

Henderson Hall Safety

“Safety Checks”

Make the right decisions! Your family, your leadership, and fellow



From the Director of Safety

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

This year, I encourage everyone to take advantage of the 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 10/30 hour courses or attending one of our financial management sessions. What better way to get you prepared for your next chapter.

Item to NOTE: This year, your Safety Office will be expanding our services out to our HQMC civilian population who reside both inside and outside the Pentagon - more to come on this roll-out....

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

Special points of interest:

- **Winter Sports Safety**
- **Cold Weather Safety**
- **Snow Shoveling Safety**

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Command Web App

It's a New Year ...

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

As we return to our daily routines, we need to forward think about safety when dealing with the cold weather - especially if you are planning outdoor activities; or if Mother Nature decides to drop some of that cold white stuff on us, more commonly referred to as snow. In this months



issue, we will provide you with some tips to stay safe while enjoying winter sports, shoveling snow and how to recognize cold weather injuries, i.e. frost-bite and hypothermia. Also provided are some winter driving tips, - snowplow safety awareness and how to avoid headlight glare.

Lastly, 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 hands/using hand sanitizer, and keep wearing your masks / face coverings



Winter Sports Safety Tips - Injury Prevention is key

Injuries are a part of winter sports, but they're far from inevitable. As many as half of all sports injuries could have been prevented with the right planning and preparation. While getting ready for your day or night out, be sure to follow these invaluable sports injury prevention tips.



- **Take Regular Breaks:** You will also need to watch out closely for your kids. Even if they don't seem tired, muscle exhaustion will put them at risk and increase the chance of injury. Take frequent breaks to hydrate, refuel and recover.
- **Keep an Eye on the Weather:** Winter weather can be quite unpredictable. It could be a beautiful, but chilly, sunny day one moment, and the next, you could encounter dangerous conditions. Inclement conditions increase the likelihood of a sports injury.
- **Don't Go Alone:** When playing winter sports, the most dangerous thing you can do is play them alone. Even solitary sports like skiing and skating carry the risk of a potentially life-threatening injury. If you suffer one, you might not be able to get help on your own. Stay close enough to one another so you can react quickly if there's an accident. Check one another for signs of fatigue or confusion. Finally, bring a first aid kit along.
- **Do Your Warmup Exercises:** Your muscles and heart need to be in good shape before any type of physical activity, let alone an intense wintertime activity. Muscles get tighter when the temperature drops, and your blood vessels contract. As a result, you're more likely to get exhausted or develop a muscle cramp, and that raises the risk of a more serious injury. That's why warmups should play a big role in your skiing, skating or snowboarding injury prevention plan. Your warmup routine should include: Stretching your arms, legs and back; arm circles; twisting your upper body; squats; and jumping rope or running in place.
- **Use Protective Equipment:** Most common winter sports injuries can be minimized - or prevented altogether - by wearing reliable protective equipment. The most essential piece is a helmet. Numerous studies have proven their effectiveness in preventing head injuries, which are more likely to be fatal than other types of injuries. Don't forget to buy padding for other body parts, such as arms and legs.
- **Follow the Proper Technique:** Many injuries occur because the skier, skater or snowboarder didn't have the right form. Maybe his head hung too low or he wasn't holding his ski pole the right way. Before hitting the slopes or ice, make sure you know what you're doing. Whatever sport you want to play, spend some time with a qualified instructor before playing.
- **Don't Push Beyond Your Experience Level:** Whether attempting a new slope or trying out a winter sport you're not familiar with, it's important to recognize your own limitations. Make sure you stay on runs that are appropriate for your level. Don't attempt to try snowboarding or ice skating tricks that are beyond your expertise.



- **Wear Appropriate Clothing:** In the wintertime, we wear heavy coats and other winter apparel to stay warm. When playing winter sports, clothing does more than just keep you warm. On one hand, it has to protect you from sunburn, windburn and frostbite. On the other, it has to be flexible enough to allow you to move freely, because constrictive clothing can actually increase the risk of injury.

- **Be Familiar With Your Surroundings:** If you're in an unfamiliar environment, it could take you by surprise. Many winter sports injuries occur because someone didn't anticipate a big tree or rock on the ski slope, or didn't

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 (**immediate** medical care is needed, except in mild cases)
- 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



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 raise 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; it is 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 a snow blower unattended when it is running





Snow Shoveling Safety Tips

- ❖ Take your time shoveling. Do not rush.
- ❖ Dress warmly and in layers.
- ❖ Push instead of lifting snow.
- ❖ If you must lift, lift with your knees, not your back.
- ❖ Stay Hydrated. Avoid caffeine.

Check on elderly neighbors. Clear a pathway from the front door to the sidewalk to help Emergency Crews in case of an emergency.

If you feel faint, dizzy, or have chest pains, immediately call 9-1-1.



Driving Safety - Snowplow Safety Tips

When snow comes, snowplows are not far behind. Snowplows make roads safer for everyone. Cars, SUVs, school buses, trucks and pedestrians are all better off once they've come through, even if they are equipped with four-wheel drive or tire chains. The plows make the roads passable and reduce the risk of getting stuck in the snow.

Drivers need to keep safety at the front of their mind when sharing the road with snowplows. Most snowplows weigh up to four times more than the average car, and a collision with one can be deadly.

Here are a few facts about snowplows to keep in mind. Snowplow drivers are driving in conditions that limit their visibility, especially if it is still snowing. They work 12 hour shifts in bad conditions. They may be distracted, cold, tired, or all of the above. Drivers must drive defensively around snowplows. Be cautious whenever you see them, give them a lot of room, and follow these 3 tips:

1. **Do not Pass!** A snowplow may be driving very slowly however, you are always better off following a snowplow than driving in front of it, because the road in front of them may not have been plowed yet. Also, some snowplows have side plows - called wing plows - which can jut out 10 - 12 feet on each side. If you pass them, you run the risk of not clearing the plows, especially if visibility is limited.
2. **Follow at a safe distance.** Snowplows need to go about 35 miles per hour to do a proper job. Snowplows may also need to stop or swerve abruptly to avoid obstacles, including stranded cars. These snow plow operators are up against unpredictable conditions, and if you are driving too close behind them, you may be as well. Also be sure to keep a safe distance just in case they need to stop suddenly or back up!
3. **Keep your tailpipe clear.** You don't necessarily need to be driving to get into a dangerous situation with a snowplow. If your car is parked on the street, and you decide to start your vehicle while you clean it the snow off, be sure to clear out around your tailpipe first as it could potentially be blocked by snow. If not cleared there could be a possibility that the exhaust / carbon monoxide will flow back up into the car. **Note:** It can take only a matter of minutes for the carbon monoxide to reach lethal levels, which would cause you to pass out from lack of oxygen. If by chance you do get plowed in while you are sitting in your vehicle, stay calm and immediately turn the engine off. You may need to exit from another door if the driver's side is blocked, or call for help if you are trapped.



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Driving Safety - 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. Therefore, it's 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.
- If applicable, use the night vision setting of your rear view mirror. This will help reduce the light (glare) coming from behind you.
- 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

