



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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June 2014: Mishap Summary

The Mishaps below occurred throughout the USMC from June 1 - 30, 2014, causing serious injury or death to Marines, and/or damage to equipment.

4 June 2014. AV-8B attempted to divert course due to an engine oil system malfunction. The pilot ejected approximately six miles from the destination after experiencing an engine roll back, followed by a fire warning light, fuel control system malfunction, total loss of hydraulic power, and engine seizure. The pilot was uninjured and was transported a nearby hospital for evaluation. The aircraft impacted in a residential area, resulting in one house catching fire and at least two other homes being damaged. Several vehicles were also damaged. At least one person was injured, but was able to walk away from the scene.

6 June 2014. SNM was involved in a single vehicle motorcycle accident that resulted in his death. SNM was wearing appropriate PPE and had completed the Basic Riders Course.

8 June 2014. SNM was discovered deceased in his barracks room, from possible adverse effects of mixing prescription medication and alcohol.

12 June 2014. SNO was jogging near his off-base residence and collapsed. Bystanders performed CPR but he was pronounced DOA at a nearby medical center. Cause of death determined to be a massive cardiac incident.

14 June 2014. SNM, while driving an ATV down a steep road, failed to negotiate a sharp curve in the road and fell off a ~40 foot cliff. SNM was alone at the time of the accident and was discovered a short time later by two fellow Marines. SNM died of blunt force trauma from the fall.

27 June 2014. SNO collapsed and died during the run portion of his annual PFT. The cause was identified as heart failure, due to a genetic defect.



Anonymously Report Safety Concerns

Marines are generally capable of identifying unsafe situations and factors in their daily lives. It can be difficult, however, to properly address those hazards. Sometimes, there is a fear of "calling out" one's superior or peers. Other times, it's necessary to confirm suspicions that an action or arrangement is indeed unsafe. Whatever the situation, the Naval Safety Center (NSC) provides a service that helps Marines and Sailors in reporting these problems discretely.

By utilizing NSC's "Anymouse" system, individuals can anonymously report any safety concerns which they might experience. Utilizing the same mnemonic aid enlisted through ORM, "ABCD," Marines can Assess, Balance their Resources, Communicate, and Do/Debrief.

Identifying and assessing hazards is the first step. Next, one must balance resources by making risk decisions by confirming the assessment with research and established policies. In the third step of ABCD, reporting parties should communicate by preparing the Anymouse Submission, made available by the NSC. Lastly, individuals are called to "do" by sending in the Anymouse form, and following up with a debrief, as deemed necessary.

The Naval Safety Center provides a comprehensive document with further guidance on submitting the form, FAQs, and links to a number of resources. Visit http://www.public.navy.mil/comnavsafecen/Documents/staff/ANYMOUSE_submission.pdf for more information.



HEAT STRESS & INJURIES

Understanding prevention, onsetting symptoms, and indicators of heat stress vulnerabilities.

CDR Leslie Kindling, CMC(SD)

On a recent trip out to the flight line, a Marine said to me, “You know what your next Safety Gram article should be? Heat Stress.” Due to his suggestion, an increase in calls to CMC(SD) on the subject, and an officemate who was compelled to walk for PT on account of heat and humidity, I am inclined to take pen to paper. As we are in the midst of what we call the 101 Critical Days of summer, it’s certainly necessary to promote awareness and precaution as it relates to heat stress and heat injuries. For most of us, it’s practically impossible to avoid the subject, as heat literally hits you in the face when you step outside.

I do not practice medicine, nor do most of you, so this is the layman’s description of heat stress prevention, symptoms, and recovery. I’ll leave treatment to the medical professionals.

PREVENTION

Primary prevention of heat stress injuries (i.e., preventing them from occurring) is accomplished by recognizing and mitigating significant heat stress conditions and by identifying and taking steps to compensate for risk factors of heat stress injury. The main elements of primary prevention consist of adequate hydration (water is preferred, sports drinks may be beneficial), light clothing, and appropriate exercise or work limitations for the level of heat stress and PPE worn. Alcoholic beverages should be avoided. Below, you can find the Wet Bulb Globe Temperature Index, indicating the amount of activity appropriate for each range.

