



# NAVAL BASE POINT LOMA SAFETY

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## 4<sup>TH</sup> OF JULY WEEKEND SAFETY

The 4th of July should be a day of fun and celebration, but it is also one of the most dangerous days of the year. You can keep your Independence Day fun and safe when you follow the safety tips listed below:

1. Remember the importance of fireworks safety: Fireworks are illegal in most cities and they are a fire hazard. Outside city zones where you are allowed to use fireworks, there is still the danger of fire and also of bodily injury. Always read all instructions properly and do not use near wooded or dry areas.
2. Don't drink and drive. Always have a designated driver and don't let your friends drive drunk.
3. Be extra cautious on the road. Even if you are not drinking, other people can be. Drivers also become distracted by fireworks and other excitement in the area. Be extra cautious if you must be on the road this weekend, especially at night.
4. Be careful during barbecues that you do not start a fire. Be sure all coals are completely out before leaving the barbecue unattended. Be cautious of children playing around the barbecue area.
5. Store food properly to avoid food poisoning. Be careful of leaving food out- especially in the heat.
6. Remember to drink responsibly and to serve foods at the proper temperature.
7. Also, if you have pets, remember pet safety too. Don't let your beloved pet become a casualty this 4th of July.

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Statistics show that over 7,000 people each year get treated for 4th of July related accidents. Don't be one of them. Stay safe this year.

Ref: <http://www.holidays-tip.com>

# GRILLING SAFETY

## **General Precautions**

- Avoid wearing loose clothing while grilling.
- Check whether your grill has been recalled.
- Use long-handled grilling tools to give you plenty of clearance from heat and flames.
- Periodically remove grease or fat buildup in trays below grill so it cannot be ignited by a hot grill.



## **Where to put your grill**

- Never use a grill indoors. Use the grill at least 10 feet away from your house or any building. Do not use the grill in a garage, breezeway, carport, porch, or under a surface that can catch fire. Position the grill well away from siding, deck railings and out from under eaves and overhanging branches.
- Place the grill a safe distance from lawn games, play areas and foot traffic.
- Keep children and pets away from the grill area: declare a three-foot "safe zone" around the grill.

## **Charcoal Grills**

- Charcoal in a grill produces carbon monoxide (CO) when it is burned.
- Never burn charcoal in homes, cars, tents, or campers.
- Purchase the proper starter fluid. Store the can out of reach of children and away from heat sources.
- Never add charcoal starter fluid when coals or kindling have already been ignited.
- Never use any flammable or combustible liquid other than charcoal starter fluid to get the fire going.



Ref: Safety Center

## Beach Safety

- ✦ Protect your skin: Sunlight contains two kinds of UV rays -- UVA increases the risk of skin cancer, skin aging, and other skin diseases. UVB causes sunburn and can lead to skin cancer. Limit the amount of direct sunlight you receive between 10:00 a.m. and 2:00 p.m. and wear a sunscreen with a sun protection factor containing a high rating such as 15.
- ✦ Drink plenty of water regularly and often even if you do not feel thirsty. Your body needs water to keep cool. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly but make the heat's effects on your body worse. This is especially true with beer, which dehydrates the body.
- ✦ Watch for signs of heat stroke: Heat stroke is life-threatening. Signals include hot, red, and dry skin; changes in consciousness, rapid, weak pulse, and rapid, shallow breathing. Call 9-1-1 or your local EMS number. Move the person to a cooler place. Quickly cool the body by wrapping wet sheets around the body and fan it. If you have ice packs or cold packs, place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. Watch for signals of breathing problems and make sure the airway is clear. Try to keep the person calm and lying down.
- ✦ Wear eye protection: Sunglasses are like sunscreen for your eyes and protect against damage that can occur from UV rays. Be sure to wear sunglasses with labels that indicate that they absorb at least 90 percent of UV sunlight.
- ✦ Wear foot protection: Many times, people's feet can get burned from the sand or injured from debris in the sand.
- ✦ Don't dive headfirst into any unknown water. Remember, the beach ocean floor may change its shape constantly.
- ✦ Avoid bodysurfing, body boarding or surfing straight "over the falls."
- ✦ During a body board or surfing "wipe out," try to keep your hands out in front of you. Don't dive straight to the bottom.  
While bodysurfing, always keep at least one arm out in front of you to protect your head and neck.
- ✦ Don't swim near piers or breakwaters. The currents here may be very strong, even for the best of swimmers. Stay clear of boats. They take time to change direction, and they may not see you.
- ✦ Swim parallel to the shore. If you swim out too far, you may be too tired to swim back.
- ✦ Remember, open water is usually much colder than a pool.



# HEAT STRESS TIPS FOR EMPLOYERS AND EMPLOYEES

The Occupational Safety and Health Administration (OSHA) offers the following information about recognizing, evaluating and controlling heat stress with these ten tips for workers and employers:

1. Drink cool water. Anyone working in a hot environment should drink cool water in small amounts frequently--one cup every 20 minutes. Employers should make water available. Avoid alcohol, coffee, tea and caffeinated soft drinks, which cause dehydration.

2. Dress appropriately. Wear lightweight, light-colored, loose-fitting clothing and change clothing if it gets completely saturated. Use sunscreen and wear a hat when working outdoors. Avoid getting sunburn.

