



140th Wing Safety

Monthly Safety Memo

November 2018

Special points of interest:

- Hand-washing
- Hunting Safety RM
- FY19 Unit Inspections Schedule
- Winter Sports Safety
- Supervisor Safety Training

Up-coming Unit Safety Inspections:

November- JFHQ

December - 140 MDG

Supervisor Safety Training:

Up-channel names along with unit and shop information through your USR's to the Wing Safety Office

*Pre-requisite- Remember you have to do the CBT in ADLS under the safety heading *prior* to class and *bring* your certificate. No CBT equals no class.

Contact us if you have any questions or comments!

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Tis the Season for... Hand-washing



What song do you sing when you wash your hands? Happy birthday sung 2x's or the ABC's are what kids are taught from an early age. As adults we forget proper hand washing and sometimes need to get back to basics. As we come together during the upcoming holiday season we bring more than smiles and fellowship, we bring germs and bacteria. These things are natural, but we can keep us all safe and healthy to make these times enjoyable with good memories. Good hand washing practices keep you safe. How you ask? Well, by having clean hands when starting or finishing prepping food, finish using the restroom, using the grocery cart handle clean, using a towel to touch a door handle, etc. you are preventing the spread of germs

and bacteria. Using soap, warm water, and scrubbing every part of your hands to include in-between fingers for 20 seconds is a good start. Following up with hand sanitizer seals the deal to super clean, no germ or bacteria hands. Those germs and bacteria can spread disease or make you very sick. Keep your loved ones safe from sickness this holiday season and refocus on something we take for granted, hand-washing.



Risk Management this month focuses on **Hunting Safety**.

Many of you know someone or may even partake in hunting. Hunting can take you from the plains to the mountains. Exposure to these different climates can force your risk management skills to be put to the test. Even though hunting may be a generational tradition or you are new, take the time to rethink, replan, verify what has become second nature to your hunting adventure. Think about what your real-time risk management will consist of, if, and when you will need to use it. Be prepared when heading out into nature. Heighten your RM skills now.

Risk Management Hunting Safety in 45 seconds or less video

link is <https://cs2.eis.af.mil/sites/10178/RM/Pages/RM.aspx#>

Mr. Leonard Jones "Dr. Love" is a well know figure in the AF Safety world. Check out the link above to his video to give a quick, quirky perspective on risk.

Winter Sports Safety



Choose a sport you will enjoy, this increases your willingness to stay safe so you can keep expanding your knowledge and strive for getting better

Choose the right equipment for the sport
PPE keeps you safe and your body intact



Perform within your ability