



Safety Gram

Protecting Resources Through Better Risk Management

Safety Division's Monthly *Safety Gram* is provided to senior leaders to maintain awareness of mishap trends that directly affect the operational readiness of the Corps. This information should also be disseminated at every level of your command to assist high-risk Marines and Sailors in understanding the impact of the decisions they make every day both on and off-duty.

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November 2013: Mishap Summary

The Mishaps below occurred throughout the USMC from November 1 - 30, 2013, causing serious injury or death to Marines, and/or damage to equipment.

7 Nov 2013. Early in the day, a SNM suffered sudden cardiac arrest near the end of a five-mile "boots and utilities" battalion run. Corpsmen immediately responded and called EMS. He was transported to the hospital where he was pronounced dead.

13 Nov 2013. During a UXO clearing training exercise in an Impact Area, ordnance unexpectedly detonated, resulting in the death of four Marines. Four Marines were confirmed dead by the Fire Department Paramedic.

3 Nov 2013. Around midday, SNM was involved in a head-on collision on base. The Marine reportedly drove left of center and collided head on with a west bound vehicle. SNM suffered massive head trauma and was pronounced dead on the scene.

9 Nov 2013. While riding his motorcycle at 0400, SNM ran off the road, impacted a tree, and was thrown approximately 45 feet. He was taken to a medical center where he was declared dead.

20 Nov 2013. During a late-morning group run, SNM collapsed on base. Emergency personnel were notified and CPR was performed. He was transported to the hospital, where resuscitation efforts failed and he was declared dead.

17 Nov 2013. At approximately 0600, SNO crashed his privately-owned aircraft approximately 1.5 miles north of the intended landing area. The crash site was discovered at approximately 2200 the following day, and he was confirmed dead. The crash site is under investigation by the local Highway Patrol, the Federal Aviation Administration, and the National Transportation Safety Board.

23 Nov 2013. SNM was involved in a motor vehicle accident resulting in his death. Two others riding in the vehicle, one of which is the brother of the driver, were killed as well.



SAFETY and DEEP-FRIED TURKEYS

Peter Hill, Ground Safety Engineer, CMC(SD)

Editor's Note: With the recent occurrence of Thanksgiving, and being in the midst of the holiday season, festive food preparation is certainly fresh in our minds. In this spirit, CMC(SD)'s own Peter Hill provides some insight on successfully and safely preparing a deep-fried turkey. Whether you're considering this recipe for an upcoming holiday, or saving these tips for next year, Safety Division emphasizes safe cooking techniques for this oft-hazardous dish.

There are many articles and videos on the internet about deep fried turkeys and the disasters that have resulted from inexperience or lack of knowledge. I have been frying turkeys for over a decade and can summarize the areas where most people get into trouble.

RULE 1 Propane turkey fryers must be used outdoors. Keep the fryer away from overhangs, low hanging branches. Do not set it up in a garage, breezeway, deck, or other flammable surface. If you are outdoor cooking in bad weather, set up the fryer in a clear area where you can stay under cover to monitor it.

RULE 2 Water and hot oil do not mix. Make sure your turkey is fully thawed. It is common to use injectable marinate and you must thaw the bird to be able to inject it. Set the turkey up on its stand for 30 minutes before frying to drain out any excess moisture. Make an extra incision near where the thigh meets the body, as this area is sometimes undercooked.

RULE 3 Use the right amount of oil. To prevent overflowing the fryer, after thawing but before marinating, put the turkey on its stand in the fryer and fill the fryer with enough water to cover the turkey. Remove the turkey from the water and measure or mark the level of the water. When ready to start cooking, add oil just to that level. Weigh the turkey after it is thawed and with the neck and giblets removed. I write this weight and the liquid depth in permanent marker on the outside of the tank for future reference.

RULE 4 Control the temperature. Turkey fryers come with a thermometer. Use it! Make sure the end is submerged in the oil and heat the oil to 350°. Turn off the propane and – using protective gloves and the handles provided with the fryer – lower the turkey slowly into to oil. It will begin to boil violently and some spillage will occur. This is the water on the surface of the turkey flashing to steam and it can seriously burn you. Once submerged, the boiling will



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Safety and Deep Fried Turkeys (cont'd)

subside and you can relight the burner. Make sure the thermometer is positioned in the oil, reheat and maintain at 350°. Temperature control valves can be purchased as an accessory to regulate propane flow to prevent overheating.

