

Henderson Hall Safety "Safety Checks"

Make the right decisions! Your family, your leadership, and fellow Marines are counting on it!



From the Director of Safety

The key to the upcoming holidays is staying safe. Most of the information in this month's newsletter is general information. However, we must still be mindful of social gatherings and face coverings! If you host or attend a holiday function, plan accordingly consider implementing proper controls i.e. RISK MANAGEMENT.

Secondly, if you are traveling by motor vehicle during the holidays, ensure your vehicle has been inspected by leadership and that you have a plan. Lastly, make the right choice, because your actions could have a catastrophic effect on someone else's life.

R/s, Your Command Safety Office

Special points of interest:

- **Carbon Monoxide Poisoning**
- **Thanksgiving Safety**
- **Space Heater Safety**

Veterans Day and Thanksgiving

Veterans Day, formerly known as "Armistice Day", was first celebrated on November 11, 1919, to mark the one year anniversary of the end of WWI. It became a federal holiday in 1938, and was renamed Veterans Day in 1954, to honor all veterans for their patriotism, sacrifice and service. November also brings us Thanksgiving, and the beginning of winter weather. We will give you some tips to deal with some issues that the cold weather will bring i.e. using space heaters, how to avoid carbon monoxide poisoning, and driving in inclement weather.



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We didn't forget the Thanksgiving turkey! We will also give you some tips to safely prepare your turkey.

As mentioned above, we must remain vigilant and engaged in our planning processes this holiday season. We must also think about the safety of others. Keep social distancing, keep washing hands/using hand sanitizer, and keep wearing your masks / face coverings.

Stay safe and healthy during the upcoming holidays!

Carbon Monoxide Poisoning—The Silent Killer

Carbon Monoxide is an odorless, colorless gas, that often goes undetected, striking victims caught off guard in their sleep. More than 400 people in the U.S. die from unintentional carbon monoxide poisoning every year, more than 20,000 visit the emergency room and over 4000 are hospitalized. This “invisible killer” is produced by burning fuel in cars or trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges, portable generators and furnaces. When the gas builds up in enclosed spaces, people or animals who breathe it in can be poisoned. Winter can be a prime time for carbon monoxide poisoning, as people turn on their heating systems, and mistakenly warm their cars in their garages.



How can Carbon Monoxide poisoning be prevented?

The National Safety Council recommends you install a battery operated or battery backup carbon monoxide detector in the hallway near each bedroom / sleeping area in your home. Check or replace the battery when you change the time on your clocks each spring and fall, and replace the detector every five years. The CDC offers these additional tips:

- ⇒ Have your furnace, water heater, and any other gas or coal-burning appliance serviced by a qualified technician every year
- ⇒ Do not use portable flameless chemical heaters indoors
- ⇒ Have your chimney checked and cleaned every year, and make sure your fireplace damper is open before lighting a fire and well after the fire is extinguished
- ⇒ **NEVER** use a gas oven for heating your home
- ⇒ **NEVER** use a generator inside your home, basement, garage, or less than 20 feet from any window, door, or vent; fatal levels of carbon monoxide can be produced in minutes, even if doors and windows are open
- ⇒ **NEVER** run a car in a garage that is attached to a house, even with the garage door open

Symptoms of Carbon monoxide Poisoning: Symptom severity varies depending on the level and duration of exposure. Mild symptoms are sometimes mistaken for the flu. Low to moderate poisoning symptoms can include: headache, fatigue, shortness of breath, nausea, and dizziness. Symptoms of high-level poisoning include: mental confusion, vomiting, loss of muscular coordination, loss of consciousness, and death. If you think are experiencing symptoms, you should immediately go outside and get fresh air. You could lose consciousness and die if you stay in the home.

When the carbon monoxide alarm sounds, you should follow these steps:
(NEVER ignore an alarm)

1. Immediately move outside to fresh air
2. Call emergency services / fire department / 9-1-1
3. Do a head count to make sure everyone is out
4. Do not re-enter the premises until emergency responders have given you permission to do so

(NSC.org)



