



SAFETY CHRONICLES



164AW Memphis, TN ANG

Aug 2016



People are "Creatures of Habit".

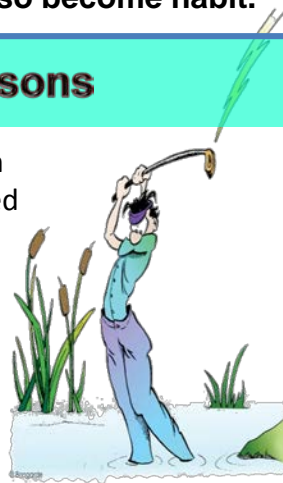
If you practice safety and good professionalism, it will become habit.

If you're careless and cut corners, this will also become habit.



Summer Lightning Lessons

The summer months are thunderstorm season for much of North America. It is a time of increased risk for outdoor workers who run the chance of being struck and killed by lightning. Facilities and equipment can also be the target of lightning strikes, fires, explosions and damage to electrical or electronic equipment can result.



Golfers are at risk from lightning strikes because they play in open areas and use metal golf carts, clubs and poles - all of which can attract lightning. Also at serious risk are construction workers, who usually keep working in all but the worst weather. You don't have to be working or golfing to be in danger of lightning strikes. Take Charles for example.

It was early afternoon on August 2, 2007. Charles and Michael were sitting at a park table having lunch. There was rumbling in the distance with intermittent light rain. The lightning bolt that struck Charles was the only one observed before and after the incident. There had been thunder rumbling in the distance the entire day. weeks after the incident, Charles developed insomnia that was been resistant to medication and is easily fatigued by work and experiences short-term memory impairment. He was off work for 10 weeks.



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- Top Office Injuries Part 1
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- AF Fatality Summary
- Safety Meme

Safety Videos & Links

[Pokémon Go Players Shot At](http://www.usatoday.com)
www.usatoday.com

[Heat Stress Illnesses](http://www.cdc.gov)
www.cdc.gov

[Sun Exposure](http://www.cdc.gov)
www.cdc.gov

[Safety on the Road](http://www.nsc.org)
www.nsc.org

Disclaimer

The information presented in the Safety Chronicles has been compiled from various sources believed to be reliable. However, it cannot be assumed that all acceptable safety measures are contained in each article nor that additional measures may not be required Under particular or exceptional circumstances, or your own unit's procedures, or by federal, state and local law.



Summer Lightning Lessons Cont.

General lightning safety requirements for all Air Force activities and operations include taking the following precautions when lightning is detected or observed within the immediate vicinity of any activity or operation:

- ❑ Do not go outdoors or remain out unless it is absolutely necessary. Seek shelter in:
 - Dwellings or other buildings protected against lightning
 - Protected underground shelters
 - Large metal framed buildings
 - Enclosed automobiles, buses, aircraft and other vehicles with metal tops and bodies
 - Streets that may be shielded by nearby buildings.
- ❑ Certain locations are extremely hazardous during thunderstorms and shall be avoided.
 - Hilltops and ridges.
 - Areas on top of buildings.
 - Open fields, athletic fields, golf courses.
 - Parking lots, tennis/outdoor multi-purpose athletic courts.
 - Swimming pools, lakes and seashores.
 - Near wire fences, power and telephone poles, clotheslines, overhead wires, towers and railroad tracks.
 - Under isolated trees.
 - Near electrical appliances, telephones, plumbing fixtures and metal or electrically conductive objects.
 - Aircraft dry bays, tanks and wheel wells.



Gun Locks Available in Safety Office

The 164AW Safety Office has gun locks available to give away to interested personnel. The 15" heavy-duty, hardened steel cable lock is ideal for preventing accidents and unauthorized use.



- Guns are the most lethal method of suicide. A person that acts impulsively and has access to a gun is a deadly mix.
- Suicide is often an impulsive act. That's why delaying access to a gun is critical; it allows time for the suicidal impulse to pass without being realized

Own it? Secure it.

