

AIR INTELLIGENCE AGENCY 67TH INTELLIGENCE WING



**May 31 - September 6
1999**

INTRODUCTION

We the Air Intelligence Agency (AIA) are about to enter the **101 Critical Days of Summer** time frame. This span runs from Memorial Day to Labor Day and has proven in the past to be the most dangerous time of the year for military and civilian personnel alike. How dangerous is it? Since 1988, 366 Air Force members have lost their lives during this 3-month period. Last year, before our campaign had even officially started, the Air Force had reported nine motorcycle fatalities, six during the month of May. By year's end, 15 Air Force members had paid the ultimate price for riding their motorcycles. Our second biggest killer was open water events, resulting in nine drowning by the end of FY98.

Last year was our safest year in Air Force history. We lost 71 Air Force members—52 of these being ground mishaps. All of the ground fatalities involved motor vehicles on and off-duty. Chief of Staff, General Ryan ascribed our excellent record last year to the sound use of three things—leadership, accountability, and Operational Risk Management (ORM).

Fortunately 67 IW's track record during this high tempo of fun and sun is quite low. Last year we experienced zero fatalities and 26 off-duty mishaps.

Read and enjoy the informative stories and safety tips provided by the wing safety office. Hopefully this material provides an ORM environment for you and your family while they enjoy their summer vacation, at home or on the road. If you have any questions, please feel free to call us at 6-4095.



HENRY PODUFALY
Chief of Safety

SAFETY SHORTS

A collection of humorous, real life, safety related short stories

On the Hot Seat!

- An Israeli housewife's recent confrontation with a cockroach put her husband into the hospital with burns, a broken pelvis, and broken ribs, reported the Jerusalem Post. The woman, frightened by a roach in her living room, stepped on it, threw it into the toilet, and emptied a full can of insecticide spray on the drowning pest. When her husband came home later, he visited the bathroom and discarded a lighted cigarette butt into the toilet bowl, igniting the insecticide fumes [sic] and seriously burning "his sensitive parts," according to the newspaper. Unfortunately, the paramedics taking him to the hospital laughed so hard when they heard the full story that they dropped their patient down a flight of stairs, breaking his pelvis and ribs. And you thought you were having a bad day!

- *Pest Control News magazine.*

- Philip Johnson, 32, was hospitalized in Prestonburg, Ky., with a gunshot just above his left nipple, which he inflicted upon

himself, he said, because he wanted to see what it felt like. When the ambulance crew arrive, they found him "screaming about the pain, over and over," said the sheriff.

- In Slidell, La., in December, Jason Jinks, 20, decided to open his car door and back up at 25 mph in order to look for his hat that had just fallen off; when he hit the brakes, he fell out onto his head and, three days later, died.

- ROTC cadet Nick Berrena, 20, was stabbed to death in Dahlonga, Ga., in early Jan. by a fellow cadet who was intent on proving that a knife could not penetrate a flak vest.

- Jarold Sanchez, 23, shot himself in the face in November in Craig, Colo., after spotting an elk near a railroad track on a hunting trip. Sanchez had lain down, resting the barrel of his rifle on the near track, pointed at the elk, and squeezed the trigger, but managed only to hit the other track two feet away, causing the bullet to bounce back and graze his cheek. Sanchez said he knows now that the barrel is lower than the sight.

“It’s all about you and your family”

The 101 Critical Days is a great opportunity to begin implementing risk management at home.

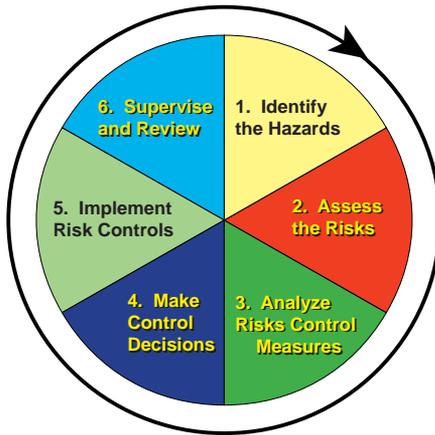
The best way to ensure the safety of your loved ones is to teach them to always identify the hazards, assess the risks, and make decisions that will have an impact on the safe outcome of family activities.

