

# 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

Marines, Sailors, civilians and family members, welcome to February! We hope you are staying safe and staying well.

This month, the Henderson Hall Team with the assistance of COMSTRAT have prepared a virtual Back in the Saddle (BITS) training which will be out later this month. If you remember, we did our first virtual 101 Critical Days of Summer Safety campaign back in May. We received a lot of good feedback. So, until we all can get back under the same roof, this will be our way forward.

*R/s, Your Command Safety Office*

### Special points of interest:

- **Super Bowl Safety**
- **Distracted Driving**
- **Tips to prevent Slips, Trips and Falls**

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Command Web App

## Presidents Day and more

Hopefully everyone has settled back into their routines after the holidays.

This month brings us several events to keep us busy. There is the Super Bowl, then Valentines Day, and then Presidents Day. President's day originated in the 1800s, as an unofficial holiday to recognize George Washington's birthday, February 22. It became a federal holiday in 1885, and was moved to the third Monday of February in 1971, when the Uniform Monday Holiday Act was passed. Some states also recognize Abraham Lincoln on this day as well, as his birthday is February 12.

In this months newsletter, we'll provide tips to help you safely celebrate the Super Bowl (celebrations might be a little different this year). Also, we will talk about preventing slips, trips, and falls, and distracted driving, which are both hazards that can easily be avoided.

February is also American Heart month. On page 5 you'll find tips on how to recognize if someone is having a heart attack and some heart wellness tips.



Lastly, 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.



## Super Bowl Sunday Safety

The Super Bowl is a big event for many people, especially if their team happens to make it all the way to the big game. It is one of the most watched sporting events of the year. Many people have parties, or go somewhere to watch the game and celebrate. Often this celebrating involves the consumption of alcoholic beverages. While there is nothing wrong with this, we want you to be safe and responsible. Whether you host a party, attend a party, go out to a bar or restaurant, there are things you need to remember with a football twist...



- **ALCOHOL AWARENESS:** Don't get flagged for drinking and driving. Have a game plan that prevents you from getting behind the wheel if you've been drinking. Use a designated driver, get a ride from a sober teammate, use Uber or Lyft, or remain at the party until sober. Block your teammates from driving whether they're drunk or "just buzzing". Avoid engaging in drinking games or over-indulging. Take a pass on "just one more" drink.
- **COVID SAFETY:** Follow CDC, State, and your Command's HPCON guidelines. Avoid large gatherings. Consider celebrating with outdoor activities and ensure indoor areas are circulating fresh air. Avoid close contact with people (handshakes are high risk, fist bumps or elbow bumps are better). Wear masks when around others, sanitize often, and avoid touching your face.
- **MOTOR VEHICLE SAFETY:** If driving on Super Bowl Sunday, ensure your teammates are properly buckled. Guard against distractions and speeding by managing the clock. Allow ample time to arrive at the party. Tackle fatigue by planning to be where you're going to sleep by game's end. Stop drinking early in the third quarter. Drink plenty of water to rehydrate before going to sleep. Be alert, be sober, and drive defensively. Consider alternatives to driving if weather is not optimal. Be aware that many bars and restaurants offer free non-alcoholic drinks for 'designated drivers'.
- **PARTY HOST RESPONSIBILITIES:** If hosting a Super Bowl party during these unprecedented times, nothing changes! Take your guest's car keys at the door, offer food and non-alcoholic beverages throughout the game. Provide a place to sleep for anyone that is unsafe to drive. Uber home and plan to pick up vehicle the next day. Know that in some states party hosts can be penalized for guests who get into an accident after leaving your party.
- **RISK MANAGEMENT/FORCE PRESERVATION:** Don't hesitate to call an audible if something doesn't look or feel right. Make a goal-line stance to stay together. Don't allow someone to be pulled away from your huddle, or run a route alone. Remember, the day following the Super Bowl is a work day for most. Be alert and ready to pass along your best Monday morning quarterback assessments. Continue to look out for one another and remember: Make the right decisions. Your family, your leadership, and fellow Marines are counting on it.



## Slips, Trips and Falls

Slips, trips and falls have the potential to be a major cause of injury for your Marines, civilians, family members and visitors to your premises (whether it be your workspace or your home).

There is a common misconception that slip and fall injuries “just happen” and that there is little that can be done to prevent them. The potential for slips, trips, and falls can be widespread, but it is important to understand where the greatest potential for danger lies. Some hazards associated with slip, trip, and fall injuries include:

- Slippery surfaces, such as a gloss-finished tile, polished stone, etc.
- Holes or broken surfaces
- Uneven walking surfaces
- Poorly marked and/or poorly lit walkway transitions
- Wet surfaces caused by spills or poor drainage
- Slippery conditions due to mud, ice, or water during inclement weather

Routine inspection and maintenance should be a regular part of keeping your workplace or your home safe for everyone. Here are some tips:

