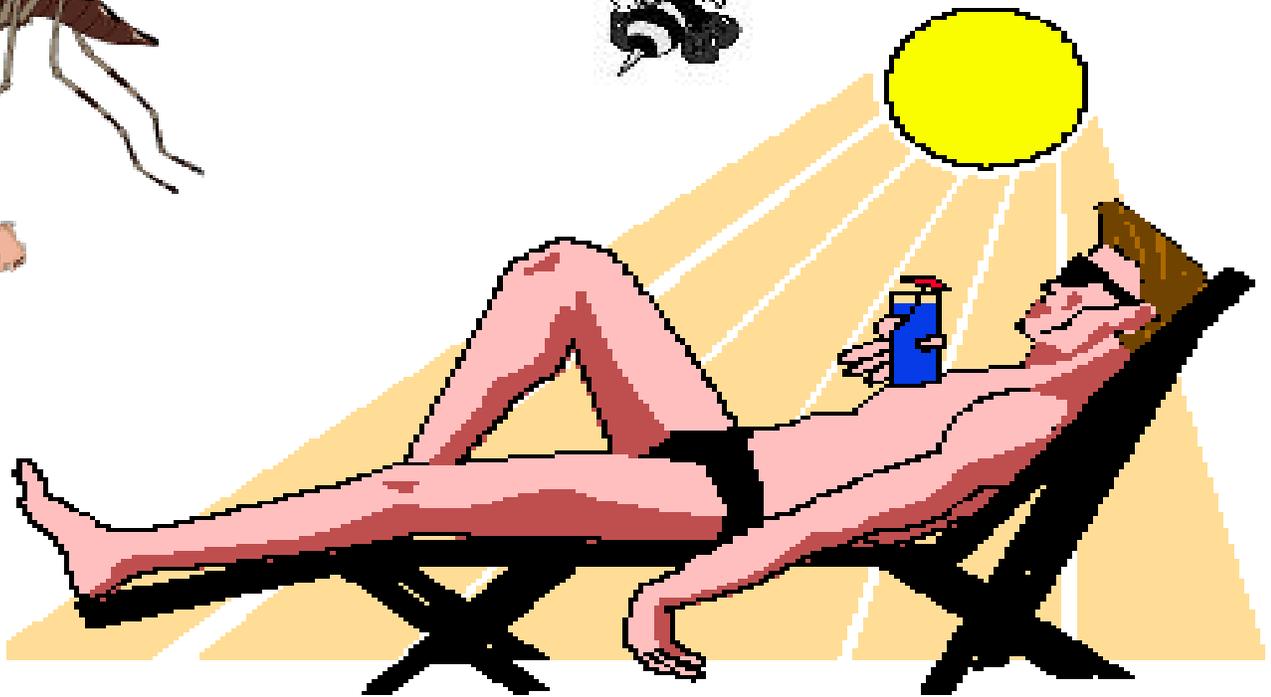
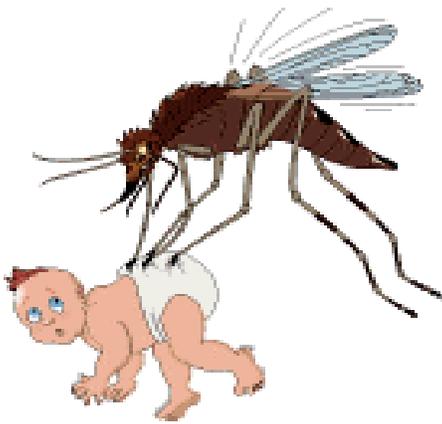




101 CRITICAL DAYS OF SUMMER SAFETY PACKET



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SUMMER HAZARDS IN COLORADO

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This safety packet addresses summer recreational hazards that soldiers, civilian employees, and family members could be exposed to. It is designed to be used by those who are giving safety briefings and for use by individuals who desire to enhance their awareness in preparing for the great recreational opportunities during the summer. An added value is realized if the information is passed on to young family members. Being prepared for activities can help achieve the end result of enjoyment versus mental anguish inherent to unwanted injury. Best wishes for rewarding summer fun.