When you manage risk, you give yourself and your loved ones another birthday, another anniversary, another laugh, another hug, another chance, another precious family moment! Risk management has to be a part of your everyday life, especially during your off duty family activities.

Are you doing everything you can to manage the risk for you and your family as you go about your personal activities?

Remember that every time you cross the street, drive your car, or cut the grass, you are applying risk management.

OPERATIONAL RISK MANAGEMENT
ORM - A WAY OF LIFE



Managing risk is easy and the right thing to do, it starts with you identifying the hazards, assessing the risks, and making decisions that ensure a safe family event.

When it comes to the safety of your family, YOU and your loved ones have to manage the risk. The bottom line:

“It’s all about you and your family”

A Safe Vacation Is No Accident

We need summer vacations. They revitalize us and broaden our horizons. They are so important, we start planning for them months in advance. As the weeks click off and departure day nears, we start fretting about the long-range weather forecasts, we review the road map for any possible short cuts, and we make the mandatory trip to the discount store to purchase candy, games and snorkels. We plan that trip to the ninth degree . . . and one accident, which probably could have been prevented if we had planned a little better, can ruin the entire adventure.

Before gathering up the family and heading off to exotic locations, consider these tips:

Along the Way

* If you are driving, wear your seat belts. It's the one best piece of advice for anyone on the highway.

* The driver should stop and stretch or relax every two hours or 100 miles. If possible, that's a good time to change drivers.



* Drive defensively. Anticipate the actions of other motorists.

* Drive the speed limit and obey signs around construction sites.

* If you travel on public transportation:

- Do not sleep on trains, buses, taxis or platforms.

- Do not travel into unfamiliar areas alone, especially at night.

- Don't get so engrossed reading the current thriller that you jeopardize your own safety. Stay alert

- Sit close to the driver.

- Do not sit near exits, where you are an easy target for quick hit thieves and purse snatchers.

Sleeping Over

Whether you are spending the night along the way, or staying at your final destination, there are important safety precautions to take in your temporary home away from home.

* If the hotel doesn't have a sprinkler system, it doesn't deserve you . . . or anybody else. Find a safer place to rest.

* Ask for a room near exits on the lower floors, with windows that open and lock.

* Never answer the door without verifying who the visitor is. If the person claims to be an employee, call the front desk to verify his/her credentials.

* When returning to your hotel late in the evening, use the main lobby entrance.

* Close your room door securely and use all the available locks.

* Keep valuables in the hotel's safety deposit box, and do not flash large sums of money in public.

* Know and practice the fire escape route for your room with your family

C o m i n g Home

So far, so good. Now let's get you home safely.



* Don't try to complete a long drive on the last day. Sure you want to get home, but more importantly, you want to arrive safely!

* Drive part of the way the day before, and enjoy the night. On the last day, sleep late and arrive relaxed.

Drink And Drive, Yea!

About half of all fatal accidents involve the use of alcohol. Alcohol slows reaction time, blurs and distorts vision, impairs ability to judge distance, and makes drivers think they're maneuvering their vehicle much better than they actually are.

Twelve ounces of beer or five ounces of wine or one-and-a-half

ounces of 80-proof liquor is considered one drink.

Your body can

eliminate alcohol through your liver at a rate of about one drink per hour. To escape or minimize effects of alcohol intake: 1) consume no more than one drink an hour: 2) stop drinking at least one hour before driving. Some common myths about alcohol are:

* Drinking large amounts of strong black coffee will fix everything. Not true.

* A lot of food will soak up all that alcohol running around loose in the system. Not true.

* Eat a big meal before doing any drinking, and you won't be affected as much by the alcohol. Not true. A big meal won't keep alcohol from reaching the brain - it just delays the effect. So the dangers still are present.



Seven Steps To Safer Sunning

1. Avoid The Sun

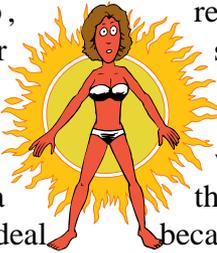
This is especially important between 10 AM and 3 PM, when the sun's rays are strongest. Also avoid the sun when the UV Index is high in your area.

2. Use Sunscreen Products

With labels stating "sunscreen" or "sunblock," these lotions, creams, ointments, gels, or wax sticks, when applied to the skin, absorb, reflect or scatter some.

