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Summertime!

Risk management plays an important role in summer activities

Guess what, honey, we're going to Hawaii

With that kind of news, you could be the most popular spouse in the Army. But even in an island paradise, it's important to practice risk management (identify the hazards, assess the hazards, develop risk control options and make decisions, implement the controls, and supervise) to ensure that you and your family enjoy every minute of your assignment. The following story shows that even people who have lived all of their lives in Hawaii and know the hazards of the ocean well; can benefit from applying the Army's risk-management process to prevent water-related tragedies.

Risk management at work in ocean safety

Captain Brian Keaulana, a native Hawaiian from a family of famous surfers, can usually be found on any given day at Makaha Beach where he is a manager for ocean safety services with

the City and County of Honolulu Ocean Safety Division. Makaha, a famous beach located on the west side of Oahu, is noted for its big waves and natural beauty.

Partners in ocean safety with U.S. Army, Pacific, and U.S. Army, Hawaii,

the Ocean Safety Division has assisted the Army and other U.S. military services through the years with training personnel to prevent drownings and other ocean-related mishaps. In August of 1995, Captain Keaulana and several other ocean-safety specialists were invited to attend a risk-management course conducted in Hawaii by the Army Safety Center. The



Wave runner rescue craft increase the success of rescues while minimizing the risk to rescuers.

concept taught during the course provided a new approach for enhancing their ocean-safety program.

Using risk-management skills acquired during the course, Captain Keaulana proceeded to do a thorough hazard analysis of Makaha, culminating in the development of viable controls to reduce risk. The following is Captain Keaulana's risk assessment.

"Makaha's big waves present its most obvious hazards—surf and strong rip currents. Makaha is one of the few surfing beaches on the island that can catch a swell from almost any direction . . . arriving quickly without warning and catching surfers and swimmers off guard. During times of high surf, rip currents run parallel to the shoreline and then abruptly change direction toward the open ocean. When the surf is over 4 feet, unexpected waves come up past the shore where bathers are sitting and take everything back in with them—including unsupervised children.

"During the months of October through March, the winter swells hit Makaha with surf ranging from 1 to 25 feet. Shifting sand from these swells often exposes hazardous reef and creates embankments, making it difficult to monitor people along the shoreline.

"Throughout the year, the sand shifts below the water line, creating sudden dropoffs in many seemingly shallow areas, posing a danger to inexperienced swimmers."

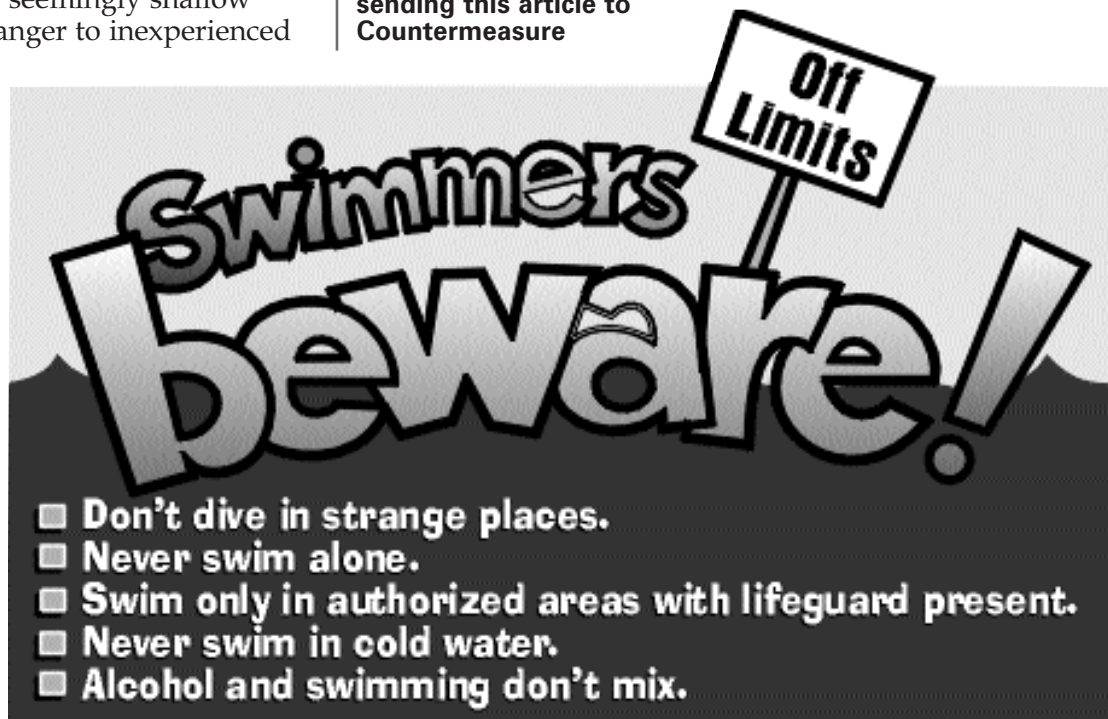
The Ocean Safety Division developed a systematic means of managing these risks. Captain Keaulana trained other ocean safety specialists to better recognize potential dangers utilizing risk assessments. Through these risk assessments,

