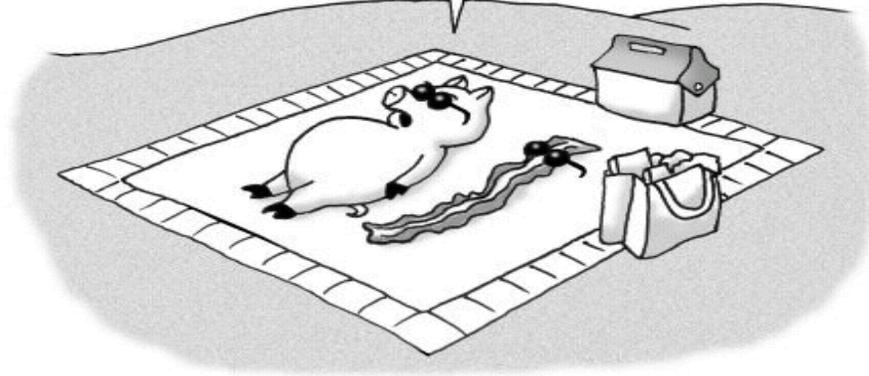




MAYBE NEXT TIME YOU'LL  
TRY A LITTLE SUNSCREEN...



# JUL- AUG 2004 SAFETY KIT

**Poor Judgment Results in Tragedy**  
**Extension Cords**  
**Driving Safety**  
**Fireworks Safety**  
**Welding, Cutting & Brazing**

**30 SW/SEG**  
**Ground Safety Office**  
**Vandenberg AFB, CA 93437**

## ***POOR JUDGMENT RESULTS IN TRAGEDY***

**By TSgt Marie George**

Every year, diving accidents result in more than 8,000 people suffering paralyzing spinal cord injuries; another 5,000 die before they reach the hospital. All too often, hidden dangers lurk beneath the surface of the water, including rock outcrops or shallow water. Here's a personal experience that I'd like to share with you:

It was Sunday of the Memorial Day weekend in 1998, around 5pm, when my phone rang. It was my First Sergeant trying to locate my supervisor. The 'Shirt' wouldn't go into any details with me, but I knew by the tone of her voice that there was something seriously wrong.

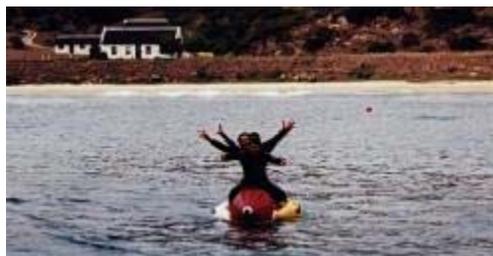
Nearly 2 hours later my supervisor phoned me and said that one of my co-workers was missing and was feared drowned in a nearby lake. He instructed me to initiate an office recall to notify the other workers. Our commander and chaplain were already at the lake.

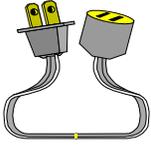
My husband & I rushed to the lake to be with the wife of my co-worker and to offer any assistance we could. When we got there, we got the details from the police officers: Sgt X was boating with his 3 children and was driving the boat slowly, pulling his 4 year old daughter on a tube. His children were all wearing their life jackets, but Sgt X was not. His daughter fell off the tube as Sgt X rounded a corner, and he couldn't see her, so he stopped the boat and dove in to get her. She was fine--she had just briefly gone underwater; however, Sgt X never surfaced.

On Tuesday afternoon, the body of my friend was found nearly a mile away. It was believed that perhaps he hit his head on a log when he dove in. I don't know if wearing a life jacket would have saved my friend's life or not, but I'd like to think it would.

Why did I relive this very painful and personal story? Because I don't want to see anyone else's wife or children go through what Sgt X's did. The Air Force lost a great NCO that day, 3 children lost their daddy and I lost a great friend.

- Always wear the proper gear for the sport or activity you are participating in.
- Never dive into lakes and rivers—the results can be tragic.
- The driver of the power boat should be knowledgeable of the shoreline and shallow areas in a lake where the inner tube is being pulled. The driver also must be aware of any obstructions in the water.
- Two people should always be in the boat--the driver and another individual who acts as a spotter for the inner tube rider and regulates the rope length from boat to inner tube.





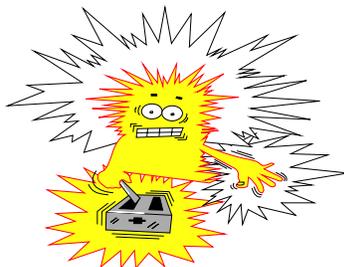
## Extension Cords

One of the most frequently occurring violations cited during safety inspections is the use of extension cords. This problem is common to all areas of activity. Because of its universal nature, the use of extension cords is an issue that needs clarification and guidelines in determining the permissibility of its usage.

The National Electric Code standards may be summed up in a general way by saying that the use of an extension cord represents a conflict with the code because it serves as a substitute for a receptacle that should be located near the appliance or equipment.

- The legal application of extension cords is to use them **temporarily** with portable appliance, tools and similar equipment, not normally used at one specific location and not used routinely.
- When using extension cords and their connectors, ensure they are of the proper type (application), conditions under which they'll be used and the rating for their particular location.
- Equipment being supplied by the cord must be properly grounded, where applicable.
- Unplug extension cords when not in use.
- Plug heat-generating appliances **directly** into wall receptacles.
- All cords and plugs should be maintained in a safe condition.
- Dispose of faulty cords instead of splicing them.
- Check to ensure the cover for wire terminations are mechanically secure.
- Do not drape cords near open flames, in areas where they may be subject to chemical or physical damage, or in wet locations

Reverse example: Zip cords and light extensions made up of AWG 18 wire are rated for only 6 to 10 amps. Under normal use, these zip cords and light extensions are plugged into a 20 amp fused line. Because there is usually no over-current protection features on these type of equipment, they are susceptible to overheating and thus pose a potential fire hazard.