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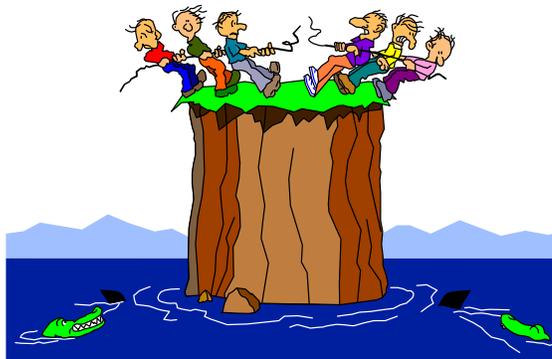
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I. RECREATIONAL WATER SAFETY PROGRAM

1. **How To Survive Lakes, Ponds, Rivers, And Creeks.** Most drownings occur in natural water environments such as lakes, ponds, and rivers. And one-half to two-thirds of all drownings result from unintentional water entry. These victims never intended to go into the water; they fell from docks, piers, bridges, or boats. This is why it is so important for everyone near the water, whether or not they intend to swim, to wear personal flotation devices. For those who do plan to enter the water, here are a few safety tips:

a. Check water temperature before you jump or dive in. Even on the hottest summer day, lake temperatures remain very cold. A sudden plunge into cold water can cause an automatic gasp reflex that draws water straight into the lungs.

b. Check the bottom too. Unless you are certain of the water depth and condition of the bottom, never dive or jump in. Soft, muddy bottoms and water plants can easily entrap victims.



c. Swim only in areas that are clearly safe for swimming and supervised by lifeguards.

d. Make sure you know how to obtain assistance in an emergency.

e. Ask about the local aquatic life both in the main water and in surrounding inlets.

f. Also ask about animal life that is frequently seen in the area.

g. Find out about dams, locks, or other facilities that might affect water levels and speed of current.

h. Watch for and avoid swiftly changing currents, whirlpools, and bubbling or churning waters. These are a warning that there may be hidden undercurrents, obstacles, and unusual water flows that may pull you under.

2. Drowning Prevention.

a. How do people drown? In many cases, a drowning victim will rise up and slip below the surface again and again and become more tired each time he/she goes under. Raising his/hers arms to signal for help will force him/her farther under water. Many times the victim will swallow or inhale water, replacing the air in his/her lungs. When this happens, he/she will not be able to call for help because all his/her energy will be directed toward breathing. Drowning occurs when he/she inhales a large amount of water and suffocates, or when his/her airway closes due to what is called a "gasp reflex," which can occur when a person jumps into very cold water.

b. How To Recognize a Drowning Person. When most people think of someone drowning, they picture the person waving his/her arms and shouting for help while sinking and rising. The third time under signals his/her drowning. The truth is that most people who are drowning-are unable to call for help. Some victims may try desperately to stay above the surface of the water in order to breathe. Often, witnesses to this kind of drowning say they thought the victim was waving or playing, not drowning. Other victims may simply float face down on or just below the surface of the water before sinking quietly under the water.

c. The following guidelines must be observed to make swimming safe:

(1) If you can't swim, don't go into the water deeper than up to your thighs or into water of unknown depth.

(2) Never swim alone.

(3) The water in the lakes and streams of Colorado is usually very cold; cramps and exhaustion can occur quickly; so don't overextend yourself.

(4) Never dive into strange waters.

(5) Choose a safe place for swimming and diving.

(6) If caught in a strong current, don't fight it. Swim with and diagonally across the current toward the shore.

(7) If caught in weeds, don't panic - draw loose slowly and gently with aid of the current.

(8) Don't try to rescue a person by swimming to him/her if you are not skilled in water rescue. Throw a rope or float to the victim, or extend a long pole or limb to him/her.

(9) If rescuing a victim by rowboat, approach him/her to one side, extend an oar for him/her to grasp, and guide him/her to the stern. Try to get him to hold onto the stern while you row to safety.



(10) Rest after eating and before swimming to prevent the possibility of cramps.

Recreational Boating.

a. Checklist for boating safety.

(1) Float plan. By telling someone where you are going and when you will be back, what your boat looks like and other identifying information you will make finding your boat much easier, should the need arise.