prevention efforts were developed and the right equipment identified for rescues. Safety videos are shown on inbound flights, at military newcomer orientations, and at local elementary and high schools. International danger signs are posted at certain beaches to warn people of their peculiar dangers. Most importantly, people are encouraged to talk to the ocean safety specialists on duty for information prior to engaging in any ocean recreation activities. As a last resort, the Ocean Safety Division has lobbied for legislation to control beach behavior where necessary.

Since implementing the risk-management concept, Captain Keaulana noted that drownings and rescues have declined significantly. In recognition of his conscientious and effective work in ocean safety—which he credits to the risk-management concept learned from the Army—Captain Keaulana was nominated by his community to be a torch bearer during the 1996 Summer Olympics.

Mr. Ralph Goto, Director of the City and County of Honolulu Ocean Safety Division, sums up the importance of risk management by saying "It offers us a strategy to do our jobs more efficiently and effectively."

—Thanks to Mr. Ed Lee, Director of Safety, U.S. Army, Pacific, for sending this article to Countermeasure



Summer fun or needless tragedy?

Organizational Day...this phrase conjures up images of sunshine, barbecues, volleyball, swimming, fun and games. Many units and installations sponsor summer parties to take advantage of good weather and to take a break from the often relentless pace of being in the Army these days. And well we should stand back from the pressures of the mission for just a few moments to relax with family, friends, or

maybe just camaraderie among unit members.

But...as is so often the case, behind the pleasant imagery of this fun in the sun summer scene lurk many hazards; some are minor, others catastrophic. Last summer, we (the Army) experienced the ultimate tragedy: swimming deaths that happened at an organizational day picnic. So as we plan these events we should rely on the same process we use to plan military operations...risk management.

HAZARDS

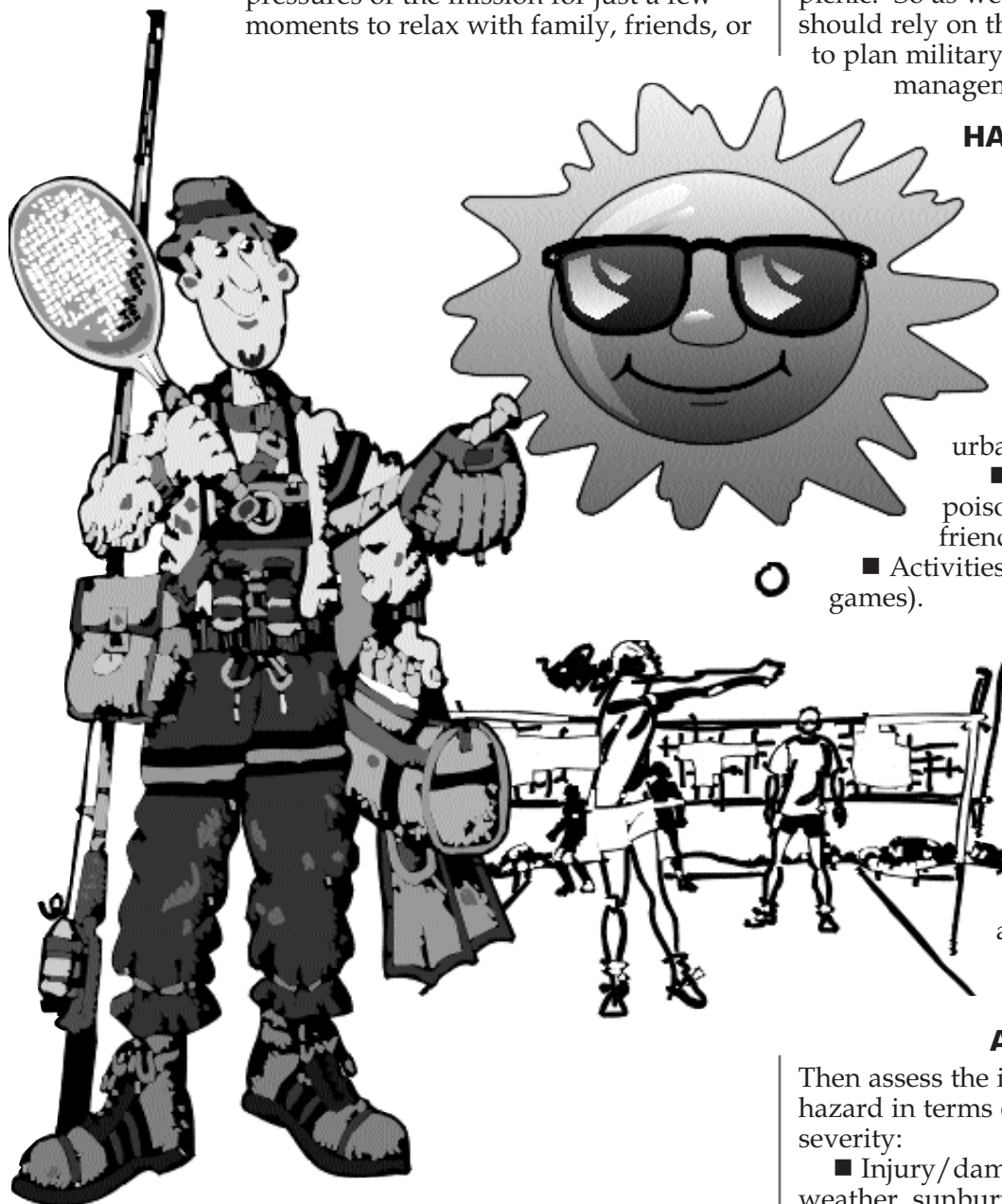
Look at the hazards associated with an organizational day picnic:

- Weather (heat, thunderstorms, wind, humidity).
- Location (near water, desert, forest, urban).
- Wildlife (bugs, snakes, poisonous plants, other friendly critters).
- Activities (water activities, sports, games).
- Attendees (military, family members, children, DACs, contractors, open to the public).
- Menu (barbecue, store-bought, cooked on site, refrigeration, alcohol).
- Many others, situation-dependent.

Assess

Then assess the impact of each hazard in terms of potential loss and severity:

- Injury/damage due to severe weather, sunburn, etc.



- Incidents involving water, dehydration, heat injuries, POVs, etc.
- Animal bites, insect-borne diseases, skin irritations, bothersome pests.
- Drownings, sprains, broken bones, overexertion, slips/trips/falls, etc.
- Relative health of attendees, allergic reactions.
- Food poisoning, barbecue burns, flammable liquids, increased susceptibility to heat injury due to alcohol consumption.

Controls

Once you have identified your organization day hazards and assessed the associated risk, you should decide on some controls which can be emplaced to reduce or mitigate the hazards:

- Start with a good, thorough safety brief to all participants.
- Check the weather and plan accordingly. Don't take chances with summer thunderstorms. Plan for shady areas and cover in case of inclement weather. Encourage the use of suntan lotion and hats.
- Make sure people don't wander off into the water or the woods.
- Use insect repellent. Know what local critters may be encountered and what to do if one shows up...talk to the local wildlife biologist at your post or local government.
- **Have one or more trained lifeguards on hand if there is swimming or water activities, and ensure they have the tools necessary to do their jobs!!!**
- If you have a medic, combat lifesaver, or EMT in your unit or activity, identify them and have them bring their aid bag along.
- Ensure sports are played by the rules and are supervised.

- If alcoholic beverages are present, have designated drivers and watch drinkers for signs of overindulgence.
- Watch young children closely.
- Consider elderly people or anyone with known pre-existing medical conditions.
- Know the rules of safe barbecuing and follow them. Have a fire extinguisher handy.
- Be careful of food, particularly meats; ensure they are continuously refrigerated prior to cooking, and that they are cooked thoroughly. Pre-cook chicken if possible.

Implement

Once you select appropriate controls, **Use Them!!** A plan is only good if it is followed.

Supervise

As always, the situation is subject to change quickly. *Leaders and supervisors* should all monitor the situation and adjust the controls as necessary to keep things under control.

Summer is a great time to have fun, and soldiers, families, and Army employees all deserve a break every now and then. From now on, use risk management to make your organization day picnic fun, memorable, and safe. No one wants a party to turn into a tragedy...again.

—SGM Gregory L. McCann, U.S. Army Safety Center, 558-3575 (334)-255-3575



Water safety

Life jackets—They float You don't

The vast majority of people who die in recreational boating accidents fall overboard or capsize their boats. Once in the water, even an experienced swimmer can quickly lose orientation and drown. The problem is compounded if the person is wearing heavy clothing or has been drinking alcoholic beverages, or if the water is cold.