Top Office Injuries Pt 1

Offices present a unique set of potential injuries from other lines of work. While nearly 100% indoors, seated and usually on a phone or computer paves the way for some of the top injuries (back & neck pains, vision strains, pain in the hands and wrists) to develop.

As we continue to work increasingly long work weeks and much of them spent inside an office environment, knowing how to avoid these top office injuries is now a necessity.

Falls are the most disabling injuries according to the CDC. Office workers are over 2 times more likely to suffer a disabling injury from a fall than non-office workers. The most common causes of office falls include:



- Tripping over an open desk or file drawer, electrical cords or wires, loose carpeting.
- Bending or reaching for something while seated in an unstable chair.
- Using a chair and not a ladder. Slipping on wet floors.

Avoiding Falls in the Office

- Close all drawer immediately.
- Don't stretch to reach while seated. Get up instead.
- Report loose carpeting, electrical cords, etc. to CE.
- Clean up all spills.
- Use a step ladder, not a chair, if you need to reach something overhead.

Faster way to Fail

Going the long way around is often the right way to go. The easiest, fastest route can be the most dangerous.

T	E	S	T	T	R	A	N	Q	T	C	C	K	D	S	T	F	R	T	U
A	I	S	H	O	H	E	C	U	A	I	C	I	E	E	A	T	E	O	Y
				O	T				U		T	O		S	N				

Hard Hat Saves the Day

Picture this ... an electrician is working at a high level when he puts his screwdriver into the not-so-deep pocket of his boiler suit. Now the thing about not-so-deep pockets is that they don't hold really long things in very well.

Case in point, when our electrician bent over, the screwdriver fell out of his pocket. Now picture the slow-motion scene as the tool leaves his pocket and falls toward the ground. He fumbles to catch it, knocking it further from his grasp. It hits the floor, bounces twice, then rolls sloooowly, as if teasing him, toward an opening in the floor that just so happens to be a ladder well. Poof, it disappears over the side. I can just hear the high-pitched whistling of the screwdriver dropping like a bomb, zeroing in on it's target; another electrician, who had just started his trek up the ladder well. He didn't make it far before *POW! Just as electrician #1 shouts, "Look out below",* the screwdriver found it's mark, plowing straight into his hard hat with enough force left to graze his scalp causing nothing more than a small cut.

I guess there are a lot of "what ifs" here, like what if the startled worker had let go of the ladder and fell when the screwdriver hit, and what if he had looked up at the last second, and what if the screwdriver had been a bowling ball? But the most important "what if" to consider is: What if this worker hadn't been wearing his hard hat?

CA





AF Major Mishap Summary

24 Jul 16, Class A, Off-Duty, ACC, S&R

Captain involved in aero club aircraft crash. **Fatality.** Under investigation.

24 Jul 16, Class A, Off-Duty, USAFAL, S&R

CMSgt ejected from boat. **Fatality.** Under investigation.

21 Jul 16, Class A, Off-Duty, AETC, Miscellaneous

1Lt involved in civilian aircraft crash. **Fatality.** Under investigation.

17 Jul 16, Class A, Off-Duty, USAFAL, PMV-4

Cadet operating private automobile crashed. Multiple injuries. **Fatality.** Under investigation.

17 Jul 16, Class A, Off-Duty, AFGSC, PMV-4

Capt lost control of automobile and departed roadway. Unknown injuries. **Fatality.** Under investigations.

7 Jul 16, Class A, On-Duty, AETC, Combat Support and Training

A1C found unresponsive on wood pile during screening course. **Fatality.** Under investigation.

3 Jul 16, Class A, Off-Duty, ANG, PMV-4

SrA lost control of private automobile and rolled over. Multiple severe injuries. **Fatality.** Under investigation.

2 Jul 16, Class A, Off-Duty, USAFE, Miscellaneous

SSgt missing for 10 days. Found in river, **Fatality.** Under investigation.

Safety Memes



164AW Safety Office



Lt Col Jason Harrison
Chief of Safety

SMSgt Brandon Clines
Occupational Safety
Manager