(2) Weather. The weather and water conditions should always be checked before leaving shore. Take a radio with you and listen to updated weather reports.

(3) Fuel. Check to make sure you have enough gas. Use the "One-third rule" in fuel management. Use one-third of the fuel to go, one-third to get back and one-third in reserve.

(4) Tools and spare parts. Carry a few tools and some spare parts and learn how to make minor repairs. A great many rescue cases are caused by minor breakdowns which the operator should have been able to repair.

(5) Life jackets. Make sure you have one on board for each individual in the boat. Make sure they are accessible. Encourage everyone to wear a life jacket. Set an example by wearing yours.

(6) Safety equipment. In addition to having a life jacket for each person, you should also carry flares, a fog horn or whistle, a strong flashlight, a first-aid kit and a bailing bucket. Check state and Coast Guard requirements for what your size and type of vessel requires.

(7) Loading the boat. Check the capacity plate to determine the load limits. Although there might be seats enough for four

people, many small boats will only carry two or three people. The load makes a critical difference in the stability of a small boat. Overloaded boats overturn.

(8) Alcohol and drugs. Operating a boat while intoxicated is illegal and it is dangerous. Alcohol and drugs reduce judgement and the ability to react. The sun, wind, vibration, and noise increase the debilitating effects of alcohol and drugs.

4. Water Skiing. Nearly 17 million Americans water ski each year. Twelve percent of water ski fatalities are by drowning. Many of those could be prevented by skiing with effective flotation devices and knowing how to swim.

a. Safe Skiing Precautions

(1) Ski in a familiar area.

(2) Know the locations of standing timber, sandbars, and shallow water obstacles so you can avoid them.

(3) Ski in water that is at least five feet deep.

(4) Just as a tow line connects the skier to the boat, the line of communication joins the boat, driver and skier. Know water-skiing hand signals.

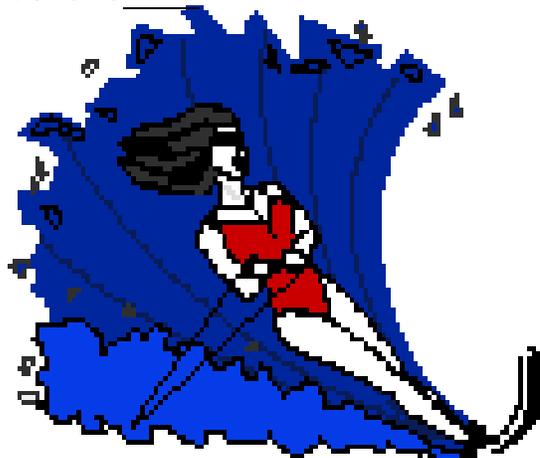
(5) Use a rear-view mirror and an observer to spot the skier.

(6) Alcohol consumption or drug use adversely affects your balance, judgment, and reaction time.

(7) Swimming ability is no substitute for a well-fitting life jacket.

(8) Ski with a snug-fitting Type III Coast Guard approved life jacket.

(9) A ski belt is not recommended because skiers can slip out of them, and, if unconscious, their feet and head will remain in the water.



b. Water Skiing Checklist. Water skiing is a cooperative effort between a skier and a boat driver. A pleasant experience involves

not only communication, but alertness, and common sense. Mix these three and enjoy the ride.

(1) When you ski, always

(a) Learn by taking instructions from an instructor, or advanced skier. The best beginnings are on dry land, literally, "getting to know the ropes."

(b) Wear a personal flotation device (PFD). A PFD is as much a part of the skier's equipment as the boat and towline are. Before entering the water, adjust the PFD for comfort and freedom of movement.

(c) Look ahead and know where you are going.

(d) Stay away from solid objects, such as docks, boats, and stumps.

(e) Be courteous and stay a reasonable distance from other skiers, boats, and swimmers.

(f) Run parallel to shore and come in safely when landing.

(g) Learn new maneuvers progressively.

(h) Signal that there is no trouble after a fall by clasping both hands overhead to notify the driver and observer.

(i) Hold up a ski after taking a fall in a populated area to let others know you are in the water.