Everyone knows that life jackets save lives, but they can only work if people wear them. Life jackets stored below deck or jammed into a storage compartment are of no use to someone who is knocked unconscious in a fall overboard.

The National Safe Boating Council and the U.S. Coast Guard remind recreational boaters that the best "insurance policy" against accidental drowning is to wear a life jacket. Countless lives have been saved because boating accident victims were wearing their life jackets. And as many lives have been lost because they were not.

Small boats are unstable at best, and when weather and water conditions deteriorate, there is no smarter move than to make sure everyone is wearing their life jacket.

For more information, contact the U.S. Coast Guard Customer Infoline at 800-368-5647.

Fit is critical when choosing life jackets for children

Too often, boating tragedies have found us lamenting the loss of a young life. There's an easy way to prevent tragedy from hitting home when it comes to young boat passengers—a properly fitted and worn life jacket.

Guidelines for selecting a life jacket for a child

■ Life jackets for children are sized according to weight ranges: under 30 pounds, 30 to 50 pounds and 50 to 90 pounds. Be sure to choose the one that is right for the child.

■ Be sure to measure the child's chest

(underneath the arms) before purchasing a life jacket because many manufacturers include a chest size. Be sure the chest measurement is accommodated by the life jacket you decide to purchase.

■ If the child has a fear of the water or does not know how to swim, a Type II Child or Infant life jacket is recommended.

■ Choose brightly colored life jackets.

Children are more likely to wear devices that are attractive to them. And bright colors are also more readily visible on the water.

■ While at the store, have the child try on the life jacket and make sure it fits snugly. To determine fit, lift the shoulders of the life jacket to make sure it does not slip over the chin or ears. The life jacket is too big if there is more than 3 inches between the child's shoulders and the device.

After purchasing a life jacket, consider the following suggestions:

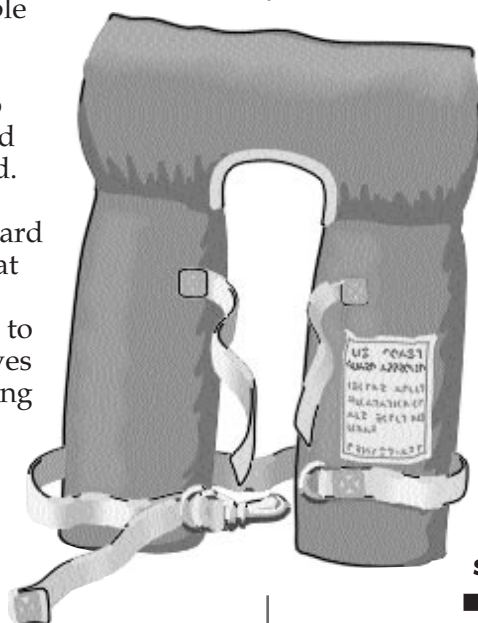
■ Crotch straps are an important feature on life jackets for children. For the child's protection, be sure the crotch straps are used at all times. Remember that the straps do not have to be uncomfortable to add security.

■ A parent or other adult should assist the child in testing the life jacket in the water. Adjust the life jacket so that its optimum performance is achieved. Let the child indicate when the device needs to be tightened or loosened.

■ Oftentimes a child fights the life jacket's tendency to float a person slightly back of vertical. Encourage the child to relax. They should be comfortable once they reach the proper flotation position.

■ Working together, parents and other adults can ensure a child's optimum protection. Make sure children wear their life jackets! And be a good role model—wear your life jacket too.

—Reprinted from material provided in the 1996 National Safe Boating Campaign, U.S. Coast Guard



Only tennis players get tennis elbow . . . right?

Tennis players sometimes get painful “tennis elbow” for the same reason that workers end up with cumulative trauma disorder (CTD) caused by excessively repetitive and forceful exertion. And yet, although the symptoms show up in the elbow, the source of the problem really arises from activity of the hand and wrist.

Then why don't they call it “tennis hand and wrist”?

The medical term for tennis elbow is lateral epicondylitis. With your fingertips feel for the bony prominences on either side of your elbow. You are feeling the epicondyles (bony prominences) of your humerus (upper arm bone). The one on the outside is the lateral epicondyle and the one on the inside is the medial epicondyle.

Now slide your hand down onto the forearm muscles; make a fist and then open it. You'll feel the forearm muscles contract and relax. Tendons attach the muscles to the bones. At the elbow end, the tendons attach to the epicondyles. At the other end they attach to the wrist bones and fingers.