3. Wear a Hat

A hat with at least a three inch brim is ideal because it can protect areas often exposed to the sun, such as neck, ears, eyes, and scalp.



4. Wear Sunglasses

Children should wear sunglasses, too, starting as young as one year old.

5. Cover Up

Wear lightweight, loose-fitting, long-sleeved, shirts, pants, or long skirts as much as possible when in the sun. Tightly weaved cloth is best

Avoid wearing wet clothes, such as a wet T-shirt, because when clothes get wet, the sun's rays can more easily pass through. If you can see light through a fabric, UV rays can get through, too.

6. Avoid Artificial Tanning

A 1996 unpublished risk analysis by FDA scientists, concluded that people who use sun lamps about 100 times a year may be increasing their exposure to "melanoma-inducing" radiation by up to 24 times compared with the amount they would receive from the sun.

7. Check Your Skin Regularly

Signs to look for are changes in size, texture, shape, and color of blemishes or a sore that does not heal.



Safe Boating

Many Air Force members and their dependents are killed or seriously injured in boating mishaps every year. The majority of accidents would not have happened if the victims had taken time to learn proper small boat operating procedures.

If small boat enthusiasts observe the following rules, they will be nautical miles ahead in personal fun and safety.



All “boaters are encouraged to take part in formal small boat training programs offered by the U.S. Coast Guard Auxiliary.

1. Know your boat - what it can and can't do.
2. Don't overload - check the boat manufacturer's capacity plate.
3. Keep a good lookout and situational awareness of other boats and objects.
4. Operate at safe and legal speeds - watch your wake.
5. Know and respect the weather - heed weather warnings.
6. Take sufficient fuel - in proper containers - know your cruising radius.
7. Keep your boat shipshape, check safety equipment.

8. Take necessary equipment fire extinguishers, personal flotation devices.
9. Secure the boat properly stow loose objects.
10. Learn boating laws and obey them.
11. Never operate a boat while intoxicated.

Drinking Afloat More Dangerous Than Driving

Research has shown that as little as four hours' exposure to sun, wind, glare, vibration, and other motion on the water produces “boater's hypnosis,” a kind of fatigue that slows reaction time almost as much as if a person were drunk.

Safety Tips For Waterskiing

Don't take unnecessary risks



while water-skiing. The following tips will help you safely enjoy this thrilling sport:

- ALWAYS have an observer in the boat.
- ALWAYS wear a Coast Guard approved Personal Flotation Device (PFD) designed for water skiing.
- Never ski in rough water.
- Stay well clear of congested areas and obstructions.
- Don't spray or "buzz" swimmers, boats, or other skiers.
- NEVER ski after dark.

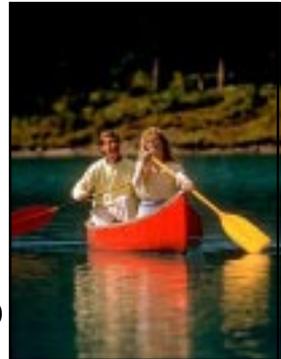
- Never water-ski while under the influence of Alcohol or drugs.
- Use hand signals between the skier and observer.

Keep away from: Crowded Beaches Docks Swimming Areas Rocks and Bridge Pilings

A FEW GOOD TIPS ON CANOEING

Millions of Americans pick up a paddle each year, and studies show that about 80 people drown each year while canoeing.

As with most recreational accidents, the drownings were usually the result of poor judgment and inadequate preparation.



On The Shore

* Know your personal skill level and physical condition. Don't overestimate your capabilities.

* A canoeing course is especially important if you are going to tackle a river.

* Be a competent swimmer. Just because you start out in a canoe doesn't assure you will stay there. Swimming could save your life.

- A dry or wet suit is recommended in rough waters, especially when the water is colder than 70 degrees. Exposure to cold water can cause hypothermia, which can be fatal.

- Wear a broad-brimmed hat to protect yourself from the sun and rain.

- Carry a complete change of clothing in a waterproof bag.

- Always wear shoes. Canvas is good because it dries fast.

* Do not load a canoe so heavily that you have less than six inches of "side" between the water line and the top of the gunwales.