(j) Check equipment for dangerous, sharp, or protruding objects, nuts, loose runners, and slivers.

(2) When you ski, never

(a) Ski in shallow water, or in an area where you do not know the depth. Minimum safe depth is five feet.

(b) Put any part of your body through the bridle, or wrap the rope around any part of your body.

(c) Give a ready signal unless you are.

(d) Ski to the point of exhaustion.

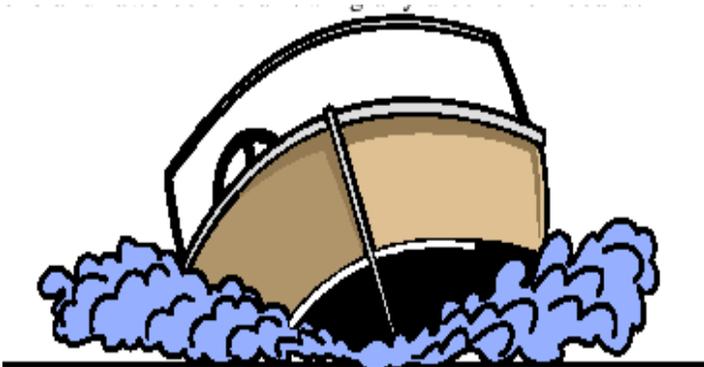
(e) Ski at night.

- (f) Attempt fast landings directly toward shore.
- (g) Jump from the boat while it is moving.
- (h) Climb into the boat with the motor running or climb into the boat from the stern.
- (i) Add drinking and drugs to a water ski trip.
- (k) Add horseplay to the sport.

5. **Fishing Safely**. Most potential fishing hazards are related to a lack of swimming skills and improper use of boats, especially motorboats. Drowning, serious sunburn, and injuries received from fishhooks and knives are common hazards of fishing.

a. Fishing in Boats. Most fishing-boat accidents result from carelessness, slippery boat bottoms, overloading, or sudden storms. Fishermen using boats should have sufficient skills to swim fully clothed. Also fishing should not be done from a canoe unless it is equipped with an outrigger or otherwise stabilized. To make boat-fishing fun and accident free, observe the following safety rules.

(1) Be careful while landing fish and casting an anchor because movements could cause you to fall overboard or capsize the boat.



(2) Do not lean over the sides of the boat.

(3) Stand in the boat as little as possible.

(4) Never use the motor as a seat.

(5) If the boat capsizes, stay with it rather than swimming to shore.

(6) Follow state regulations for using running lights at night.

(7) Follow boat manufacturer's load rating for number of passengers and weight limitations.

(8) Have on board a life preserver for each passenger. Weak and non-swimmers must use a preserver at all times while on the water.

(9) Watch for swimmers, skiers, surfers, and scuba divers.

(10) Observe minimum speeds in congested areas to ensure maximum control.

(11) Be familiar with the red and white flag that indicates the presence of scuba divers.

(12) Avoid smoking while refilling fuel tanks and cleaning up spills.

b. Equipment. Hooks are second to boats as causes of fishing accidents. To prevent injuries--

(1) Avoid side-arm casting. Overhead casting is much safer and more accurate.

(2) Release the tension on the line when changing lures or removing weeds. A hook on a bowed rod can easily enter a finger or other parts of the body.

(3) Carry a first-aid kit that includes cutters and antiseptic.

c. Stream and bank fishing. The main danger here is wading in water of unknown depth, especially while wearing boots and heavy clothing. Other hazards to watch for are slippery stones and logs. Felt-soled footwear offers extra traction on slippery stones, and a wading staff is helpful in swift water. Personal flotation devices are highly recommended.

II. SUMMER VACATION SAFETY

1. Careful Planning.

a. Plan your itinerary with a reasonable number of miles each day.

b. Plan overnight arrangements in advance to ensure a vacancy.

c. Avoid night driving most accidents occur at night.

2. Vehicle Inspection.

a. Make sure vehicle, is in excellent operating condition. Check:

(1) Tires (including spare).

