

# 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

Happy New Year Marines, Sailors, civilians and family members!

This year, I encourage everyone to take advantage of the Safety and Marine and Family resources here at Henderson Hall. We have some of the best professionals working inside this fence line. Retiring soon? Consider taking one of our OSHA certification courses or attending one of our financial management sessions. What better way to get you prepared for your next chapter.

Lastly, stay safe, keep washing those hands and wear the mask!

*R/s, Your Command Safety Office*

## The New Year is here!

Welcome back! We hope that everyone had a good holiday season, and had a chance to spend some time with family, fellow Marines, and friends.

As we return to work and reengage in our daily tasks, we must remain mindful of all safety measures in the work space. This also includes taking the proper safety measures for those who commute to, in, and around the National Capital Region.

With the New Year comes inclement weather and colder temperatures. We will provide you some tips to protect you and your family from the cold, shoveling snow, and while enjoying some winter sports.

We will also provide you with some advice on how to avoid the glare of oncoming headlights, which can be dangerous in the winter months.

Also, in this New Year, we ask that you continue to think about the safety of others as well as your own. Keep social distancing, keep washing your hands/using hand sanitizer, and keep wearing your masks / face coverings.

Slow the spread - Stay safe and healthy throughout the new year!



### **Special points of interest:**

- **Winter Sports Safety**
- **Shoveling Safety**
- **Avoiding headlight glare**

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*Command Web App*

## Cold Weather Safety

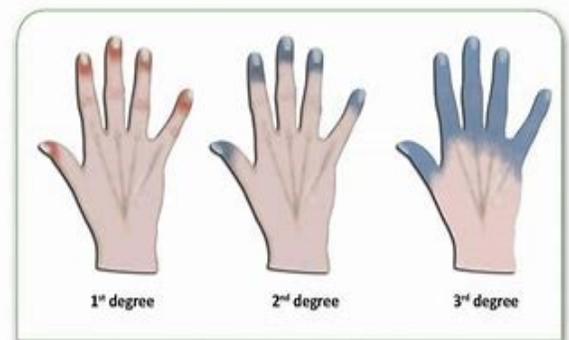
**Cold weather can be dangerous for anyone who spends time outdoors, whether for work or pleasure.**

Exposure to low temperatures along with wind and moisture can cause two dangerous conditions - Frostbite and hypothermia. Below are some recommendations you should consider before venturing out into the cold weather:

- Check the temperature and limit time outdoors if it is very cold, wet, or windy
- Bundle up in several layers of loose clothing
- Wear mittens rather than gloves (keeps your fingers warmer)
- Cover your head and ears with a warm hat
- Wear socks that will keep your feet warm and dry

**Frostbite:** Even skin that is protected can be subject to frostbite. Frostbite is the most common injury resulting from exposure to cold, and it usually occurs on fingers, toes, nose, ears, cheeks, and chin. If caught early, it is possible to prevent permanent damage. If not, frostbite can cause tissue death and even lead to amputation. Superficial frostbite affects the skin surface. The skin appears white, waxy, or grayish-yellow and is cold and numb. If it progresses to deep frostbite, all layers of the skin are affected and it is much more serious. The skin will become completely numb, blisters may form, and eventually the tissue dies and turns black. If you suspect frostbite, you should:

- Move the victim out of the cold and into a warm place ASAP
- Remove wet clothing and constricting items
- Protect between fingers and toes with dry gauze
- Seek medical attention as soon as possible
- Warm the frostbitten area in lukewarm water for 20-30 minutes (only if medical care will be delayed and there is no danger of the skin refreezing)
- Do not use chemical warmers directly on frostbitten tissue
- Protect and elevate the frostbitten area



**Hypothermia:** Occurs when the body's core temperature drops below 95 degrees. Hypothermia is most associated with exposure to extreme cold, but it can also occur at higher temperatures if a person becomes chilled by being soaked with rain or submerged in water. Severe shivering, one of the first signs of hypothermia, helps by keeping the body warm. But as hypothermia progresses, shivering gives way to drowsiness or exhaustion, confusion, shallow breathing, irregular heartbeat, slurred speech, loss of consciousness, and eventually, unconsciousness and death. If you see someone suffering from hypothermia:

- Check breathing and call 911 - except in mild cases, immediate medical care is needed
- Provide CPR if unresponsive and not breathing normally
- Quickly move the victim out of the cold, and remove wet clothing
- Warm the victim with blankets or warm clothing
- Do not rub or massage the victim's skin
- Be very gentle when handling the victim

**\*\* These steps are not a substitute for proper medical care. Be sure to seek medical attention for frostbite and hypothermia as soon as possible.\*\***

(NSC.org)

## Ski and Snowboard Safety

Skiers and snowboarders, no matter how experienced, should never ski alone. It is always better to have a buddy.

Every year, thousands of people are injured skiing and snowboarding. Excess speed, loss of control, and collision with stationary objects, such as trees or lift towers, are the most common factors associated with fatalities. In many cases, an injured skier can be saved if there is someone there to help. Also, having the proper gear will help reduce your chances of being injured.