The suffix “itis” means inflammation. So, lateral epicondylitis is an inflammation of the tendons of the forearm muscles at their attachment on the lateral epicondyle.

Think about playing a racquet sport, observe the backhand stroke in slow motion and you will get a visual picture of the action that can lead to tennis elbow. Here's the interesting point, most people who experience tennis elbow don't get it playing tennis. The inflammation often results from repeated, high-force-level gripping of the hand, which is aggravated by a flexed wrist and an extended elbow position.

(Now, a good question would be: Is there such a thing as medial epicondylitis? There is, it's known as golfer's elbow.)

A classic CTD

True to the definition, the symptoms of tennis elbow appear gradually, the most common site

of symptoms is over the lateral epicondyle, but some people may also have symptoms that show up in the forearm or hand. Symptoms include complaints of a general dull aching pain that can sharply increase in intensity to a burning/needle-like pain with gripping, lifting, or repeated hand and wrist movements.



Treatment options

Initial self-treatment plans are to:

- Apply ice to the area, which helps to control swelling and pain.
- Limit the activity that initially brought on the symptoms.
- Gradually increase activity to restore the initial strength and function of the elbow, wrist and hand.

If the symptoms do not subside within a reasonable time (3 to 5 days) it may become necessary to seek medical attention.

Other treatment options include use of a tennis elbow band to relieve the pressure on

the epicondyle (see diagram). In more severe cases, prescription anti-inflammatory medications and steroid injections are used. As the last resort, treatment options include surgery where the tendons are lifted off of the epicondyle and then reattached to promote healing.

Ergonomics changes

No matter what treatment is used, the critical prevention element is to identify and correct the root cause or source of the problem. Tasks and tools need to be analyzed and ergonomic changes made, especially the grip size of tools and the movements required, as well as possible changes to related equipment and the work environment.

Getting into the “swing” at work doesn't need to lead to conditions like tennis elbow.

—Reprinted from the Department of the Navy ErgoNews, Vol. 1, No. 5, November 1996

Family safety

How to prevent foodborne illness

Most *foodborne* illnesses in the home can be prevented by consumers. Unsanitary food preparation practices are major contributors to outbreaks of foodborne illness. Errors made in shopping, transporting, storing, preparing, and serving food can allow bacteria to survive and multiply. Food prepared a day or more in advance, if handled improperly, can allow bacteria more time to multiply. Cross contamination—the contamination of food by bacteria from other food, from utensils and work surfaces, and from persons handling or preparing food—is another important factor in foodborne illness.

Food safety tips

- Do not buy cans or glass jars with dents, cracks, bulging lids, or leaking or rusted seams. Commissary canned goods are checked by veterinary food inspectors.
- Do not eat raw meat, poultry, seafood, or eggs.
- Cook raw food thoroughly to kill any bacteria present. Use a clean, sanitized metal stem cook's thermometer to check the internal temperature of the food.
- Reheat leftovers thoroughly. Reheat to a minimum internal temperature of 165°F. Boil liquids.
- Refrigerate cooked meats, fish, and poultry in shallow containers. Remove any stuffing and refrigerate separately.
- When shopping, do your grocery shopping last. Pick up perishable foods and other foods that require refrigeration after nonperishable items. Refrigerate perishable foods promptly.
- Check the temperature of your refrigerator, air temperature should be 40°F or below.
- Store canned goods in a cool, dry place and use them within a year or by the manufacturer's expiration date. Never store canned or bottled foods in direct sunlight, in warm areas such as over a stove, or in damp areas. If canned goods become rusted, especially along the seams, throw them away. If you open canned food that is foamy, discolored, or off odor, do not taste it. Throw it away.
- Do not thaw food on the counter, bacteria grow rapidly at room temperature. Thaw food

in the refrigerator or in a microwave oven immediately before cooking.

- Prevent cross contamination—
 - Wash hands thoroughly with warm, soapy water and dry them with a clean paper towel before handling food and after handling raw foods, especially meat, fish, and poultry.
 - Do not use a dish towel to dry your hands. Bacteria on the dish towel can “cross contaminate” clean hands.
 - After cooking meats, do not use the same serving tray that was used to transport the uncooked meats to the grill or to the stove.
 - Always use separate serving utensils for different dishes that are served.
- Keep work areas clean. Wash utensils and cutting boards in hot, soapy water, rinse with clean hot water; and air dry before handling foods, especially after handling raw meats, fish, or poultry. Do not store uncooked food like meats, fish, or poultry above cooked foods or foods that you eat raw.
- A plastic cutting board is generally easier to keep clean. If you have a board made of wood, it should be hard maple and free of cuts and gouges. After washing with hot soapy water, rinse cutting boards with hot water, then sanitize them, using a solution of one teaspoon of unscented household bleach in a gallon of warm water. This same strength bleach solution can be used to sanitize counter tops and other items.
- Keep pets away from food preparation and cooking.
- If your children help, teach them to wash their hands before handling food, before washing dishes, and before putting clean dishes away.
- Contaminated foods may contain some bacteria that produce toxins that are resistant to destruction even when the food is properly cooked or reheated. Do not take chances, if you suspect there is a problem, throw the food out.