- (2) Brakes.
 - (3) Battery.
 - (4) Lights.
 - (5) Windshield wipers.
 - (6) Muffler and exhaust system.
- b. Take along essential items in case of emergency.
- (1) Basic tools.
 - (2) Jack.
 - (3) Spare fuses.
 - (4) Flashlight and flares.
 - (5) First-aid kit.
- c. After safety-checking your car, make sure you have your
- (1) Driver's license.
 - (2) Car registration.
 - (3) Name and address of insurance agent.
- d. Highway Bound.
- (1) Fasten safety belts (AR 385-55, para 3-2b, requires soldiers to wear safety belts at all times, on and off Army installations, while driving or riding in a POV).
 - (2) Stop frequently for coffee and mild exercise.
 - (3) Play radio at intervals to assist in keeping alert
 - (4) Stay in right-hand lane except when passing.
 - (5) Adjust speed to road and traffic conditions.
 - (6) Always keep your gas tank at least half full.
 - (7) Obey all traffic laws; exercise all possible courtesy to other drivers.

3. Drinking and Driving.

a. Summer parties.

(1) Provide nonalcoholic drinks for those who do not want to drink and for those under the legal drinking age of 21.

(2) Never force drinks on your guests.

(3) Plan to close the bar at least 1 hour before the end of party.

(4) Offer coffee as "the one for the road."



(5) Never let a guest drive away from your party under the influence of alcohol.

b. Throttle and Bottle.

(1) Space your drinks to avoid getting too much alcohol.

(2) Stop drinking at least 1 hour prior to driving.

(3) If you feel like you've had too much, don't drive; call a cab.

(4) Stay alert for the driver who has had too much.

(5) Best solution is don't drink if you're going to drive.

c. Penalties for Getting Caught.

(1) Mandatory 1-year revocation of driving privileges on post.

(2) Subject to Field Grade Article 15.

(3) General Officer letter of reprimand.

(4) Stiff fines/jail sentence levied per state law.

d. Remedial Driver Training.

(1) Remedial Driver Training Course is mandatory for all drivers that have been cited for at-fault moving motor vehicle accidents or for those who have accumulated six or more traffic points. All military personnel convicted of driving under the influence or driving while intoxicated are also required to attend.

(2) Remedial Driver Training will be accomplished IAW the current Memorandum of Instruction (MOI), Procedures for Implementing Department of the Army Policies Against Intoxicated Drivers (Military Personnel). Units having personnel required to attend this course will contact DPCA/Drug and Alcohol Section for scheduling information.

4. **Safety Seat Belts.**

a. Type of Restraint System.

(1) Safety belt (lap or shoulder).

(2) Infant/child safety seat.

(3) Automatic safety belt.

b. Effectiveness of Safety Belts.

(1) Safety belts reduce the number of serious injuries received by 50 percent.

(2) Safety belts reduce fatalities by 60 to 70 percent.

(3) Safety belts help the driver to maintain vehicle control, thus decreasing possibility of an additional collision.

(4) Safety belts prevent vehicle occupants from colliding with each other.

(5) Safety belts spread the stopping force widely across the strong parts of the body.

c. Safety Belt Usage Requirement.

(1) AR 385-10, requires soldiers to use safety belts at all times, on and off Army installations, while driving or riding in a POV. Army civilian personnel are required to use a safety belt while driving or riding in a POV or government-owned vehicle on Federal installations.

(2) The Senior leadership encourages Army civilian personnel to use safety belts in POVs off post.

(3) Common sense and the law of many states require that children be securely belted. Small children must be protected by an approved restraint system.

5. **Effectiveness of Air Bag.** Previous Insurance Institute for Highway Safety research shows air bags associated with a 29 percent reduction in deaths in frontal crashes. The Highway Loss Data Institute has also reported 25-29 percent fewer moderate to serious injuries among drivers of cars with air bags in crashes, compared with drivers in comparable cars with automatic belts. The safety belt use is still important in cars with air bags.

ISN'T YOUR

LIFE WORTH

THE TIME?



III. SUMMER ACTIVITIES SAFETY

1. Camping Safety.

a. Pre-Planning.

(1) Camper should know where he/she is going and the camp sites available in that area. If possible make an advance reservation for the site.