RULE 5 Dispose oil safely. Make sure the oil is cooled down before cleaning up. Oil can be stored in its original container and reused. Drain and filter with cheesecloth if you plan to reuse it. The oil should be refrigerated, or can be stored in a shed or garage in colder climates and will thicken up. When ready to use again, bring it inside to get it to room temperature so it can be poured. Instead of throwing away used oil, check your local classified ads or Craigslist for people who collect waste vegetable oil. Diesel engine vehicles can be modified to run on this oil.

Naval Safety Program Training: Shifting the Paradigm

Naval Safety & Environmental Training Center Staff

Editor's Note: The valuable information garnered and explained by NAVSAFENVTRACEN found below was previously published in Military Matters, Vol. 4 No. 1, the online magazine of the Military Branch of the American Society of Safety Engineers.

Global Online - Flank Three Ahead

Naval Safety and Environmental Training has set new benchmarks with its Global Online brand of Distance Learning (DL) that includes live instructors (synchronous) and individual assignments (asynchronous) to provide a blended training approach. Global Online leverages two cloud-based environments: Defense Connect Online (DCO), hosted by Defense Information System Services (DISA) and Sakai, hosted by Naval Postgraduate School. Students across the globe are now able to keep their luggage in the closet and enjoy extra time in home port, since Global Online Training is available on almost any computer, regardless of one's location. So far, the training center has converted six courses to Global Online, providing virtual seats for thousands of students annually, including those offshore. This directly translates to thousands of productivity days returned to the Navy and saves the Navy more than \$1 million annually in travel cost avoidance, which buys fuel, maintenance, and parts. For the Sailor, this means more time in home port with family and friends.

The benefits of Global Online training when compared to "travel to" training are huge, not only in direct travel

cost avoidance, but also in returned productivity days.

Live Engagement Built In

Global Online students meet online with the instructor to engage in discussion and presentation. The training's asynchronous or individual component offers students challenging assignments that require focused research and problem-solving based on real-world context.

"Our goal is to add a high level of student-centric engagement over and beyond what is available through video teletraining or even some of our resident courses," says Al Mercher, Learning Standards Officer. Sakai and DCO offer tools for instructors to create a virtual canvas of unique navigation, assignments, and student participation. To that end, the school has utilized a checklist of engagement criteria applied to each Global Online course. "As our instructors gain experience and comfort with the different virtual tools and uses, we expect the level of student engagement to only increase," says CDR Greg Cook, Commanding Officer.

Visit <http://www.public.navy.mil/navsafecen/navsafenvtracen/pages/default.aspx> to access the FY 2014 schedule.



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Last Chance for 2013 Marine Corps Ground Safety Award Nominations!

CMC(SD) welcomes submissions for the Marine Corps Ground Safety Awards, with a small extension to the original deadline. In order to promote recognition of safety efforts, CMC(SD) will accept submissions up to **27 December 2013**. With a variety of vehicles to recognize outstanding safety contributions, commanders are encouraged to provide nomination packets in advance of the established cutoff date. Providing recognition to commands and individuals for significant accomplishments in the field of safety and mishap prevention, these awards honor and reinforce investment in safety programs throughout the USMC.

Nomination packages should consist of original documentation which includes content clearly identifying, presenting, and demonstrating achievement of safety goals and objectives. Additionally, a signed cover letter from the nominee's commanding officer endorsing the nominee, award category, and contact information of the command POC is expected, as well as a letter of endorsement from the first general officer in the Chain of Command. The award categories are as follows:

- Marine Corps Warrior Preservation Award: awarded to the Marine Corps installation that has established the most outstanding safety program.
- Marine Corps Superior Achievement in Safety Award: an individual award presented annually to

one officer, one enlisted, and one civilian Marine who have made the most significant contribution to their command safety program.

- Marine Corps Achievement in Safety Award: awarded to one Marine Corps command in each category (Groups I-IV) that has established the most comprehensive safety program.

Please note that all qualifying nominees are automatically considered for the Department of the Navy Safety Excellence Awards for Marine Corps Ground Safety. Completed nomination packages should be provided to CMC(SD) via email (hqmc_safety_division@usmc.mil) or through the U.S. Postal Service to the following address:

Commandant of the Marine Corps Safety Division
701 S. Courthouse Road
Suite 20050
Arlington, VA 22204-2462

Further questions should be addressed to CMC(SD) POC Mr. Joe Pinkowski at (703) 604-4378, DSN 664-4378, or joseph.pinkowski@usmc.mil.