- Conduct periodic walkthrough surveys of your premises to ensure your property is in a safe condition
- Ensure walkways are properly lit
- Maintain all flooring surfaces at all times (clean up spills promptly)
- Use slip-resistant floor treatments, especially in areas prone to be wet
- Apply floor treatments to manufacturer’s instructions
- Use “wet floor” signs in workspaces to warn of known hazards
- Schedule maintenance of floor surfaces during times of low traffic
- Have spill cleanup supplies readily available
- Ensure that entry areas are properly maintained and any mats are secured
- Clear any snow or ice from walkways if expecting guests or anyone will be leaving the building/home
- Promptly investigate incidents, and document findings if an accident and/or injury occurs in the workplace

These tips can help keep your home or workplace safe from slips, trips, and falls. Although, there is still the “human factors piece” of people not paying attention, being distracted, pre-occupied, and or complacent.

Bottom line, not all accidents can be prevented, but by following these steps can help you keep your office space and or your home safe.

([www.travelers.com](http://www.travelers.com))



## Distracted Driving

Distracted Driving is dangerous. It accounts for 25% of all motor vehicle crash fatalities. In 2018, distracted driving claimed 2,841 lives. Among those killed were: 1,730 drivers, 605 passengers, 400 pedestrians and 77 bicyclists.

What exactly is distracted driving? Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system - anything that takes your attention away from the task of driving. Texting is the most alarming distraction - sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that is like driving the length of an entire football field with your eyes closed! You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a distraction and increases your risk of crashing. Here are some more statistics:

- At the time of fatal crashes, teens have been the largest group to report being distracted while driving
- In 2015, 391,000 injuries were caused in distracted driving related accidents
- In that same year, distracted driving was cited as a major factor in 3477 traffic deaths
- 9 people in the U.S. are killed each day as a result of a crash involving a distracted driver
- Car crashes are the number one killer of teens in the U.S.



Read more distracted driving facts at <https://www.teensafe.com/distracted-driving/100-distracted-driving-facts-and-statistics-2018/> (teensafe.com / nhtsa.gov)

Also, there is a new law in the state of Virginia, which went in to effect on 1 January, 2020 that states you must have a hands-free device in order to use your phone in your vehicle. Moreover, it is now illegal to have your phone in your hand for any reason. Most of us should already be familiar with this rule, as this has been in effect on military bases for some time, and also for those that live in Maryland. If you must check your phone, pull over. **Eyes up, phone down, lets be safe on the roads.**

## Awake at the Wheel

Did you know that drowsy drivers are involved in an estimated 6 % of all crashes and 21 % of all fatal crashes? That is an average of 328,000 crashes annually, of which 6400 are fatal. Drivers ages 16-24 are 80% more likely to be involved in a drowsy driving crash, and males are 60% more likely.

### **Some other risk groups include:**

- Shift workers (night shift or rotating shifts)
- Drivers with untreated sleep disorders, such as sleep apnea
- Drivers who use sedating medications
- Drivers who do not get 7-9 hours of sleep each night

### **5 warning signs of drowsy driving are:**

- Yawning or blinking frequently
- Missing your exit
- Drifting from your lane
- Hitting a rumble strip

### **Tips for staying awake at the wheel:**

- Make it a priority to get 7-9 hours of sleep per night
- Refuse to drive when sleep deprived
- Recognize the signs of drowsiness
- Pull off the road to a safe location when sleepy



## Heart Health / Heart Attack Warning Signs

February is American Heart Month. The following tips could save your life if you are ever having a heart attack. Don't wait to get help if you experience any of these heart attack warning signs. Some heart attacks are sudden and intense, but most start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience:

- Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes - or it may go away and then return. It can feel like an uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body: Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath: This can occur with or without chest pain.
- Other signs: Other possible signs include breaking out in a cold sweat, nausea, or lightheadedness.
- Of note: Women are somewhat more likely to experience some of the other common symptoms (rather than chest pain), particularly shortness of breath, nausea/vomiting, and back or jaw pain.
- Don't wait to call 911: Minutes matter. Fast action can save lives. Don't hesitate to call 911 if you experience heart attack warning signs. An EMS team can begin treatment when they arrive, and EMS personnel are also trained to revive someone whose heart has stopped. ([www.heart.org](http://www.heart.org))

## Heart Health Awareness

Every February NHLBI (National Heart Lung and Blood Institute) celebrates American Heart Month by motivating Americans to adopt healthy lifestyles to prevent heart disease. They have developed some "day of the week" themes to help people get involved:

- #SelfcareSunday: Create a self-care checklist for the week
- #MindfulMonday: Know your blood pressure numbers and other heart stats
- #TastyTuesday: Try a tasty heart-healthy recipe
- #WellnessWednesday: Put your heart into a wellness routine
- #TreatYourselfThursday: Treat your heart to some relaxation and fun
- #FollowFriday: Share who inspires you to show your heart more love
- #SelfieSaturday: Post about your favorite way to take care of your heart

([nhlbi.nih.gov](http://nhlbi.nih.gov))



## Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](http://Heart.org/HeartAttack).