* Get an accurate local weather forecast. Some forecasts are broadcast 50 miles from the water you will be traveling.

General Safety Instructions

* Never canoe alone.

* Keep weight low in a canoe. Avoid sudden movements, and shift your weight slowly and carefully.

* Drinking and canoeing do not mix. Coast Guard studies show that alcohol is involved in more than half of all boating accidents.

* Pack an emergency kit that contains a flashlight, rescue bag (throw rope), medical kit, knife, whistle, and waterproof matches,



especially when you are canoeing on a river. Other recommended items include: an extra paddle, a radio, smoke flares, a bailing container and a sponge, and a thermos of water.

* If your canoe is upset for any reason, stay with your canoe! It should have enough flotation built into it to support any occupants who hang onto it until help arrives.

Fishing Tales

Fishing is a relaxing sport with little obvious stress and strain. It would appear that there is little hazard associated with fishing when, in reality, there are numerous potential hazards.

First consider the location: lake, river, pond, stream, ocean, etc. You should carefully plan your equipment choices to cope with the environment.

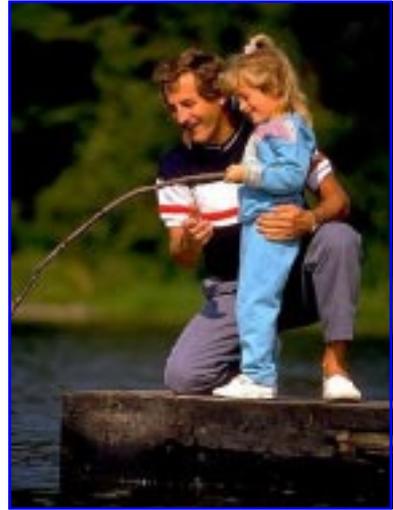


If boating, ensure a personal floatation device (PFD) is available for each person. PFDs should always be worn, not sat on. Never overload or

crowd a fishing boat — plan seating so each person has adequate room to maneuver their fishing gear. Never stand in a small boat. Avoid leaning over the gunwales. Attempt to maintain the lowest center of gravity by remaining amidships. Avoid changing positions while the boat is in deep water. If the boat should capsize or swamp, keep calm and hold onto the boat — it will float even though overturned or swamped. When fishing at night, always use appropriate lights. If fishing on shore or on a pier, jetty, bridge, or steep bank from which you might fall into deep or fast-running water, wear a PFD.

Wading has its own unique problems, like uncertain footing, deep holes and swift currents. Never wade alone, use a wading staff to test depths before moving, be

alert for floating debris and stumps or roots. It's a good idea to wear a PFD. Swimming is nearly impossible when wearing hip boots or waders filled with



water.

Hook injuries are the most common fishing injury. The wise fisherman carries a pair of wire cutters and a bottle of anti-septic to fight infection.

To remove the barb, cut off the shank and push it through — never pull the barb out. Disassemble rods and secure hooks before making location changes.

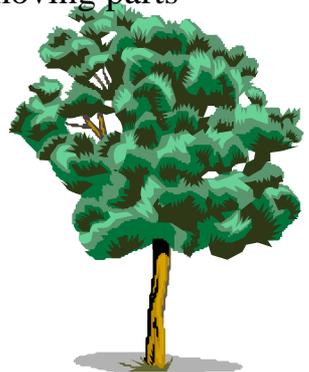
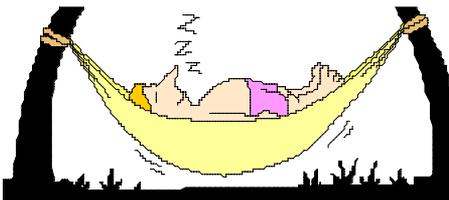
Never move about with the attached hook in your hand, or hold the line above the hook since snagging the line can pull the hook into your flesh. Never cast over another's head, and allow plenty of room behind for casting back swing.

With a little forethought and preparation, your fishing experiences can be free of pain and injury.

Time for Yard Work !