(2) The camper has the responsibility of knowing the layout, the rules, and what is supplied at the site.

(3) Once the facilities are known, the camper must select his type of shelter (tent or trailer), sleeping equipment (sleeping bag, cot, or blankets), and camping equipment (stoves, lanterns, coolers, and eating utensils).

b. The Site.

(1) Keep it safe; keep it clean.

(2) Use a designated fireplace when possible. If you must devise a fireplace, select an area which is sheltered from the wind. Be sure the fire is a safe distance from campers, bedding, and woods.

(3) Do not build a fire near tree trunks, fallen trees, or overhanging branches; they may smolder and catch fire in the middle of the night or after you have left the camp.

(4) When extinguishing your campfire, first let it die down, then break up the coals (or logs), spread the partly burned pieces, soak them thoroughly, then cover area with dirt or sand.

(5) Unless water supply sources are known or certified safe by a competent authority, a camper should bring along sufficient drinking water for the camping party. Cooking requirements should also be kept in mind.

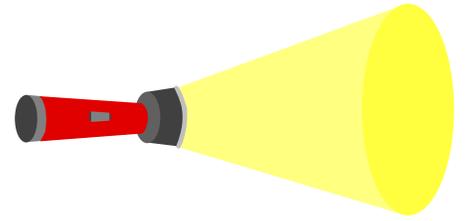
c. Equipment.

(1) Footwear. Shoes, sandals or moccasins should be worn at the campsite. Bare feet can become sore or cut from glass, sharp rocks, and embers.

(2) Ax. A small hand ax may help split kindling. Handle it with care and keep it sheathed and away from children. The sharper the hand ax, the safer it is. A dull edge will bounce and deflect, while a sharp ax sticks where it strikes.

(3) Knife. A knife is often useful to a camper. A strong pocket knife will handle all your camp needs.

(4) Flashlight. Make sure the batteries are in good condition. This piece of equipment is handy for emergencies on the road, around the campsite, and for signaling in the dark.



(5) Cooking Utensils. Pans containing hot water or food should be hung or set securely over the fire so that jarring will not upset them and scald campers.

2. Hiking Safety.

a. What to Bring.

(1) Clothing. This varies depending on the climate. Every part of the country has poisonous plants; thus, it's usually best to wear long trousers and a long-sleeved shirt for protection.

(2) Footwear. Athletic or deck shoes are fine for short strolls on a dry, established path. Good hiking boots (combat boots are fine) are a must for any type of extended tracking.

(3) Equipment. The amount of gear you take depends on the length of the hike. You need at a minimum:

(a) **A COMPASS (A good one).**

(b) **MAPS**

(c) **CANTEEN**

(4) Food. If you plan to hike more than several miles, include a snack. Fresh fruit, sandwich, cheese, candy bar, etc. Gorp (raisins, peanuts, and whatever you like) is a popular hiking snack.

(5) First aid kit. For overnight trips it can be quite simple (aspirin, adhesive, gauze pads).

b. What to Know.

(1) First aid. What to do for an emergency illness or injury.

(2) Lacerations, scratches, and blisters.

(a) Wash well with soap and water, dry it, and apply a dressing.

(b) If a wound is gaping, bring it together with a butterfly, a plastic tape applied across the laceration.

(c) A "hot spot" on your foot signals the beginning of a friction blister.

(d) Stop whatever you're doing, cut a doughnut shaped piece of moleskin, and apply it to your foot.

(3) Stings and bites.

(a) Discomfort can be relieved by applying cold to the painful area for 2-3 minutes.

(b) Backpackers with known allergic reactions to stings should always carry fresh medication.

(4) Strains and sprains.

(a) These are usually a result of not getting in shape before a hike.

(b) For muscle strain, with its resultant cramps, keep warm and relax.

(c) Sprains are usually the cause of carelessness.

(d) Wrap the sprain immediately with an ace bandage, and apply cold press or pack.

(e) On the next day, switch to heat and gentle massage.

3. Jogging Safety.

a. Choose the Right Equipment.

(1) Select shoes that fit comfortably, with extra room for toes to allow for foot expansion when running.

