERITY	Catastrophic I	Extremely High				
	Critical II		High			
	Moderate III		Moderate			
	Negligible IV				Low	



Safety and Occupational Health

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# NWS Windchill Chart



		Temperature (°F)																	
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
Wind (mph)	Calm	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
55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97	
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	

Frostbite Times: 30 minutes (light blue), 10 minutes (medium blue), 5 minutes (dark blue)

Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V<sup>0.16</sup>) + 0.4275T(V<sup>0.16</sup>)  
Where, T= Air Temperature (°F) V= Wind Speed (mph) Effective 11/01/01

## The Great Outdoors, the Wind and You

As outdoor temperatures drop it becomes increasingly apparent that the slightest breeze makes the cold feel worse. Everyone has heard “its not the heat, it’s the humidity”. When speaking of cold, it’s the wind that makes it feel worse because it is worse. And the colder the ambient temp, the wind mathematically compounds the severity. At 10 degrees, a 5 mph wind drops the temp 9 degrees, but at -10, that 5 mph breezes drops the temp 12.

This may, at first blush, seem obvious and hardly worth the ink, but in actuality, each day across our country

the climate is responsible for many injuries and deaths. Primarily due to lack of preparation, failure of acclimatize and exposure, each one of these is preventable. And the number one precaution to prevent and environmental injury: hydration. Both in winter and summer we must have proper hydration to minimize environmental injuries. Also, the adage that a “hot-totty”

will warm you up is a pure lie. Alcohol will do more to deplete your system.

In short, during the remaining winter months remember to dress in layers: it creates greater insulation, prepare for the environment you are entering, keep a winter survival kit in your vehicle to include water, minimize the time spent in the environment (using work/rest cycles), avoid caffeine, alcohol and tobacco, stay hydrated and use CRM for whatever activity you are engaged in.

**“Hydration in winter as well as summer will minimize environmental injuries”**

## Stop the Loss is EVERY Soldiers job

Are you aware that it is your job to help Stop the Loss. Many posters, banners, and other items advertise the slogan, but what is it? Stop the Loss is the program launched to reduce the number of inju-

ries, incidents of damage and deaths in the Guard.

It’s each of our job to stop unsafe acts, notify our NCOs, officers or supervisors of potential problems and dangerous conditions.

That includes suicide. Its our jobs to Ask, Care and Escort. On the battlefield or at home, we watch out for each other. For more information contact you Safety Officer or NCO.



## NEWS



## BEST TIPS

**Top medication safety tips for parents**

- Store medicines in a safe location that is too high for young children to reach or see.
- Never leave medicine or vitamins out, even if you have to give the medicine again in a few hours.
- Tell children what medicine is and why you must be the one to give it to them.
- Never tell children medicine is candy so they'll take it, even if your child does not like to take their medicine.
- Remind houseguests, visitors, and babysitters to keep purses, bags, or coats that have medicines in them up, away, and out of sight.
- Program the Poison Help number (1-800-222-1222) into your home and cell phones so you have it if and when you need it.

"UP AND AWAY AND OUT OF SIGHT"  
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# KEEPING CHILDREN SAFE FROM ACCIDENTAL MEDICINE OVERDOSES

## Store medicines out of a child's sight and reach to avoid a trip to the emergency room.

The only medicine entering a child's mouth should be that given by a parent. With cough and cold season in full swing, it's important families are reminded to safely store medicines out of a child's sight.

More than 60,000 young children end up in emergency rooms every year after getting their hands on medicine while their caregiver was not looking.

"Parents may not be aware of the danger posed by leaving medications where young children can reach them," said Dr. Dan Budnitz, M.D., M.P.H., director of the Centers for Disease Control and Prevention's Medication Safety Program. "In recent years, the number of accidental overdoses in your children has increased by 20 percent. A few simple steps — done every time — can protect our children."

According to the CDC, medi-



cines now outnumber household products as the leading cause of children's poison-related hospital visits.

In the 1970s, the introduction of child-resistant packaging substantially decreased the numbers of accidental poisonings.

Even so, the number of accidental overdoses in children increased by 20 percent in recent years.

The Center for Disease Control and Prevention debuted two campaigns, "Up and Away and Out of Sight," as well as the "PROTECT" initiative to educate parents and caregivers about how they can prevent accidental overdoses.

## Protect your children

A few easy steps can drastically decrease the chance a child will accidentally overdose on medicines.

First and foremost, all medicines should be stored in a safe location that is too high for a young child to reach and even see. Even if the child is sick and needs the medicine every few hours, don't leave it on a nightstand or countertop.

Always relock the safety cap on the medicine bottle. If it has a locking cap that turns, twist it until you hear the click.

It's important to have a conversation with children. Explain to them what medicine is and why

it is important they do not take it themselves. Dr. Budnitz recommends never telling a child that medicine is candy so they'll take it, even if your child is resistant to the medication.

It is important to follow these steps even when traveling or someone else is babysitting.

"Accidental ingestions don't take a vacation, so it's important to keep medicines and vitamins up and away and out of sight at home and also when away from home," Dr. Budnitz said.

## Out of sight, not out of mind

Keeping medicines out of sight may lead to forgetting to take them. There are a few simple tips to remember, like writing a note and putting it somewhere like the refrigerator or the bathroom mirror.

Another trick is to set a daily reminder either on your cell phone or email. This can create routine where you take the medicine at the same time every day.

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## Keep your child safe.

More than **60,000** young children end up in emergency departments every year because they got into medicines while their parent or caregiver was not looking. Always put **every** medicine and vitamin up and away **every** time you use it. Also, program the Poison Help number into your phone: 1.800.222.1222.

To learn more, visit [UpandAway.org](http://UpandAway.org)

Put your medicines  
**up AND away**  
and out of sight

In partnership with the Centers for  
Disease Control and Prevention (CDC)



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