As the temperature rises and the grass turns green, people get the itch to begin their spring yard work. Before you grab your rake or fire up your lawn mower, review the following safety tips:

- √ Don't overdo it! Begin your spring work gradually in order to keep soreness and fatigue to a minimum.
- √ Limit your exposure to the sun and chose a good sunscreen to protect your skin. It's also a good idea to wear a hat when out in the sun.
- √ Before beginning any job, inspect your tools and obtain any protective equipment that will be needed.
- √ Mowing the lawn?
 - Know how to operate the equipment
 - Dress properly for the job
 - Close-fitting clothes
 - Sturdy shoes
 - Safety glasses
 - Clear the cutting area of debris before you begin
 - Keep your hands and feet away from moving parts



Playing With Fireworks



According to the U.S. Consumer Product Safety Commission, there are more than 12,000 emergency room cases related to fireworks each year. And most of those injuries involve children under the age of 15.

Protect your children from the dangers of fireworks not only on Independence Day and Cinco de Mayo, but year round.

If You Decide To Have Your Own Fireworks Display



If community ordinances allow it, here are precautions to take when using fireworks:

- * Always read and follow the manufacturer's directions for safe use of the device.

- * Do not allow children to light fireworks without an adult nearby.

- * Do not dismantle fireworks, or try to make your own.

- * Do not hold any fireworks in your hand once you have lit them.

- * Do not throw fireworks. Place them on the ground, or whatever platform you will launch

them from, light them, and get away as fast as you can. Fuses must take three to six seconds to burn.

- * Do not light fireworks inside a can or bottle. The explosion could be more than you bargained for.

- * Fireworks should only be lit



outdoors, and away from structures and any flammable materials. Thousands of fireworks accidents cause millions of dollars in property damage each year.

- * Don't assume Class C fireworks are harmless. The heat from a sparkler (1,800 °F) can melt gold. Imagine the harm it could do to a child's delicate flesh.

- * Keep a water bucket or hose nearby for emergencies.

- * Pick up duds with shovel.

- * Do not try to light a firework that misfired. Instead, soak it with water and throw it away.

- * Store fireworks in a cool dry place.

Jogging

If you are a weekend warrior, exercise enthusiast or sports activist, your body performance can be improved with proper warm-up, cool-down and stretching exercises.



Well documented studies show that muscle soreness and many muscle-skeletal injuries received during sports participation can be reduced with the right stretching program.

Your body and its muscle-skeletal system can be likened to the engine of a car. If you don't warm up the car's engine before driving down the road, the engine will suffer from increased wear-and-tear, lose power, become hard to start and, eventually, suffer a major breakdown.

Like the car engine, the muscles and tendons of the body need to be warmed up and lubricated before asking them to run a mile in six to eight minutes, hit a golf ball 250 yards or smash a tennis ball past an opponent.

Static stretching involves slowly stretching the muscles to their greatest length, holding them there for 5 - 10 seconds, and then re-

peating two or three times. After a game or vigorous activity, a cool-down routine should

place more emphasis on static stretching.

Practicing these preventive measures can save the individual a lot of pain. It also saves the Air Force time and money, often lost in man-hours and medical care expenses when a member is injured.

If you want to get the most from your recreation, while minimizing the likelihood of pain and injury, incorporate warm-up and cool-down routines into your exercise.



Pre-Season Bicycle Inspection Checklist

Tires

- Check for evidence of wear such as bald spots or signs that rubber has worn through to the casing.
- Check sidewalls for evidence of cracks, deterioration, splits, imbedded glass or other objects which could cause a blowout.

Wheels

- Check rims carefully for cracks particularly around the spoke nipple holes.
- Check rim sidewalls for grooves, which can lead to wheel failure. This is often caused by metal-to-metal contact from worn brake pads (the brake caliper and rim).

Brakes

- Check brake pads for wear.
- Check calipers for proper operation and damage.

Frame

- Inspect frames for evidence of cracks, chips, and ripples. Particularly around tube junctures where stress concentrates. If the frame is damaged, have it assessed by a professional mechanic.

Fork

- Inspect fork for evidence of cracks, chips, and ripples. The wheel attachment point is the most critical area. Remove the wheel and thoroughly clean area prior to inspection.

Handlebar

- Inspect for scoring around the stem and bent bars. If damage is found replace bar immediately.

Crankarms

- Inspect for scratches and grooves that can lead to failure.