Improperly fitted or misadjusted gear can also cause injuries. Consider asking an expert when purchasing and fitting gear, such as helmets, boots, bindings, skis and boards.

Before heading to the slopes, you should review proper skills and safety techniques. Here are a few tips:

- Get in shape for the season (not the week before a ski trip); a regular exercise routine will help reduce fatigue and injury
- Beginners should invest in proper instruction / experienced skiers could take a refresher course
- Always know the weather conditions before heading to the slopes; time of day can also affect visibility and make obstacles difficult to see
- Give skiers in front of you the right of way - they most likely can't see you
- If you have to stop, stop on the side of a run, not in the middle
- Look both ways and uphill before crossing a trail, merging, or starting down a hill
- Use skis with brakes or a snowboard with a leash to prevent runaway equipment
- Never ski on closed runs or out of bounds areas - these areas are not monitored and there is no way to know what the snow conditions are; a rogue skier could even cause an avalanche



Following these basic safety tips will go a long way toward ensuring that your next powder run isn't your last. Plus getting injured would not be a very good way to start the new year.

(NSC.org)



## Sledding Safety

One of most children's favorite winter activities is sled riding. Although, most people would agree that kids on slippery saucers careening down an icy hill can be dangerous - more than 20,000 kids are treated for sledding injuries on average each year. Injuries often occur when the sled hits a stationary object, or when the child falls off. If you are planning to take your kids to the local hill, don't just drop them off (especially younger children). Stick around, and share these guidelines with them:

- Make sure all equipment is in good condition, free of sharp edges and cracks
- Sled on spacious, gently sloping hills with a level run-off at the end so the sled can safely stop
- Check slope for bare spots, holes and obstructions - such as fences, rocks, poles or trees
- Do not sled on or around frozen lakes, streams or ponds
- Riders should sit or lay on their back on top of the sled with feet pointing downhill; never sled head first
- Dress warmly, and wear thick gloves or mittens and heavy boots to protect against frostbite and injury
- Consider using a sled that has a steering mechanism and brakes



(NSC.org)

## Snow shoveling Safety

Did you know that nationwide, snow shoveling is responsible for thousands of injuries and as many as 100 deaths each year? Most people think that shoveling snow is just another household chore, however, it can put some people at risk of a heart attack. Sudden exertion, especially after being sedentary for several months can put a big strain on the heart, especially when you add in the cold factor. Cold weather can increase heart rate and blood pressure. It can also make blood clot easier and constrict arteries, which decreases blood supply—even in healthy people. Here are some tips to help you shovel safely:

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only fresh powdery snow; its lighter
- Push the snow, rather than lifting it
- If you do have to lift it, use a small shovel, or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion
- Know the signs of a heart attack - stop immediately and call 911 if you are experiencing any of them



Also, if using a snow blower, keep the following in mind:

- If it jams, turn it off before you work on it
- Keep your hands away from moving parts
- Be aware of the risk of carbon monoxide poisoning if running it in an enclosed space
- Add fuel outdoors, before starting (NEVER while running)
- Never leave it unattended when it is running



(NSC.org)

## How to avoid glare from oncoming headlights

No one enjoys the headlight glare from an oncoming vehicle because being temporarily blinded on the road could potentially cause an accident. The human eye does not readjust to normal lighting easily. It is very difficult for you to look back onto the roadway once an intense light hits your eyes.

Glare can also be difficult to handle for the elderly and people with eye conditions. Fortunately, there are things you can do before heading out to reduce glare. Also, there are some habits you can develop to minimize the effects of glare on your eyes. Check out these tips:



- Don't look directly at the lights producing glare. When faced with an oncoming high beam, look down and to the right side of the road to avoid the glare. However, do not take your eyes completely off the road. By lowering your line of sight, you should still be able to see the lines of the road and stay in your lane until the car passes.
- Consider wearing protective eyewear. There are various glasses, lenses, and vehicle visors with anti-reflective material that can help reduce glare when you're driving.
- Make sure all the glass parts of your vehicle are cleaned thoroughly. These include the windows, mirrors, and the inside and outside of the windshield. Dirt and buildup on the glass can cause light to become refracted and make glare worse.
- Remove the dirt and burnt rubber buildup from the wiper blades. To do this, use a paper towel and windshield wiper fluid. If cleaning doesn't help, replace the wiper blades.
- Get your headlights aligned. Your own headlights can be distracting when one or both are not aimed in the right direction. If you start to find yourself being blinded every time you turn your headlights on, a misaligned headlight could be to blame.
- Ensure your car mirrors are in the right position.
- Make sure you don't have any vision problems. Eyesight issues can make glare worse.
- If applicable, use the night vision setting of your rear view mirror. This will reduce the light coming from it.
- Rest when needed. Long drives (especially at night) can strain your eyes, making glare worse.
- Be proactive not to cause glare - keep your headlights clean to avoid causing glare for others.

(Carparts.com/blog)

