

THE SENTINEL



OFFICIAL SAFETY NEWSLETTER OF CIVIL AIR PATROL

Springtime Is Out There.....Somewhere

March is supposed to come in like a lion and leave like a lamb. That old saying has a lot of reality in it, although the transition month may be April or May, depending on where you live. In spring, it is a time for fast moving cold fronts and very active weather. While our spirits are ready and willing to get outside in the warm sun, our bodies and equipment may not be so. During this time of the year it is important to pace our selves and our equipment. The long winter of storage and little use will require some advanced preparation. All training and actual

mission activities should be tailored to allow the team to get the cobwebs out. Our bodies and equipment need to be brought up to active status, Changing oil, inspecting tires and checking their pressure, and a good scrubbing will help identify many problems in the skin of aircraft and vehicles. Winter equipment can be removed and summer supplies and equipment installed.

Let's continue with the safe year we are having and watch out for our equipment and each other.

Col John Tilton, CAP/SE

On-Line Safety Reporting System

The Beta testing of the CAP on-line safety reporting system is almost finished. It will become active in early April. For the first few months, all mishap reports will be required on-line and in hard copy CAPFs 78 and 79. This will allow us to identify any problems in the new system without the danger of losing vital safety mishap data. It will also allow users to become comfortable with the

paperless forms.

Look for the announcement on the availability of the system in e-Services during April. On-line training will be available to help with the transition. Training seminars and teaching instructions are being developed for use at wing conferences and training weekends.

Lt Col Darrell McCalla, CAP/SEA



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How to Catch a Cold A Health Briefing

An article in the *Washington Post* addressed ways cold the virus gets passed from person to person. Things we touch in a hotel room are one way. Researchers at the University of Virginia found that a cold infected person could leave behind transferable viruses on as much as one third of commonly touched surfaces, such as

TV remote controls, telephone, light switches, doorknobs, etc.

So when you are traveling and spending a night in a hotel, it is wise to wash your hands frequently. It is good hygiene and may help prevent you from getting sick.

Maj Larry Mattiello

Summary of CAPFs 78 Received at NHQ CAP for January 2007

Aircraft, Cessna 172, 1 Jan 07, pilot failed to remove tow bar resulting in prop damage.

Aircraft, Cessna 182, 9 Jan 07, After priming, smoke was observed during start. The rubber boot connecting the air intake to the air box was damaged.

Aircraft, Gippsland, 25 Jan 07, small ding on trailing edge of the right wing tip fairing.

Vehicle, 20 Jan 07, struck a deer on right front.

Vehicle, 27 Jan 07, trailer jackknifed into corporate vehicle resulting in a small indentation on the metal and scratch on the plastic portion above the right rear tire.

Bodily Injury, 20 Jan 07, cadet was dizzy after PT and taken to the hospital; determined to be dehydration.

Operation CAPSAFE

Operation CAPSAFE is the Safety Department's tool for receiving safety input from the CAP membership nation-wide. Congratulations to the following CAP members for their March 2007 suggestions:

Best Air Ops Suggestion-Evacuation Procedures. From Major John R. Varsames, Florida Wing.

Best Ground Ops Suggestion-Vehicle Familiarization Course. From 1Lt Chris Suttles, Kentucky Wing.

These articles may be viewed by following the CAPSAFE link at <http://level2.cap.gov/index.cfm?nodeID=5182>.

Lt Col Darrell McCalla, CAP/SEA

Automotive Safety

Well, we are just about through winter, spring is just about here. That means we can crawl out of our igloos and become a little more active. Many of us find ourselves driving more. So, let's review how to safely get us from Point A to Point B.

The first and best thing is to make sure your vehicle is well maintained. Aircraft have well documented maintenance and have check lists which are used before flight. Trucks, SUVs and Autos do not have these requirements.

It is easy to just let something go, not check something, or just forget about certain maintenance items. Be sure to have your vehicle routinely serviced. We do monthly safety inspections for our CAP vehicles; why not do them for our POVs as well.

Especially be aware of the condition of your tires. Make sure that your tires are inflated properly. Three out of four autos have at least one tire which is not property inflated, is your auto one

of them?

Make sure you are safe to drive. Don't drive tired. Take a break if you have to. Be sure to have something to eat and drink.

Last, ALWAYS wear your seat belt! It has been documented over and over that seatbelts save lives. In a 25 MPH accident, a 180 pound person has the impact force of OVER 1,000 pounds. A seat belt will prevent that.

Also, airbags are a supplement, they will absorb some of the impact, but you will still be a projectile if a seat belt is not worn. An airbag will not prevent you from being thrown from a vehicle in a severe accident. Over 50% of vehicle ejections are fatal. So ALWAYS wear your seat belt.

Have a good spring and drive safely!

This article appeared in the Mar 07 Illinois Wing *Safety Pins*. The entire *Safety Pins* may be viewed at <http://ilcap.org/safety/Safety.htm>.