(2) Clothes should be roomy enough to let you move freely and should "breathe" (let moisture evaporate).

(a) Dress as lightly as possible in porous, light fabrics.

(b) Choose light-colored clothing.

(3) Persons jogging on post during the hours of darkness (30 minutes after sunset to 30 minutes before sunrise) when on roadways should display a minimum of 20 square inches of retro reflective material.

b. Rules of the Road.

(1) When jogging with others on the roadway, run in single file.

(2) Utilize sidewalks where available and practical.

(3) Always jog facing traffic.

(4) Use extreme caution when crossing streets and at intersections.

(5) Use of headphones is prohibited while jogging on post streets.

c. When It's Hot and Humid.

(1) Get used to heat slowly by building up (over 5-7 days) to distances you may have jogged earlier. Run slowly; dress lightly. Jog during morning or evening hours when it's coolest.

(2) Drink plenty of water before and during jogging.

(3) Watch for danger signs such as dizziness, nausea, throbbing, etc. They may indicate heat exhaustion or heat stroke, which are extremely dangerous. Stop running and get prompt medical attention.

4. **Mountain Climbing.** Before anyone considers mountain climbing or ventures into the local hills, expert instruction is an absolute must. Colorado has many clubs and associations that are involved in or can direct you to the experts in mountain climbing.

a. General Safety Rules. The rules stipulated here are general in nature and are not all of those rules required to make climbing safe and enjoyable. A climb which terminates in discomfort, injury, or ultimate disaster cannot be enjoyable or challenging. The rules keep the sport what it is intended to be. Know the rules, follow them, get good instruction, and enjoy the sport.

(1) Don't attempt to climb unless you have first received qualified instruction.

(2) Never climb alone. Three persons make the minimum number of a strong group. Most areas have stiff fines for climbing alone or without proper equipment.

(3) Always have the proper equipment (see para b)

(4) Plan your trip and route before going.

(5) Check equipment.

(6) Check clothing.

(7) Check weather forecasts.

(8) Notify unit and US Forest Service of destination and expected time of return.

(9) Climb only with a good leader.

(10) Practice on lower rocks - some different climbs can be found on rocks and boulders near the ground.

(11) Carry food, water, map and compass.

(12) Don't move in a wilderness area without a guide.

(13) Stay off mountain tops during thunderstorms. Drop all metal objects if caught there (rings, watches, rucksacks, etc., allow discharge of electricity; so get them away from the body).

(14) Obey your group leader. He is in command.

(15) Never try a climb, which is beyond the ability of the weakest climber in your group.

(16) Start your climb early enough to finish before dark.

(17) When in doubt, don't continue climbing. Return to the start. The mountain will be there the next time you are ready to climb it.

(18) Climbing is done without gloves, but carry mittens or gloves to warm hands when resting.

(19) Don't climb on wet or crumbling rock or on avalanche slopes.

- (20) Dress properly.
- (21) If going overnight, carry sleeping bags and shelter.
- (22) Keep within sensible fatigue limits.
- (23) Avoid rotten rock in every possible way. Don't roll rocks for sport.
- (24) Know survival rules:
 - (a) Distress call is three short, sharp whistles or calls repeated at intervals.
 - (b) Start a fire. Take extreme care to keep it under control.
 - (c) Build a shelter, when possible.
 - (d) Eat.
 - (e) Change to dry clothing.
 - (f) Care for body.
 - (g) Conserve energy.
 - (h) Don't panic.
 - (i) Think.
 - (j) Don't move during stormy weather.

b. Equipment. The basic equipment for a rock climber is specialized and essential for the sport. Personal preference can govern some choices, but experience has shown certain types of equipment to be the best.

- (1) Climbing rope - an essential and most important piece of equipment. A Perlon, a special weave of nylon, is the best. Minimum length should be 120 ft.
- (2) Sling rope - one inch wide tubular nylon webbing.
- (3) Snap links - 2,000 pound test aluminum are the best.
- (4) Pitons - chrome molybdenum is best.
- (5) Sleeping bag - if you plan to stay overnight.
- (6) Piton hammer - GMI metal handle or wood handle.

(7) Mittens.