—Courtesy U.S. Army Center for Health Promotion and Preventive Medicine newsletter *CHPPM Today*. USACHPPM POCs: Mr. McNeil, DSN 584-2488 (410-671-2488); MAJ Nang, DSN 584-2714 (410-671-2714) or 1-800-222-9698.

Awards

Sergeant awarded Soldier's Medal for rescue

Sergeant Ismael Alvarado has been awarded the Soldier's Medal for rescuing two soldiers who might otherwise have drowned last summer at Fort Sill. While on an outing at a lake with his wife and 6-year-old daughter, SGT Alvarado, his daughter, and a co-worker paddled out in a canoe. After about 10 minutes, as the canoe was returning to land, SGT Alvarado noticed a female swimmer in the water at about the same place he had seen her previously. He called to see if she was all right, and she yelled to him to please help her friend, who was in trouble. Seeing that she was having trouble staying afloat, he pulled her to the canoe where she could hold on. At first he couldn't see the friend she was talking about. When he did spot the other swimmer, Alvarado and the other man in the boat tried to paddle to where the other soldier was struggling. But he soon realized he couldn't get there fast enough. Alvarado told his friend to keep his daughter safe and to paddle behind him as fast as possible, then he slipped into the water. Thinking he wouldn't be able to swim fast enough with his life jacket on, he slipped it off and dove toward the drowning swimmer. A man from another nearby canoe left his two children in the boat and also dove into the water. Swimming toward where he had seen the soldier, Alvarado dove under the water. He couldn't see the soldier until he felt the soldier grab onto him. Pulled under the water by the soldier he was trying to rescue, he had to punch the soldier in the chest before he could make him let go. Then grabbing the soldier from behind, Alvarado surfaced and yelled for the canoe to hurry. During the struggle, he went under the water several times, and he could see there was a lot of branches and brush in the water. Each time he surfaced, holding onto the soldier, he looked for the canoe. As they came to the surface the third time, he found the canoe by hitting his head on its bottom. He hooked the rescued soldier's arms over the side of the canoe. By this time, a motor boat had reached the canoe and the two swimmers were pulled into the boat.

The man who had jumped in to assist from the other canoe never reached the accident scene, in fact no one remembers seeing him after he dove from his canoe. His body was recovered

from the lake hours later. The Soldier's Medal will be posthumously awarded and presented to his family.

—Adapted from the February 6, 1997, issue of the *Cannoneer*

PFC Watson and SPC Hill Receive the Army's Safety Guardian Award

In September 1996, PFC Watson and SPC Hill rendered first aid to an individual who was hit by a car as he was walking along side of a road. SPC Hill who had been behind the vehicle that struck the individual stopped and assisted the victim by stabilizing him. The victim sustained head injuries, a broken ankle and had a blocked airway. The driver of the car went for help to the nearest establishment. PFC Watson who was working there at the time, rushed to the scene and started to assist SPC Hill. They took control of the accident scene by rerouting traffic, moving the victim out of the street and keeping bystanders away from the scene. They removed the victim from the roadway maintaining control of the neck which prevented further injury. They also applied pressure to the head to stop the bleeding. When the paramedics arrived, PFC Watson and SPC Hill gave the paramedics a detailed account of the victim's injuries thus allowing for expeditious transport to the hospital. PFC Watson's and SPC Hill's steady composure kept the injured man from causing further harm to himself. PFC Watson and SPC Hill were from the 463d Military Police Company, Fort Leonard Wood, Missouri.

Safety Guardian Award facts

The Army's Safety Guardian Award recognizes soldiers for extraordinary actions in emergencies. To be eligible for nomination, a soldier must have accomplished one of the following:

- Prevented an imminent-danger situation.
- Minimized or prevented damage to property.
- Prevented injury to personnel.

Further guidelines are in AR 672-74: Army Accident Prevention Awards Program.