WBGT Index	Activity Level Hazards and Limitations	Flag
Less than 80° F	Extremely intense physical exertion may precipitate heat exhaustion or heat stroke.	White
80° F - 84.9° F	Discretion is required in planning heavy exercise for unacclimitized personnel.	Green
85° F - 87.9° F	Curtail strenuous exercise and activity for unacclimitized personnel during the first three weeks of heat exposure. Avoid classes in the sun.	Yellow (Amber)
88° F - 89.9° F	Strenuous exercise must be curtailed for all personnel with less than 12 weeks of training in hot weather.	Red
90° F or Above	Physical training and strenuous exercise must be suspended for all personnel (excludes operational commitment not for training purposes).	Black

SIGNS AND SYMPTOMS

- Heavy sweating
- Muscle Cramping
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting
- Hot, red skin

RECOVERY

Send for qualified medical assistance. Heat injuries can manifest themselves without the victims even being aware; so by the time it’s identified, it could be quite severe, and support from a medical professional may be necessary. Move to a cooler location. Lie down and loosen clothing and, if possible, apply cool, wet cloths. Sip water to rehydrate and cool your body’s temperature.



To avoid needing to walk during the hot weather, my officemate now has a running water bottle which he takes with him on his afternoon run.





Paint on the WALLS & Fatal Falls

GySgt Khalilah Brown, CMC(SD)

Editor's Note: The following content offers a unique perspective on fall prevention safety. While our standard safety articles boast a wealth of information; visualization can often be a powerful tool. The following short story illustrates a scenario that is common in many households, and hopefully drives home a point on the importance of honoring safety warnings, regardless of how "inconvenient" they may seem.

After much anticipation, the young woman was thrilled to receive the keys of her newly purchased home. For some time, she had envisioned the remodeling that would take place in the two-story townhome. With hardwood floors throughout, it had taken her over a year to find this home, and it was precisely what she had wanted. She began moving all of her furniture and precious belongings into her new abode, and was immediately compelled to begin her housework with fresh paint on the walls, eliminating the drab backdrop left by the previous owners.

"This home will be different now," she thought. With a fresh coat of paint, the master bathroom would become modernized in a mere 48 hours. The woman planned to paint the in-suite bathroom a blazing orange with bright yellow accents.

In preparation for her home improvements, she headed to the nearest hardware store to purchase all of the items needed to transform the master bedroom into a one-of-a-kind masterpiece. Checking the items off of her list, she purchased a six-foot ladder, primer, paint, painter's tape, and some high-quality brushes.

After preparing the walls with the tape and removing the light covers, the fastidious woman began painting. What she thought would be a two hour chore, turned into a six-hour nightmare.

Painting from the baseboard upward, she was able to easily apply a coat to the six-foot mark on the twelve-foot wall. Even utilizing the newly acquired ladder, she found herself distressed that the remaining foot of wall-space was out of her reach. With no one in the home to stabilize the ladder from the bottom or observe her safety, her independent attitude urged her on to complete her richly colored walls. As she slowly ascended the green, aluminum, ten-pound ladder, she noticed a clearly visible warning notice: "DO NOT STAND AT OR ABOVE THIS LEVEL, YOU CAN LOSE YOUR BALANCE."

Ignoring the sign and determined to fill in the remaining wall space to her chosen color, the five-foot tall woman had a plan for "safety." She intended to brace herself against the ceiling with one hand, while painting with the other, standing atop the apex of the ladder. This would allow her to reach the intricate top corner of the wall, above the jacuzzi tub. Her precarious plan would prove fatal in the next three minutes.

As she proceeded, her balancing act came tumbling down. While standing at the very top level of the ladder – an action clearly forbidden on the aforementioned safety sticker – the headstrong woman lost her footing when she flinched as the doorbell rang. The fall was so swift, she didn't even have time to experience pain as her head struck the edge of the bathtub. More vivid than the colors she intended for the walls, the red blood flowed slowly on the bathroom floor.

When she had begun this endeavor, all she wanted was to see the colors of a sunrise each morning on the walls of her master bathroom. Was perfecting paint on a wall worth forgoing obvious safety precautions?

