



140th Wing Safety

Monthly Safety Memo

August 2016

Special points of interest:

- Lightning Safety
- Concussion Care
- Supervisor Safety Training

Supervisor Safety

Training

WHO NEEDS IT?

AFI91-202 requires that all noncommissioned officers and all commissioned officers, Senior Airman when first assigned as a supervisor.

During the October UTA we will be providing SST for those member who haven't taken the course. Day, place, and time TBD.

Good news: The course has been updated and classroom instruction shortened.

Bad news: A CBT is required to be completed before you can receive classroom instruction. You can find the course on ADLS under Safety. Takes about 45 minutes to complete.

Supervisors/Training Managers: Insure your members bring a copy of their course completion certificate so they don't get turned away at the door.

Contact us if you have any questions or comments!

847-9738 / 847-9735 / 847-9488

Lightning Safety

There is little you can do to substantially reduce your risk if you are outside in a thunderstorm. The only completely safe action is to get inside a safe building or vehicle. Be sure to pass these helpful tips on to your family, especially your kids who are outside playing, riding bikes or involved in outdoor sports.

When a Safe Location is *not* Nearby:

If you **absolutely** cannot get to safety, you can *slightly* lessen the threat of being struck with the following tips. But don't kid yourself-you are NOT safe outside. Know the weather patterns of the area you plan to visit. For example, in mountainous areas, thunderstorms typically develop in the early afternoon, so plan to hike early in the day and be down the mountain by noon. Listen to the weather forecast for the outdoor area you plan to visit. The forecast may be very different from the one near your home. If there is a high chance of thunderstorms, stay inside.

Avoid open fields, the top of a hill or a ridge top.

Stay away from tall, isolated trees or other tall objects. If you are in a forest, stay near a lower stand of trees.

If you are in a group, spread out to avoid the current traveling between group members.

If you are camping in an open area, set up camp in a valley, ravine or other low area. Remember, a tent offers NO protection from lightning.

Stay away from water, wet items, such as ropes, and metal objects, such as fences and poles. Water and metal do not attract lightning but they are excellent conductors of electricity. The current from a lightning flash will easily travel for long distances.

Motorcyclist/Bicyclist:

Protect yourself when on a bicycle, motorcycle or dirt bike. Carry a portable NOAA Weather Radio or listen to commercial radio. If you see threatening skies in the distance pull over, seek cover and wait 30 minutes after the last rumble of thunder before resuming your ride.

On the Job: Stay off and away from anything tall or high, A/C, stands, lifts, and ladders. Leave areas with explosives or munitions. Stay off equipment such as tow vehicles, jammers, and AGE equipment. Do not touch materials or surfaces that conduct electricity, including metal equipment, water, water pipes, and plumbing.

The Do's and Don'ts of Concussion Care

DO

- Report any changes in symptoms to your doctor
- Get plenty of mental and physical rest to improve recovery
- Avoid TV, texting, computer, or video game use (Use only when necessary)
- Avoid any medications without approval from your doctor

DON'T

- Take any aspirin or ibuprofen as this may cause bleeding into the brain
- Use any sedating medications, including medicines or alcohol as they can mimic a worsening neurologic condition
- Drive a vehicle or bike
- Return to activity too soon after a concussion; early return when still symptomatic may lead to permanent injury

Checkout our Safety SharePoint site for more information and links!
<https://eissp.ang.af.mil/org/140WG/WingStaff/SE/default.aspx>