

August Ground Safety

This month's read file covers Safety Belts, ladder safety, bee stings, backpacks, and personal lunch tips.

Why Safety Belts?

To understand the value of safety belt use, it's important to understand some of the dynamics of a crash. Every motor vehicle crash is actually comprised of three collisions.

The Car's Collision

The first collision is known as the car's collision, which causes the car to buckle and bend as it hits something and comes to an abrupt stop. This occurs in approximately one-tenth of a second. The crushing of the front end absorbs some of the force of the crash and cushions the rest of the car. As a result, the passenger compartment comes to a more gradual stop than the front of the car.

The Human Collision

The second collision occurs as the car's occupants hit some part of the vehicle. At the moment of impact, *unbelted* occupants are still traveling at the vehicle's original speed. Just after the vehicle comes to a complete stop, these *unbelted* occupants will slam into the steering wheel, the windshield, or some other part of the vehicle interior. This is the human collision.

Another form of human collision is the person-to-person impact. Many serious injuries are caused by *unbelted* occupants colliding with each other. In a crash, occupants tend to move toward the point of impact, not away from it. People in the front seat are often struck by *unbelted* rear-seat passengers who have become high-speed projectiles.

The Internal Collision

Even after the occupant's body comes to a complete stop, the internal organs are still moving forward. Suddenly, these organs hit other organs or the skeletal system. This third collision is the internal collision and often causes serious or fatal injuries.

So, Why Safety Belts?

During a crash, properly fastened safety belts distribute the forces of rapid deceleration over larger and stronger parts of the person's body, such as the chest, hips and shoulders. The safety belt stretches slightly to slow your body down and to increase its stopping distance.

The difference between the belted person's stopping distance and the *unbelted* person's stopping distance is significant. It's often the difference between life and death.

Excerpts from "Sudden Impact," NHTSA, 1992.



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Ladder Safety Tips

from <http://www.redcross.org/email/safetynet>

Climb it Safe!

Ladder climbing takes place in almost every home and workplace. So who would think you'd need to read a warning label before changing a light bulb or doing chores around the house? In fact, that should be the first step of any project. Falls are at or near the top in causes of fatal work-related injuries in the construction industry and the third leading cause in all industries combined. As summer approaches and it's time to install window screens, touch up a paint job or clean gutters, pay careful attention to the following ladder safety tips.

- Be sure to inspect the ladder before using it. Check for broken or missing parts, as well as grease, oil or other substances that could result in a slippery surface.
- To ensure stability, place the ladder on firm, even ground. Make sure it is not near any electrical wires or power lines.
- When setting up the ladder, use the 4 to 1 rule. For example, if the ladder touches the wall 16 feet above the ground, the feet of the ladder should be 4 feet away from the wall.
- Before climbing the ladder, make sure the braces are fully extended and locked in place. Never climb higher than the third rung from the top of the ladder, and never try to "jog" or "walk" the ladder to a new location. Dismount and reposition the ladder instead.
- When working from a ladder, stay in the center and do not reach more than a comfortable arm's length away. Keep your feet braced against the side rails and lean slightly forward.
- Always face the ladder when ascending or descending.
- Whenever possible, work within sight of someone who could provide assistance in the event of an emergency.



Keep Safe From Fall Bee Stings

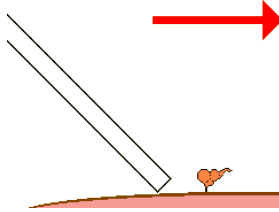
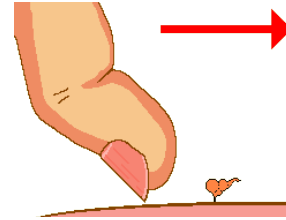


Summer may be over, but the bees and wasps are still buzzing. The early fall ranks as the worst time for possible bee and wasp stings. To avoid getting stung, follow these tips:

- Bright colors attract bees and wasps. Avoid wearing white, blue and yellow.
- Remember bees and wasps become most aggressive in fall as their food supply dwindles.
- Don't swat at bees or wasps because it will make them more defensive. Instead, move slowly until they've flown away.

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Removing a Sting... After a honeybee stings a human, the sting is left in situ complete with the venom gland. Use a scraping action to remove it... A fingernail is ideal and always readily available; the diagram at right shows the procedure.



A credit card also makes a useful tool for this purpose; speed of removal is more important than the method of removal, as the venom gland continues pulsing after it is detached from the bee and thus continues to pump venom into the wound.

If stung, apply ice to reduce swelling. Keep topical anti-itch and aspirin only products handy to relieve sting discomfort.

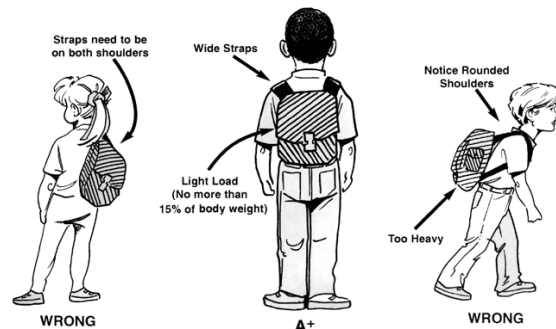
Backpacks Can Cause Back Problems

Backpacks are back! When worn correctly, the body's strongest muscles, the back and abdominal, support a backpack. Here are some suggestions for optimal backpack wear from the American Physical Therapy Association.

- Wear both straps. Slinging the backpack over one shoulder may cause spinal curvature. Avoid single straps that may cause lower and upper back pain and strained shoulders.
- Keep it light. Many college students lug laptop computers in their backpacks. These extras create additional weight that may cause rounded shoulders, and back and neck pain. Experts suggest students carry no more than 15 to 20 percent of their body weight.
- Check the type of backpack. Wide straps provide comfort. But narrow straps dig into shoulders and can hinder circulation.

Give the back a break and invest in wheels if your child's school allows it. A backpack with wheels is easy to maneuver and reduces back stress.

Is Your Child's Backpack Making The Grade?



APTA
American Physical Therapy Association
www.apta.org

The ABCs of Healthy Lunches

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When it's time to go back to school, it's time to start thinking about packing wholesome and nutritious lunches for your kids to take with them. Horizon Organic offers a variety of kid-friendly products perfect for lunchboxes and after-school snacks. From single serve organic milk and juice boxes to cheese sticks and yogurt tubes, there is something for everyone.



Make sure your kids stay healthy and happy with these tips for packing a safe organic lunch.

- Keep cold foods cold:
 - Use an insulated lunch bag or box instead of a paper bag
 - Instead of using a frozen pack to chill your lunch, remember that Horizon Organic single serve juices can be frozen and used in its place. They'll keep everything cold and be ready to drink by lunch time. Horizon Organic Yogurt Tubes can also be frozen to stay cold and delicious.
- Keep hot foods hot:
 - Pre-heat the thermos with a rinse of boiling water right before adding food.
 - Do not open the thermos until ready to eat.
- Remember to wash your hands before and after packing lunches. And always remind your kids to wash their hands before eating any of their meals.
- Test your child's lunch bag or box before sending them off to school.
 - Pack and store a lunch just like you would for the first day of school. When lunchtime rolls around, test the temperature of the food with a food thermometer.
 - Cold foods should be below 40° F
 - Hot foods should be above 140° F

By following these steps you can be sure your kids will enjoy a healthy, energy providing lunch to help them power through the rest of their day.

Have a Safe August!!!

V/R,

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