

September Ground Safety

The month's read file presents safety tips on driver fatigue, pedestrian crosswalk safety, and hydration.

DRIVER FATIGUE

Driver fatigue is a very serious danger and in the seconds where the driver's eyes are closed someone can get hurt or killed. The driver does not always sense fatigue immediately and he or she may be aware they are tired but still continue driving.

Driver fatigue generally happens on long drives, especially long night drives. There are several warning signs of fatigue including: back

tension, burning eyes, shallow breathing, inattentiveness, sagging shoulders, and any kind of erratic driving, such as drifting, abnormal speed, tailgating, or failure to obey traffic signs. Be very cautious of "highway hypnosis," a trance-like state where the environment and its repetitive patterns lull you into hypnosis.



Here are some tips to help avoid driver fatigue:

Sleep: Get plenty of sleep prior to a long journey. Plan to drive during times of the day when you are normally awake, and stay overnight rather than traveling straight through.

Circadian rhythms: Avoid driving during times when we're programmed to be sleepy. Take a mid-afternoon break and find a place to sleep between midnight and 6am.

Take breaks: Schedule a break at least once every 2 hours or whenever you begin to feel sleepy. During a break get out of your vehicle and take a walk or some form of exercise to increase alertness. If you're sleepy, take a nap.

Take a nap: If you realize you need a nap, don't wait. Find the first safe place and pull over. Try to avoid napping in the driver's seat, and it's best if you don't nap longer than 40 minutes. Naps up to 40 minutes can be very refreshing, but naps longer than 40 minutes can leave you feeling groggy and disoriented for up to 10 to 15 minutes when you wake up (sleep inertia).

Caffeine: Use caffeine wisely to increase your alertness. Caffeine is more useful if you don't use it when you're already alert (at the start of a journey or after a nap). Save it for when you really need it.

Food: Eat sensibly during the journey and avoid big meals. They can make you drowsy, particularly at lunchtime.

Share the driving: If it's possible, share the driving.

Environmental stimulation: Conversation, music, or blowing cool, fresh air onto your face can help you stay alert but they're only short-term solutions. The best solution is finding somewhere to stop and sleep.

Don't drink and drive: Drunk-driving is bad enough by itself, let alone in combination with fatigue. Alcohol worsens the effects of fatigue, making the combination very dangerous.

Avoid medications that make you drowsy: Avoid taking medications, both prescribed and over-the-counter, that lead to drowsiness. Examples of medications to avoid are some antihistamines, travel sickness tablets, sleeping pills, some cold preparations and some painkillers. Always read the packaging of your medications before you drive to make sure they won't affect your alertness. If you're unsure, ask your pharmacist.

Don't speed: Speed contributes to a large number of crashes and makes the effects of a crash worse. If you're speeding and your reaction times are slower because of fatigue, you're more likely to crash.

These are only tips, the best form of driver fatigue safety is to recognize your own symptoms and know how to beat driver fatigue. Just remember to make smart decisions and be safe!

Pedestrian Crosswalk Safety

With all the pedestrian traffic here on Randolph, both the drivers on base and the pedestrians should be aware of each other. Awareness is the way to prevent accidents.

September Ground Safety

The Driver

- Be attentive when entering a crosswalk area, be prepared to stop.
- Don't overtake and pass other vehicles stopped for pedestrians on your side of the road.
- Be aware that some pedestrians may "challenge" you to stop once they know they have the right-of-way. Pedestrians have the right-of-way at a marked crosswalk by Texas law.
- At an uncontrolled intersection with no traffic signs or signals if the pedestrian has entered the cross walk, the driver must give them the right-of-way.

The Pedestrian

- Don't assume the driver has seen you; establish eye contact before crossing.
- Don't cross suddenly. Look beyond the lead vehicle.
- Don't assume drivers can stop. Traffic flow and or congestion may prevent a driver from stopping.
- Take additional care while walking in front of vehicles that have stopped for you.
- Watch all lanes when you cross. Even though one vehicle has stopped, another driver may pass by in another lane. Cross the street between the lines of the crosswalk. Your full attention should be directed to traffic.
- If you cross a street at a place other than a crosswalk or intersection, the vehicle has the right-of-way. It's your responsibility to yield to the vehicle.



At the risk of offending cola lovers everywhere - WATER OR COLA?

This is an eye opening question.... water or cola? We all know that water is important but consider the following:

WATER:

1. 75% of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water is the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.



COLA:

1. In many states (in the USA) the highway patrol carries two gallons of cola in the trunk to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of cola and it will be gone in two days.
3. To clean a toilet: Pour a can of cola into the toilet bowl and let it sit for one hour, then flush clean. The citric acid in cola removes stains from vitreous China.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumped-up piece of Reynolds Wrap aluminum foil dipped in cola.



September Ground Safety

5. To clean corrosion from car battery terminals: Pour a can of cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Apply a cloth soaked in cola to the rusted bolt for several minutes.
7. To bake a moist ham: Empty a can of cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the cola for sumptuous brown gravy.
8. To remove grease from clothes: Empty a can of cola into a load of greasy clothes, add detergent, and run through a regular cycle. The cola will help loosen grease stains.
9. It will also clean road haze from your windshield.

FYI:

1. The active ingredient in cola is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
2. To carry cola syrup (the concentrate) the commercial truck must use the Hazardous material place cards reserved for highly corrosive materials.
3. The distributors of cola have been using it to clean the engines of their trucks for about 20 years!

Now, the question is, would you like a cola or a glass of water?

Knife Safety

A knife can be a dangerous tool when not used properly. As strange as it sounds, a dull knife is far more dangerous than one that is kept sharp. Little “slips” can cause big gashes. The more pressure behind a slip, the greater the chance of being hurt. Remember that a knife blade is used for slicing. If it’s sharp, it will cut more efficiently and cleanly. It doesn’t matter whether you are cleaning a fish, cutting a string, or just whittling a stick—a sharp knife will do the job best and safest. A sharp knife allows the user to work more relaxed and with effortless movements of the hands, wrists, and arms. Dull blades make the muscles tenser and open the door for accidents. Another important rule to remember at all times is never pulling the blade towards you. If your blade slips while you’re cutting a rope or carving a piece of wood it may not stop until it strikes your hand or body. Here are some other tips that will make handling your knife safer:



Always wear a cut resistant glove on your free hand while cutting with a razor knife.

BOESE Packaging--Wallula



- Learn how to safely open and close your knife. Be sure your fingers are away from the edge and also the edge of the space the blade closes into. Practice opening and closing your knife so you feel comfortable knowing how it works and feels.
- Never throw your knife. The blade is strong, but is not made for this purpose. The impact may cause it to break, but more importantly, it may glance off the target and hit someone else or bounce back at you.
- Don't carry your knife with the blade open or out of the sheath. Whenever a pocket knife is not being used it should be folded into the handle. An open knife can cause serious injury.
- Never run or attempt to climb trees with an open knife.
- If the blade of your knife does not lock in the open position, never put pressure on the blade in a direction that might cause it to close on your fingers.

September Ground Safety

- Never use your knife as a hammer, or to pound with it.
- Never “chop” or strike objects to cut them. Besides the possibility that the knife can deflect off the object, it may also chip off pieces of whatever is being cut and damage an eye.
- Always ask yourself, “If the knife accidentally slips, where will it go?” If the answer is “into my hand or part of my body,” then change your position.

Remember, the best way to prevent nearly all accidents that occur when using knives is to use common sense.

Supervisors brief your shops and document briefing on a Form 703 for non-flyers.

V/R,

CAP-USAF Safety Dude