3. Work in ventilated areas. All workplaces should have good general ventilation as well as spot cooling in work areas of high heat production. Good airflow increases evaporation of sweat, which cools the skin.

4. Work less, rest more. Supervisors should assign a lighter workload and longer rest periods during days of intense heat. Short, frequent work-rest cycles are best. Alternate work and rest periods and try to take rest periods in a cooler area.

5. Ask how workers are feeling. Supervisors should monitor workplace temperature and humidity and check workers' responses to heat at least hourly. Allow a large margin of safety for workers. Be alert to early signs of heat-related illness and allow workers to stop their work for a rest break if they become extremely uncomfortable.

6. Know the signs and take prompt action. Employees and employers should learn to spot the signs of heat stroke, which can be fatal. Get emergency medical attention immediately if someone has one or more of the following symptoms: mental confusion or loss of consciousness flushed face, hot, dry skin or has stopped sweating.

7. Train first-aid workers. First-aid workers should be able to recognize and treat the signs of heat stress. First aid workers should also be able to recognize the signs and symptoms of heat exhaustion, heat cramps and other heat-related illness. Be sure that all workers know who is trained to give first aid.

8. Reduce work for anyone at risk. Employers should use common sense when determining fitness for work in hot environments. Lack of acclimatization, age, obesity, poor conditioning, pregnancy, inadequate rest, previous heat injuries, certain medical conditions and medications are some factors that increase susceptibility to heat stress.

9. Check with your doctor. Certain medical conditions such as heart conditions and diabetes, and some medications can increase the risk of injury from heat exposure. Employees with medical conditions or those who take medications should ask their doctors before working in hot environments.

10. Watch out for other hazards. Use common sense and monitor other environmental hazards that often accompany hot weather, such as smog and ozone.

| Heat Index         | Risk Level                           | Protective Measures                               |
|--------------------|--------------------------------------|---|
| Less than 91°F     | <a href="#">Lower (Caution)</a>      | Basic heat safety and planning                    |
| 91°F to 103°F      | <a href="#">Moderate</a>             | Implement precautions and heighten awareness      |
| 103°F to 115°F     | <a href="#">High</a>                 | Additional precautions to protect workers         |
| Greater than 115°F | <a href="#">Very High to Extreme</a> | Triggers even more aggressive protective measures |

## Travel Safety Tips

- As the holiday season is approaching, motorists need to be mindful of actions that will make their holiday travel safer. Here are some simple holiday travel rules:
- Before you start your trip, make sure your vehicle is tuned up and in good shape for travel. This is especially important for winter driving conditions (Lights, Fluids, Wiper blades and tires).
- Restrain yourself and your passengers properly in seat belts and car safety seats. Remember, the rear seat is the safest place for children of any age to ride.
- Be flexible in setting your travel plans. Leave early if you can to avoid the peak traffic hours. If snow is predicted during the time you plan to travel be prepared and take the necessary precautions.
- Stay fresh and alert when driving. Take plenty of breaks and do not “push” yourself to meet an unrealistic schedule. If you get tired, pull off the road into a rest area or business, get out of the car for some fresh air, and buy something to refresh you, or just relax until you feel revived. *(Forty-one percent of fatal traffic accidents are single vehicle crashes. These crashes most often occur with drivers who are tired, have consumed alcohol, or both).*
- Keep your speed down. Give yourself plenty of time and distance to react to the traffic around you. Let impatient and aggressive drivers pass you or go through the intersection ahead of you so that you control the situation.
- Do not pass if you cannot see far enough down the road to pass safely.
- If there will be drinking at your holiday get-together, choose a designated driver who will remain alcohol free. Driving requires your full attention.



Another option is using the TRiPs program; this is an on-line automated risk-assessment tool. The military has started using this for planning trips outside command travel limits. It helps them recognize—and avoid—the hazards they face on the highway: fatigue, not buckling up, and driving too far.

Service members can access TRiPS, via NKO, from any computer. If accessing via NMCI computer, members can use CAC login to alleviate username and password. If accessing from Non-NMCI computer, members must enter username (First.Last) and password. If they cannot remember their password, they can request a password reset from NKO.

Navy personnel access is via Navy Knowledge On-Line (NKO) at <https://wwwa.nko.navy.mil>. Click on the TRiPs link. Or select “Organizations” under the “Organizations & Communities” drop-down menu, then select “Naval Safety Center.” You will need to have registered on NKO to access the site.

# CONTACT INFORMATION

## NBPL Safety Department Staff

*Rick Lewis*  
Safety Manager  
[Rick.lewis@navy.mil](mailto:Rick.lewis@navy.mil)

*Tina Noteware*  
Safety Specialist  
[Tina.noteware@navy.mil](mailto:Tina.noteware@navy.mil)

*Reginald W. Martin*  
Safety Specialist  
[Reginald.w.martin@navy.mil](mailto:Reginald.w.martin@navy.mil)

*Marvin Santiago*  
Safety Specialist  
[Marvin.santiago@navy.mil](mailto:Marvin.santiago@navy.mil)

*Terri Reid*  
Safety Specialist  
[Terri.reid@navy.mil](mailto:Terri.reid@navy.mil)

**ARRIVE ALIVE CARDS 511**

**Military personnel**

Contact Marco Mere @ (619) 532-1293

[Marco.v.mere.ctr@navy.mil](mailto:Marco.v.mere.ctr@navy.mil)