Vehicle safety profile

BSFV-E upgrade

There is good news for the Bradley Stinger Fighting Vehicle-Enhanced (BSFV-E). First, the system has a new name. It is now the Bradley Linebacker, and it has undergone an upgrade in its weapons systems. The upgrade allows Linebacker crews to fire Stinger missiles off the turret instead of dismounting a MANPAD Stinger team. The Linebacker replaces the tube-launched, optically-tracked, wire-guided missile (TOW) launcher with a light-armored, four-missile Stinger pod derived from the Avenger. The Linebacker is integrated into the Forward Area Air Defense Network. Targeting information is automatically received by the gun system and places the target in the gunner's field of view. The gunner can then rapidly engage the target, using a displayed Stinger reticle in either his direct-view optics or thermal sight.

Safety concerns

The Bradley Linebacker's speed and agility give it overall mobility compatible with the Abrams tanks. The Linebacker's armament consists of the 25mm Bushmaster gun, a 7.62mm coaxial machinegun, and Stinger missile. This armament allows the Bradley to destroy light skinned armored vehicles, and aircraft. With its stabilized turret, it can suppress the enemy with cannon and machinegun fire while maneuvering. Thermal-imaging sights allow target engagement under all visibility conditions. The Bradley's armor plating shields its occupants from enemy artillery fragments, small arms fire and heavy machinegun fire.

Despite the improvements of the Bradley over the M113, the vehicles share an unfortunate commonality: soldiers get hurt on or around both. As they did on the M113, soldiers slip and fall off the Bradley, they don't communicate adequately with each other, they fail to use ground guides, they drive the vehicle too fast and fail to use available restraint systems, and they don't always perform maintenance by the book and obey all cautions and warnings.

Slips and falls

Mounting, dismounting, or any external movement on a Bradley requires that crewmembers—

- Use three points of contact.
- Do not jump from the vehicle.
- Use extra care if mud, water, ice, snow, frost, or spilled fuel is on boots or vehicle surface.
- Pay close attention to their task and their movements.

Communication

■ TCs should establish and follow adequate communication procedures to warn all crewmembers before traversing the turret.



- Personnel should not enter or exit turret while turret power is on (TM 9-2350-252-10-2).
- Crewmembers should keep turret shield door closed and latched while turret power is on.
- Crewmembers should advise the TC when they are in the turret danger area.

Before moving vehicle

- Make sure safety pins are installed in hatch latches.
- Be sure of clearance behind the vehicle before backing.
- Use ground guides when moving the Bradley where people are dismounted, day or night. Use ground guides any time vision is obstructed.

Vehicle movement

Precautions to take when a Bradley is moving include the following:

- Don't turn sharply at high speeds.
- Always use seatbelts and required head protection to help prevent injury.
- Maintain safe speed and alert passengers to upcoming rough terrain when driving cross country.
- Have passengers use available hand-holds for bracing.
- Assure sufficient clearance, especially if turret is traversed. The protruding machinegun barrel extends beyond the hull and can be damaged by trees or other objects.
- Have TC and gunner serve as additional

eyes for the driver, especially during right-hand movement because of limited visibility to the right.

Maintenance

- Perform routine after-operation maintenance checks and services such as checking transmission oil level carefully. But remember that the transmission and other engine parts are hot after operation.
- Perform maintenance by the book; obey all cautions and warnings.
- Install anti-recoil plug on fire extinguisher bottle discharge port to prevent accidental discharge when bottle is unsecured.
- Only lift the power unit with the engine and powerpack lift sling. Lifting both power unit and stand will exceed design limits.

Weapon system

- When cleaning or repairing 25mm, shut down turret. Check operator or maintenance manual for necessary equipment conditions.
- Secure spring in equilibrators assembly in the compressed position during maintenance on the 25mm.
- A 50-meter backblast area is required when firing stinger weapon system.
- Check TM for additional safety concerns.

POC: SFC Quincy Barr, Product Development Branch, DSN 558-3989 (334-255-3989), e-mail BarrQ@rucker-safety.army.mil

Bradley

Hazard

- Rollover
- Night operations

Causal factors

- Lack of NVG training
- Too fast for conditions/environment
- Failed to recognize hazard
- Improper ground—guide procedures
- Failed to lock/secure hatch
- Failed to use safety devices

Controls

- Recon/rehearse
- Train vehicle crew thoroughly
- Use ground guides when appropriate
- Enforce standards

Preventing Rollovers

Controls

- Adjust speed to terrain and environment
- Ensure loads are properly secured
- Dismount ground guides when appropriate
- Conduct rehearsals
- Perform a terrain or map recon
- Train in emergency drills before going to the field
- Provide adequate driver's/NVD training