Changes to TRiPS

The Travel Risk Planning System (TRiPS) is undergoing some changes. The online assessment that helps users manage the risks of long-distance travel can no longer be accessed through Navy Knowledge Online. Users should go directly to the Army site at <https://trips.safety.army.mil/navy/login.aspx>.

An improved version of TRiPS will be unveiled in early 2014; instructions will be available soon. In the meantime, continue to encourage your people to use this tool as they plan holiday travel. To date, nearly 300,000 Sailors and Marines have traveled on approved TRiPS assessments; there have been zero fatalities during those travels.



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22nd Annual Joint Safety & Occupational Health Professional Development Conference

March 10-14, 2014 / Online



DoD's Premier Virtual Conference

22nd Annual Joint Safety & Occupational Health Professional Development Conference



March 10-14, 2014 / Online
Conference Theme:
Safety = Mission Success

1,600+ Attendees
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- LEARN**
- Get the most current safety information from SECDEF, SECNAV and Service leaders.
 - Acquire skills, tools and strategies to enhance your command's safety culture.
 - Network with safety professionals and industrial hygienists from around the world.
 - Obtain continuing education units to maintain certifications.
- GROW**

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SPEAKERS

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- ▶ Industry and Government Leaders
- ▶ Subject Material Experts



Registration Opens February 2014
Contact navoshnor.admin@navy.mil for more information.



A Prescription for Safe Medication



Marines typically have phenomenal access to health-care and are fortunate to receive excellent treatment from exceptionally qualified medical professionals. With that being said, there are always potential risks and opportunities for mishaps – even hidden within treatments themselves.

With the constant advancement of modern practice, a variety of medication is available to treat an innumerable amount of conditions and ailments. Along with the positives of this availability, come potential issues in regard to prescriptions. Especially at this time of year, where individuals are required to manage their doses amidst various holiday distractions and travel, it's crucial to pay extra mind to the use of pharmaceuticals. That being said, CMC(SD) encourages safely managing your medicine cabinet with the following tips and suggestions:

KNOW YOUR PRESCRIPTIONS

This first item seems so obvious that it may hardly bear mentioning, but it's one of the most important factors. Regardless of your condition, Marines should know the names and uses of each and every prescription being utilized. Medicine should not be consumed without the user being informed on why they are taking each one. Additionally, knowing whether your prescription requires namebrand or generic prescriptions, and why, is imperative. Ask your doctor why a specific medicine is required, or why a generic version is acceptable. Managing multiple prescriptions can be tricky, so be extremely diligent in handling medication. Furthermore, be aware of any nuances to your dose, such as recommended timing (i.e. morning/evening) and whether or not medication should be ingested with food.

BE AWARE OF DOSAGE

In all likelihood, you are given a prescription in order to treat a current condition or prevent a future one. While these prescribed remedies are intended to supplement or improve your health, over- or under-consumption may result in significant, negative side-effects. Either could bring on a number of unwanted reactions or even death, so know your doses and follow the recommended amounts from your doctor accordingly.

KEEP OPEN COMMUNICATION WITH DOCTORS

If unsure about anything related to your medication, contact your doctor. As detailed, improper use of drugs can be extremely dangerous, and a quick phone call will allow you to remain informed and effective with your prescriptions.

NEVER ASSUME

It's very common and very practical for individuals to prepare a day or week's worth of medication in advance. While helpful, you should never let your guard down due to prior preparations. Make certain that you are aware of each and every pill, injection, or topical application which you utilize. It is not unheard of that the wrong capsule ends up in an unintended bottle, and assuming otherwise could result in dire consequences.

STORE SECURELY

Beyond the efforts to guard yourself against hazards associated with medication, protect your family as well. Young children may be curious or mistake colorful pills for candy. Always keep any such items out of reach of kids, and be sure to keep them stored in childproof containers.

Keep each of these suggestions in mind as you continue with your health and medical regimen. As always, Marines are the most valuable asset to the Corps, and therefore a threat – no matter how innocuous it may seem – must always be addressed. Medication is intended to bolster your well-being, so practice safe use in order to capitalize on that goal.