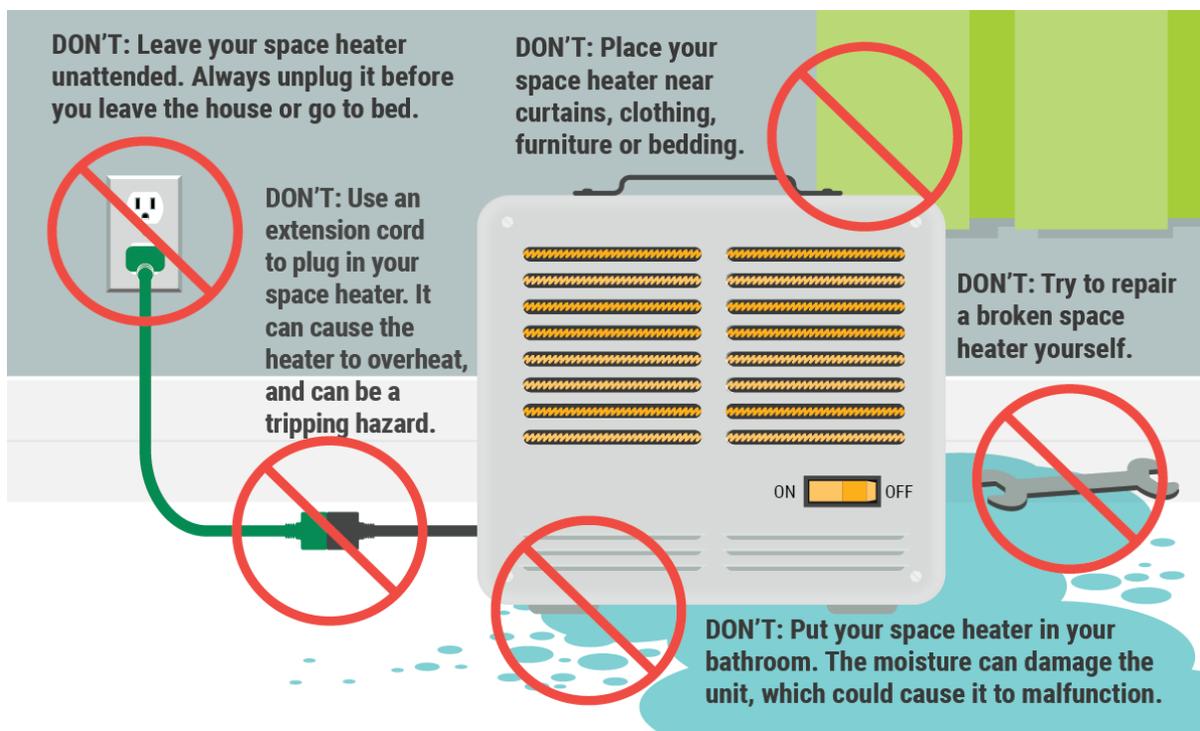
Space Heater Safety

Heating equipment is the second leading cause of home fires in the United States. More than 65,000 home fires are attributed to heating equipment each year. These fires result in hundreds of deaths, thousands of injuries and millions of dollars in property damage. Portable electric space heaters can be a convenient source of supplemental heat, but unfortunately they can pose significant fire and electric shock hazards if not used properly. Fire and electrical hazards can be caused by space heaters without adequate safety features, space heaters placed near combustibles, or space heaters that are improperly plugged in.

Safety must be a consideration when using space heaters. Here are some tips for keeping your home warm and safe when it is cold outside:

1. Make sure your space heater's label shows that it is listed by a recognized testing laboratory
2. Before using any space heater, read the manufacturer's instructions and warning labels carefully
3. Inspect heaters for cracked or broken plugs or loose connections before each use. If cord is frayed, worn, or damaged, do not use the heater (Take out of service - repair or replace)
4. **NEVER** leave a space heater unattended - turn it off before you leave the room or go to bed
5. Do not let children or pets play too close to a space heater
6. Do not use close to water—shock hazard and water could damage the heater
7. Space heaters are only meant to provide supplemental heat and should never be used to warm bedding, cook food, dry clothing or thaw pipes
8. Keep space heaters at least 3 feet away from anything combustible - papers, clothing, rugs, curtains
9. Locate space heaters (and cords) out of high traffic areas and doorways - to avoid tripping hazard
10. Plug space heaters directly in to a wall outlet. **DO NOT** use an extension cord or a power strip, as these could overheat and start a fire. Do not plug any other electrical devices into the same outlet
11. Place space heater on a flat, level surface - **NEVER** place on cabinets, tables, furniture or carpet
12. Always unplug and safely store the heater when not in use

(ESFL.org)



Thanksgiving Safety

Thanksgiving is one of the most popular holidays of the year people to gather together. When gathering, most will have some kind of feast or meal, whether it be turkey or something else. We have put together some tips to keep you safe while cooking your thanksgiving feast.

Cooking Safety: Stay in the kitchen while you are cooking the stove top, to keep an eye on the food. Stay in the house when cooking your turkey and check on it frequently. Wash hands with warm water and soap, especially after touching raw food, to prevent the spread of bacteria and illnesses.

Kids in the Kitchen: The stove and oven will be hot, so kids should stay 3 feet away. Keep kids away from hot food and liquids; the steam or splash from vegetables, gravy or coffee could cause serious burns. Keep the floor clear so you don't trip over kids, toys, bags, or cords. Be sure cords from electric knives, mixers, and other appliances are not dangling off the counter, or in easy reach of a child.