PLGR memory battery installation

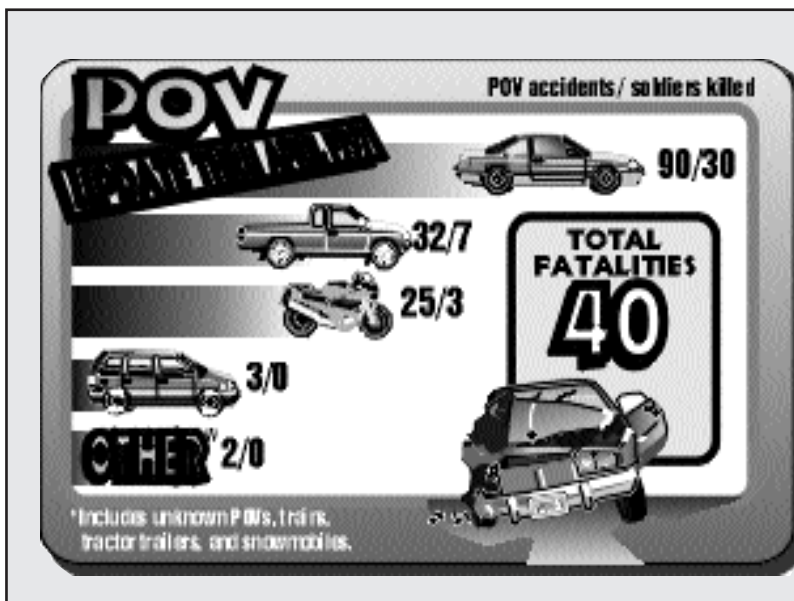
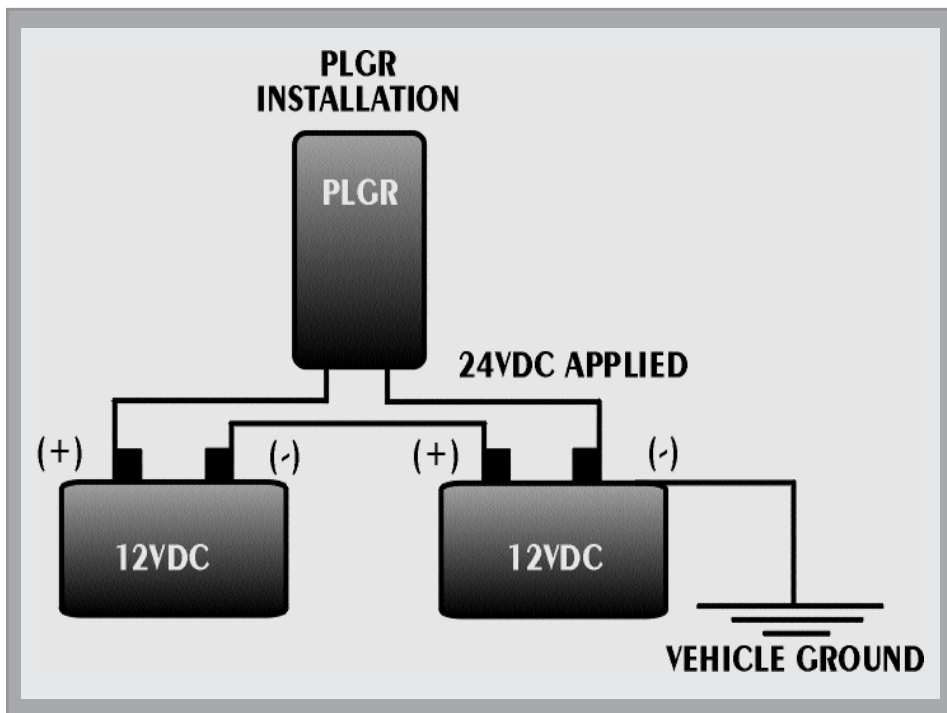
A recent detonation of the memory battery inside the Precision Lightweight GPS Receiver (PLGR) caused minor injuries to the user and significant damage to the PLGR.

This failure has been linked to the improper installation of the wiring harness of the PLGR to the host vehicle. If the host vehicle has two batteries in series and the PLGR connection is made **ONLY** to the battery not connected to the

vehicle ground, the PLGR ground will not be the same as the vehicle ground. This difference can cause an internal hardware failure inside the PLGR which will cause the 3.6 VDC memory battery to receive a charge from the host vehicle battery and explode. This explosion can cause significant bodily harm and equipment damage.

The diagram below shows the proper method of installation of the PLGR when two batteries are used.

Reference: Ground Precautionary Message (GPM 97-005) 31 March 1997.



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