

January Ground Safety

Happy New Year everyone! It's time to update our yearly fire extinguisher training and manual lifting programs. For those of you who did not attend the Wing Safety briefing we've also included slides on Safety Privilege. Please read the information below and the safety shop will update everyone's AF Form 55 documenting the recurrency training.

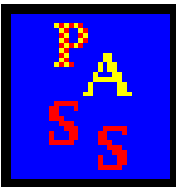
Fire Extinguisher Training

Major Causes of home fires

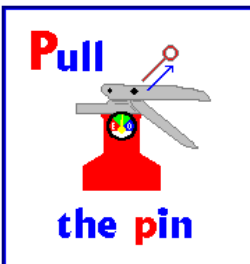
- Careless Smoking – 39%
- Heat, Cooking and other Appliances – 26 %
- Matches and Open Flames – 14%
- Electrical – 13%
- Hot Objects – 6%

Types of Fire Extinguishers

- Type A – Wood, Cloth, Paper, Fini-Flights
- Type B – Flammable liquids, Gases, Oils, Paints
- Type C – Electrical Fires



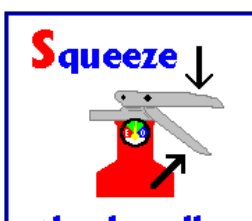
It's easy to remember how to use a fire extinguisher if you can remember the acronym PASS, which stands for Pull, Aim, Squeeze, and Sweep.



Pull the pin.
This will allow you to discharge the extinguisher



Aim at the base of the fire.
If you aim at the flames (which is frequently the temptation), the extinguishing agent will fly right through and do no good. You want to hit the fuel.



Squeeze the top handle or lever.

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This depresses a button that releases the pressurized extinguishing agent in the extinguisher



Sweep from side to side

until the fire is completely out. Start using the extinguisher from a safe distance away, then move forward. Once the fire is out, keep an eye on the area in case it re-ignites

Manual Lifting

- Back disorders are listed in the "top ten" leading workplace injuries published by the National Institute of Occupational Safety and Health.
- They account for 27 percent of all nonfatal injuries and illnesses involving days away from work.
- Your back is a sophisticated piece of machinery made up of numerous muscles, bones, nerves, and supporting tissues.
- It's a machine you use every day, probably in ways you don't even notice.



•While lifting:

- Don't bend over an object you are lifting. Bend your knees, squatting in front of the object to reach it.
- Lift the object slowly and carefully, using your leg and arm muscles to lift, not pulling with your back.
- Keep your head up and look straight ahead while making the lift.
- While lifting, keep the object as close to your body as possible.
- Keep abdominal muscles tight while making the lift.
- Use the same techniques when you put the object down.
- If the object is too big or too heavy to lift using these techniques, use mechanical assistance or get someone else to help.

•When reaching for objects:

- If you have to place the object to your side, DO NOT TWIST AT THE WAIST. Turn your whole body to the side.

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- **NEVER MOVE THE OBJECT AWAY FROM YOUR BODY TO PUT IT DOWN.**
- **Don't depend on structures to support you (e.g., a shelf support, a storage rack, etc.). These could easily give way if you pull or tug on them.**
- **Do not reach for an object unless you're sure you're strong enough to lift it.**
- **Exercise also plays an important role in keeping your back strong, healthy, and flexible.**
- **A properly exercised back is less likely to be injured.**
- **A few words about back belts.**
 - **According to a report published by the National Safety Council, available scientific data does not completely support nor condemn the use of back belts to control low back injuries.**
 - **If you do use a back belt, be aware that you may experience a false sense of security by wearing the belt.**
 - **You may be tempted to lift loads you wouldn't otherwise lift. Remember, it's your back doing the work--not the belt!**
- **Always be alert for situations that could cause a back injury.**
- **Don't take unnecessary chances.**
- **By following proper lifting and reaching techniques and exercising properly, you'll help keep back problems behind you!**

V/R,

CAP-USAF Safety Dude