NOTE

As Paul Harvey states "... and now the rest of the story". We highly recommend taking your bicycle to a reputable mechanic. These individuals are trained professionals and can identify potential problems. While your bicycle is in the shop, get it tuned up for the riding season. You will be surprised just how much difference adjusting derailleurs, realigning wheels, and lubricating bearings can increase your riding pleasure.

Motorcycle Safety Tips

The Motorcycle Safety Foundation offers the following tips for safe motorcycling:

- Wear a helmet to protect you from serious head injury (should an accident occur). Wear brightly-colored, preferably fluorescent, clothing during the day and augment your clothing with reflective tape or wear a reflective belt at night.
- Be alert at intersections. Watch for vehicles that may unexpectedly turn in front of you or pull from the side street or driveway.
- Check your rearview mirrors before changing lanes or stopping. A quick stop without checking rear traffic may result in a collision.
- Watch the road surface and traffic well ahead to anticipate problems and road hazards. Hazards includes potholes, oil slicks, puddles, debris or



other objects on the roadway, ruts, and railroad tracks.

- Since you are less visible on a motorcycle than in a car or truck, keep your headlights on while riding during day and night. Your headlight helps others to see you.
- Don't weave in and out of traffic.
- Stay out of automobile driver's blind spots. These blind spots are to the left and right rear of the vehicles.
- Adjust your speed to the condition of the terrain and your capabilities. Gravel on the road and slippery road surfaces can be hazardous. Avoid sudden braking or turning on such surfaces.
- Don't drink and ride. More than 40 percent of all motorcycle fatalities involve a rider who had been drinking.

SAFE RIDING BEGINS AND ENDS WITH THE OPERATOR

Lightning Safety Rules

Lightning claims quite a few victims every year; averages of a little over 100 are killed and 250 are injured, many while seeking shelter from the storm.

Almost 3/4 of the deaths attributed to lightning occurs during the summer season, with the majority during July.

At any moment there are 2,000 thundershowers occurring around the world.

You can take a few safety steps to avoid being hit by lightning.

- Stay indoors and away from windows during a thunderstorm. You should not be out in the rain anyway. Unplug televisions, computers and other appliances.
- Avoid using telephones, unless it is an emergency. Watch the storm instead, it is spectacular.

- Do not stand under a natural lightning rod such as a tall, isolated tree in an open area.
- Do not stand on a hilltop, an open field, or on the beach.
- Get away from open water and do not fish from a small boat.
- Stay away from metal objects, especially golf clubs. Take off your golf shoes. You do not want to be in contact with any metal, which is a good conductor of electricity.
- Stay away from wire fences, clotheslines, metal pipes, rails and other metallic paths, which could carry lightning to you from some distance away.
- Avoid standing in small isolated sheds or other small structure in open areas. Get off the golf course.



Air Force Ground Fatalities

- 30 May, SRA, Off-duty, drowned. Member wearing a personal flotation device attempted to swim to



shore (approximately 50 feet) from a boat. She became tired and decided to float to shore. Member was sucked under water by a strong current and became trapped under a barge. Member's BAC was .201.

- 31 May, SSgt, Off-duty, drowned. Member jumped into water in an attempt to locate his daughter that had fallen into the water, he was not wearing a life vest. His body has been recovered. The daughter was wearing a life vest and did not sustain any injuries. No alcohol.
- 22 Jun, 1Lt., Off-duty, PMV/Bicycle. Member on a rented bike inadvertently steered into the path of a 4 wheeled PMV. Member impacted the ground and sustained massive head injuries.

- 21 Jul, Maj., Off-duty, PMV, 2-wheel. Member was traveling from his home base to a TDY destination. He lost control of his motor cycle and suffered fatal injuries. He was not wearing a helmet. Investigation continues.
- 21 Jul, Maj., Off-duty, PMV, 2-wheel. Member was traveling from his home base to a TDY destination. He lost control of his motorcycle and suffered fatal injuries. He was not wearing a helmet. Investigation continues.
- 1 Aug, SRA, Off-duty, Sports and Recreation, drowning. Member was whitewater rafting and was one of nine in an eight person raft. Raft hit a rock and overturned. All occupants were thrown into the river. Seven occupants made it safely out of the river. The AF member and another occupant drowned. Alcohol is not suspected. Personal flotation device use unknown.