## **DRIVING SAFETY: THINGS CAN HAPPEN QUICKLY!**

When you're driving, a lot can happen in the blink of an eye. Consider this:  
At 55 MPH, you travel 75 feet in one second.

Take your eyes off the road for that one second and the consequences can be disastrous. In the time it takes to—say—turn up your radio or turn down the air conditioning:

- The car ahead of you could stop suddenly
- A child could run out into the street
- A traffic light could change
- A vehicle could pull out from the curb unexpectedly
- An object could fall out of the back of the pickup truck you're following

If you take your eyes off the road for just three seconds (to adjust the radio station or reach for your soft drink), you have just traveled 225 feet without even seeing the road!

### **TIPS TO SAVE YOUR LIFE**

- Stay alert and focused
- When driving in towns/cities, always scan the road ahead
- Don't venture into intersections until you're sure every car at opposite lanes have stopped. Not doing so may cost you your life!
- Keep appropriate distance from the car/truck in front of you
- Let someone else do the navigating



# Fireworks SAFETY

The U.S. Consumer Product Safety Commission estimates that in 2002, about 8,800 people were treated in hospital emergency rooms for injuries associated with fireworks. Over half the injuries were burns and most of the injuries involved the hands, eyes, and head; about half of the victims were under 15 years of age.

**Lighting Fireworks Is Not Authorized on Base and Many Other Communities around the Central Coast--that Includes Sparklers—So Check Before You Buy!**

Let the Professionals do the Job, and just sit back and enjoy their artwork.

If you still insist on buying and using fireworks, remember...

- Fireworks Are Not Toys
- Never allow children to play with or ignite fireworks
- Read all the warnings and follow all the instructions—don't take shortcuts!
- Be Alert for Fire
- Never light them near the house, around dry leaves (and other combustibles) and never around flammables!
- Make sure other people are out of range
- Never try to relight fireworks if they failed to ignite the first time
- Have a fire extinguisher readily available





## Welding, Cutting, and Brazing Checklist



#	Checklist Item	Reference	Yes	No
1	Are only authorized and trained personnel permitted to use welding, cutting or brazing equipment?	AFOSH Std 91-5 ch (2.6.)		
2	Are compressed gas cylinders regularly examined for signs of defect, deep rusting or leakage?	AFOSH Std 91-5 ch (2.1.2.)		
3	Are cylinders kept away from sources of heat?	AFOSH Std 91-5 ch (3.13.6.)		
4	Are signs reading: "DANGER -- NO SMOKING, MATCHES OR OPEN LIGHTS," or the equivalent, posted?	AFOSH Std 91-5 ch (2.3.1.5.)		
5	Are cylinders, cylinder valves, couplings, regulators, hoses and apparatus kept free of oily or greasy substances?	AFOSH Std 91-5 ch (3.13.5.)		
6	Unless secured on special trucks, are regulators removed and valve-protection caps put in place before moving cylinders?	AFOSH Std 91-5 ch (3.13.2.)		
7	Do cylinders without fixed hand wheels have keys, handles or nonadjustable wrenches on stem valves when in service?	AFOSH Std 91-5 ch (3.13.12.)		
8	Is open circuit (no load) voltage of arc welding and cutting machines as low as possible, and not in excess of the recommended limit?	AFOSH Std 91-5 ch (3.16.4.)		
9	Are electrodes removed from the holders when not in use?	AFOSH Std 91-5 ch (3.17.7.)		
10	Are employees required to shut off the electric power to the welder when no one is in attendance?	AFOSH Std 91-5 ch (3.17.7.)		
11	Is suitable fire-extinguishing equipment available for immediate use?	AFOSH Std 91-5 ch (2.3.2.5.)		
12	Are welders forbidden to coil or loop welding electrode cable around their bodies?	AFOSH Std 91-5 ch (3.15.5.)		
13	Are work and electrode lead cable frequently inspected for wear and damage and replaced when needed?	AFOSH Std 91-5 ch (3.14.4.)		
14	Do means for connecting cable lengths have adequate insulation?	AFOSH Std 91-5 ch (3.7.2.)		
15	When the object to be welded cannot be moved and fire hazards cannot be removed, are shields used to confine heat, sparks and slag?	AFOSH Std 91-5 ch (2.3.1.2.)		
16	Are fire watchers assigned when welding or cutting is performed in locations where a serious fire might develop?	AFOSH Std 91-5 ch (2.3.1.9.4.)		
17	When welding is done on metal walls, are precautions taken to protect combustibles on the other side?	AFOSH Std 91-5 ch (2.3.1.2.)		
18	Before hot work begins, are drums, barrels, tanks and other containers so thoroughly cleaned and tested that no substances remain that could explode, ignite or produce toxic vapors?	AFOSH Std 91-5 ch (2.2.8.)		
19	Does all protective equipment (welding helmets, hand shields and goggles) meet appropriate standards?	AFOSH Std 91-5 ch (2.1.3.)		
20	Are employees exposed to the hazards created by welding, cutting or brazing operations protected with personal protective equipment and clothing?	AFOSH Std 91-5 ch (2.2.17.)		
21	Is a check made for adequate ventilation where welding or cutting is performed?	AFOSH Std 91-5 ch (2.2.7.)		
22	When employees work in confined spaces, is the atmosphere monitored and are means provided for quick removal of welders in case of an emergency?	AFOSH Std 91-5 ch (2.2.17.)		

