

101 Critical Days of Summer Kickoff May 31 to Sept. 6

MANAGING RISKS
A WAY OF LIFE

101 CRITICAL DAYS OF SUMMER

1. Identify the Hazards
2. Assess the Risks
3. Analyze Risk Control Measures
4. Make Control Decisions
5. Implement Risk Controls
6. Supervise and Review



Bicycle Safety 101: Protect Yourself

Article Courtesy of the 90th Space Wing Safety Office

Cycling can be a wonderful form of exercise and a quick means of transportation. It can also be life-endangering if you fail to cycle safely. Use these tips to help make the time you spend cycling the time of your life.

- Make sure your bike has the required safety equipment. Besides a clear-lens headlight and reflectors, a bicycle should have a horn or bell and rearview mirror. Reflective equipment should include: a red rear reflector, a white front reflector and a red or colorless spoke reflector on the rear wheel, an amber or colorless reflector on the front wheel, and pedal reflectors.

- Obey all traffic rules, signs, signals, and pavement markings, riding with the traffic, not against it; and keep a safe distance from the vehicle ahead.

- Always be seen. During the day, cyclists should wear bright clothing. At night, cyclists should wear reflective clothing to enable ap-

proaching motorists to see them more clearly. Safety flags, attached to the rear of your bike, also help approaching motorists to see you more clearly.

- Make safe turns. Riders should signal turns well before the intersection using correct hand signals; left arm straight out for left turns, left forearm extended up for right turn.

- Wear a helmet. All personnel (including dependents, contractors, retirees, etc ...) who ride bicycles on an installation must wear an approved bicycle helmet.

- Assure bicycle readiness. Is your bicycle properly adjusted? Quick release wheels should be securely fastened.

- Check brakes before riding.

A reminder to base residents and visitors, all off-road recreational vehicles such as ATVs, dirt bikes, vehicles not street legal, (i.e., motorized skateboards, motor scooters, etc) are not authorized to be operated at Warren.

Safety Begins in the Backyard and Extends to Playgrounds and Picnics

Article courtesy of the 90th Space Wing Safety Office

With the beginning of summer we once again get to enjoy outdoor cooking, yard work and hanging out with friends on the patio. It's also the time when we hear the sounds of children playing. These activities are what make summers so enjoyable. As adults we are responsible for not only ourselves, but also the children around us. Below is a safety checklists to ensure your summer fun.

Neighborhood

Limit your speed in housing areas to 15 mph. When children enter the street between parked cars you must be able to stop on a dime. Playing can distract their attention so be constantly aware of their activities.

Explain to kids that sidewalks and paths are safe. If entering streets, they should come to a complete stop and check for cars.

Backyard

Designate your grilling area a "Kid Free Zone" until grill equipment is completely cool.

Keep grills at least three feet away from other objects, including the house and any shrubs or bushes.

Wear protective goggles and ear protection while using outdoor machinery, including lawn mowers, blowers and power tools.

Keep children inside the home while mowing

the lawn or using other dangerous tools.

Fill the mower with gasoline before starting and only refuel after it has completely cooled down.

Refuel gasoline-powered equipment outside, away from cigarettes and other sparks and flames. Store automotive fluids and pesticides outside, in their original containers and out of the reach of children (preferably in a locked cabinet). Use gasoline as a motor fuel only.

Store gasoline outside and only small amounts in an approved gasoline container.

Read package labels carefully and follow the manufacturer's instructions for safe and effective use and storage of pesticides and herbicides.

Playgrounds

According to the U.S. Consumer Products Safety Commission, nearly 47,000 children under age 15 were injured on home playgrounds during a one-year period.

The report also finds that over a 10-year period, more deaths to children occurred on backyard playgrounds than on public playgrounds. Adopt the following safety guidelines with playground equipment in your home. You can also use these guidelines to inspect any equipment in your neighborhood or school before your child plays there:

Cover areas under and around play equipment with soft materials such as hardwood chips, mulch, pea gravel and sand (materials should be nine to 12 inches deep and extend six feet from all sides of play equipment).

Check equipment for signs of deterioration or corrosion, including rust, chipped paint, splitting or cracked plastic components or loose splinters.

Avoid putting play equipment close together. For example, stationary climbing equipment should have an uncluttered fall zone of at least six feet in all directions of equipment.

Slides and platforms for climbing equipment should not exceed heights of six feet for school-age children or four feet for pre-school children.

Beware of entrapment or entanglement hazards. A child's head can be trapped in openings between three-and-a-half and nine inches wide.

Always supervise children when they are using playground equipment.

Picnics

Avoid food spoilage. Keep hot foods hot (above 140 degrees F) and cold foods cold (below 40 degrees F).

If you plan to cook foods over an open fire or grill, make sure the area is appropriate for open fires.

If using a camp stove or gas barbecue, follow the manufacturer's instructions for inspecting the stove for leaks. If you smell gas, don't light the stove until



Enjoying a day at the park, Alex Singer's mom feels learning about safety is an important part of him growing up.

the leaks are located and repaired.

Cook food thoroughly to kill bacteria. Use clean, sanitary utensils. Clean food contact surfaces with a cleaning solution after raw food has been on them to avoid cross contamination.

Protect foods from dust, rain, unnecessary handling, coughs and sneezes.

Camping and Hiking

Check out your equipment before you depart. Does it need repair or replacement?

Get to know the area prior to your adventure.

Know where aid or ranger stations are located.

Let family or friends know where you are going and when you plan to return.

Attempt to always camp on high ground and inspect your camping area for hazards.

Boil your water if unsure of purity or carry a good supply with you.

Carefully build and extinguish camp fires.

Always wear appropriate clothing and footwear.

With summer fast approaching, it is easy to forget about safety, but it is imperative not only for you, but for your family. Teach your children now about good safety habits that will last them a lifetime.