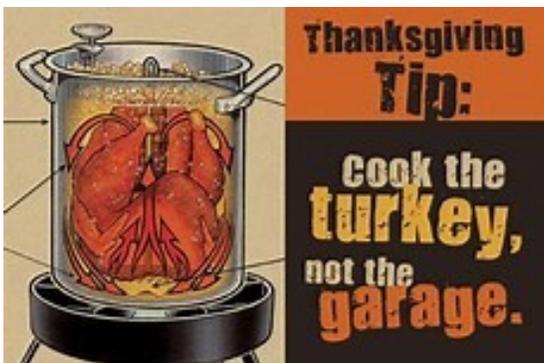
Turkey Preparation: Do not wash the turkey. This spreads pathogens onto kitchen surfaces. The only way to kill bacteria that causes food borne illness to fully cook the turkey. Keep raw turkey separate from other foods at all times. Use separate cutting boards and utensils when handling raw food to avoid cross-contamination. Wash all items that have touched raw meat with warm soap and water or place them in the dishwasher. Cook the turkey until it reaches 165 °F, as measured by a meat thermometer. Check the turkey's temperature in the breast, thigh, and innermost part of the wing.

Using a Turkey Fryer: Turkey Fryers are dangerous and cause many house fires. However, if you choose to fry your turkey, here are some tips:

1. Set up your turkey fryer **OUTDOORS** on a flat surface, safely away (> 10 feet) from your home and other structures, wooden decks, and covered patios. **NEVER** use the fryer in a garage.
2. Do not overfill your fryer, as this could cause a fire.
3. Do not leave the fryer unattended. Monitor the temperature oil to prevent the oil from overheating and catching fire. If it begins to smoke, turn if off the fryer off.
4. Ensure your turkey is **COMPLETELY THAWED** to prevent fire or explosion hazard.
5. Raise and lower turkey slowly to prevent oil splatter, burns, and fire.
6. Keep children and pets away from the fryer to prevent tipping, even after the turkey is done.
7. Use your safety tools: Oven mitts, gloves, safety goggles - the fryer will be very hot.
8. Be prepared: Have the correct type of fire extinguisher nearby and ready to use.
9. Stand upwind of the propane tank and fryer so heat blows away from you.



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(NFPA and NPS)

Enjoy the holiday and stay safe!



Inclement Weather Driving Safety

Bad weather and dangerous driving conditions are common, especially now, as the seasons change and it gets colder. It is more important than ever to practice safe driving techniques in typical winter weather conditions, such as rain, wind, snow, ice, sleet, and fog. If possible, it is best to postpone a trip and stay home instead of driving, if there is an extreme weather system moving through your area. However, since we know staying home is not always an option, here are some tips for driving in bad weather:



1. **Plan ahead.** Driving in bad weather usually takes longer and is more stressful. If you did not leave more time to reach your destination and are consequently running late, this will add to your stress level and could adversely affect your driving. Check the weather before you leave. Consider an alternate route to avoid inclement system, You may also consider postponing your trip until the weather improves.
2. **Drive Slowly.** This goes along with the above item - you should **drive slower** than usual in bad weather. This decreases the chance of skids and accidents.
3. **Leave room in front.** Many experts recommend doubling the “cushion” between you and the car in front of you when you are driving in rain, snow, sleet, etc. Brake time is slower in these conditions, so you must allow more room to come to a stop.
4. **Make sure your equipment is in working order.** Have your tires and brakes checked more frequently in the winter months. Make sure your windshield wipers are in working order and that your headlights are clean. Dirty headlights can significantly reduce visibility, especially in bad weather. Clear your windshield and mirrors of frost, leaves or other debris before leaving, and keep them clear with your wipers and wiper fluid during the trip. If you need to pull over to clean your window, be sure to do so in a safe place.
5. **Use your low beams in fog.** Turn on your headlights (low beams) in fog, whether you are driving at night OR during the day. Your low beam headlights not only help you to see, but also help other cars to see you. It is also important to maintain a larger following distance and to drive slowly, as you may not see things until they are nearly upon you. Stay close to the right side, so you don't cross the center line.
6. **Listen to the radio.** Listen to a radio station that offers road condition and weather information. Keep it at a low volume to not break your concentration.
7. **Buckle up.** Be sure you and your passengers wear seatbelts at all times. Not only is it the law, and a Marine Corps requirement, it can save your life! Especially when driving in bad weather.
8. **Pull Over if you need to.** If you are at all tired, pull over (at a safe spot totally off the road) and rest your eyes. Don't be afraid to “waste” time by pulling over, its certainly better than the risk of getting into an accident. You may also want to pull over if the weather suddenly gets worse, to try to wait it out for a few minutes.



Please consider these tips if you are driving anywhere during this holiday season, we want to see everyone come back safe after the holidays.

(jdpower.com)