

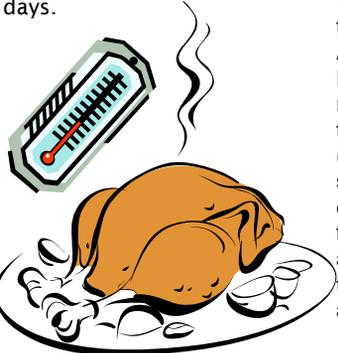


# 140<sup>th</sup> Wing Safety Gram November 2013



## Food Safety Tips for Cooked Foods

Remember the 40's. Hot food should be kept above 140F and cold foods below 40F. Do not add more fresh food to a serving container that still has food in it. Throw out anything that's been out more than 2 hours. Leftovers should be consumed within three days.



## Turkey Fryers-Not Worth the Risk

Thanksgiving is approaching, and nothing quite hits the spot like a well cooked turkey. Many people use a deep fat fryer to cook turkeys to perfection. Respect these devices as they have the potential to cause serious injury or damage if you get careless. Here's what you need to know: The turkey must be completely thawed prior to cooking. Any water/ice present will flash to steam and may cause an eruption of steam & hot grease, possibly resulting in burns or a fire as the grease ignites on the burner below it.

Only use the fryer outdoors and away from your home. In the event the grease overheats, spills or otherwise catches fire, your options are very limited. Your BEST tool here is a Class-K fire extinguisher which is specifically designed for deep fat fryers. Other extinguishers will not put this potentially dangerous fire out.

**ABSOLUTELY DO NOT put water on this fire.** The result will be a violent release of burning oil and a massive fireball. **Because of the risk involved with these fryers, Underwriters Laboratories (UL) no longer certifies these fryers.** "We're worried by the increasing reports of fires related with turkey fryer use," says John Drenenberg, UL Consumer Affairs Manager. "Based on our test findings, the fryers used to produce those great-tasting birds are not worth the risks. And, as a result of these tests, UL has decided not to certify any turkey fryers with our trusted UL mark."

## Goodness Gracious Great Balls of Fire!



QUESTIONS ? Call the Wing Safety Office 847-9738

## Winter Preparation and Travel

Do you have a winter safety storm plan?

- **Home - Keep the following supplies on hand:** Lantern/flashlight, batteries, non-perishable food, potable water, warm clothing, heat source, and a fully charged cell phone
- **Vehicle - Keep the following supplies in your vehicle:** Food, potable water, warm clothing, heat source (candles and a can), something to melt snow in, hazard warning signs, road flares, shovel, cell phone and charger
- **Traveling - Will you be driving to visit friends or family?** Tell friends, family and your supervisor what route you are taking and keep people informed on your progress. Give yourself ample time to reach your destination, in case of an unforeseen problem.

## Vehicle Safety Kits

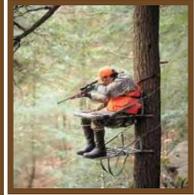
Vehicle safety kits don't have to be large and bulky. Depending on the area where you live, you can add or omit equipment as needed. At a minimum: Flash light and extra batteries, jumper cables, tire chains, road flares, can of fix-a-flat, ice scraper, some basic hand tools, spare fuses, a clean towel or rag, wool blanket (even if it becomes wet it still keeps you warm), spare gloves or mittens, a can of Sterno, matches, candles, empty soup can (so you can melt snow for water), trail mix, and a first aid kit. Extras include a foldable shovel, compass, signal whistle, Meals Ready to Eat (MREs), tow rope, extra jacket, wool cap, wool socks and chemical hand warmers.



## Suicide Prevention / Wingman

Use the Four Dimensions of Wellness (Physical, Social, Mental and Spiritual) to enhance Airman resiliency development, reduce self-defeating behaviors and develop hope in the face of adversity.

## Tree Stands



Many hunters are killed annually in North America due to an accident involving tree stands. More are permanently disabled, while hundreds receive some type of lesser injury. A safety harness is pretty much standard equipment for stand hunters. There is a variety of harnesses on the market. Get one if hunting from a tree.

## Hunter Safety



So you've completed your Basic Hunter Safety class. Perhaps you may want to take a class pertaining to the type of hunting weapon you plan to use; be it rifle, bow, black powder, etc.

If you plan to teach your kids to hunt safely, you may be able to get them in a hunter safety class at a young age. In many states there are no age MINIMUMS for hunter safety classes, but a parent or guardian may be required.

New rifle this year? Have you practiced shooting it? How sensitive is that trigger? You can get those adjusted 'ya know. Recoil pad installed?

Bow hunters, did you keep your body in shape in the off season? Heard about those fall arrest vests for use with tree stands? Could save a life.