(8) Water and food.

(9) Flashlight.

(10) Compass and map - geodetic survey map.

(11) Matches - waterproofed and in small metal container. Heavy duty matches which can be struck anywhere are the best. Waterproofing can be accomplished by coating with wax.

(12) Extra clothing - protected from wet weather.

(13) Knife and hatchet.

(14) Fishing line and hooks - for emergency survival.

(15) Whistle, for distress signal.

(16) Shoes - the best sole for rock climbing is maria.

(17) Sunglasses - when high winds are encountered. Tinted goggles are excellent for protecting eyes from sun, dirt, and snowblindness.

(18) Climbing helmet or hardhat - the hat should have built in ear flaps and chin straps. One of the greatest hazards in climbing is falling rocks. About 10 percent of your body heat can be lost by an uncovered head.

(19) Socks - an extra pair of dry socks is essential. Wool is best.

(20) Clothing - should be worn in layers which can be removed to prevent overheating.

(21) Rucksack and frame.

(22) Chopstick, suntan lotion, sewing kit.

(23) Underwear - Waffle weave is the best. Wool is the warmest.

5. Lawn Mower Safety.

a. Practical rules for Lawn Mower Safety.

(1) Before you mow, clear the yard of rocks, sticks, toys or anything else the mower might pick up and fling.



(2) After rain or heavy dew, wait for grass to dry before mowing. Wet grass may clog the chute or make you slip.

(3) If the chute clogs, shut off the motor, wait for the blade to stop turning, then clear it with a stick. Never clear a chute with your hands.

(4) On hills, mow across the face of the slope with a walk-behind mower so your feet won't slip under the blades.

(5) With a riding mower, mow up and down the slope so you're less likely to tip over.

(6) Never leave a running mower unattended and always clear all people, especially children, and pets from the area being mowed.

(7) Fill the fuel tank before starting the job. Never fuel a hot mower.

b. Dress for Safety.

(1) Wear heavy-duty shoes with nonslip soles (never mow in bare feet or sandals).

(2) Wear long slacks to protect legs.

(3) Avoid loose clothing that could get caught in machinery.

(4) Eye and hearing protection must be worn when mowing.

6. **BBQ Grill Safety.** Familiarize yourself with the following outdoor cooking safety guidelines to guarantee that your cookout will be safe and enjoyable.

a. Before Cooking.

(1) Instruct children on the dangers of a lit grill.

(2) Choose a safe grilling location: Away from children's play areas and areas of heavy traffic. In a well ventilated area (to avoid the danger from carbon monoxide fumes). Never grill inside or even in a semi-enclosed area, such as a tent or camper. Grill on a flat stable platform.

(3) Make sure you're not wearing clothing that could get in the fire, such as hanging shirttails or dangling strings.



(4) Never leave a grill unattended.

b. Cooking with LP Gas Grills.

(1) Read owner's manual and operating instructions carefully.

(2) Use the exact type of tank and fuel specified.

(3) Check hoses and valve connections often. Do this by pouring soapy water on the connection points. If bubbles appear retighten connections and test again.

(4) Transport and store liquid propane cylinders in an upright position and never where temperatures can reach 125 degrees.

(5) Whether your grill lights by match or push button ignitor, always follow the manufacture's instructions.

(6) Adjust the burner to a lower setting to lower the temperature of your fire.

(7) Increase the setting of your burner to increase the fire's temperature.

c. Cooking on Charcoal Grills.

(1) Never start a fire with gasoline.

(2) If using an electric fire starter:

(a) Use an insulated indoor/outdoor cord.

(b) Use a Ground Fault Circuit Interrupter (GFCI).

(c) Be sure the ground is dry and you're not standing in water when plugging the starter into an outlet.

(d) The starter will stay hot for several minutes after use, so place it out of reach of children and on a surface it won't burn.

(3) If using instant lighting briquets: Spread them into a single layer; make sure they touch at the edges. Light several of them at their edges with a match.

(4) If using standard charcoal briquets: Stack them in a pyramid to allow air to circulate around them, causing them to light faster. Apply lighter fluid before lighting; wait at least one minute before lighting to allow lighter fluid to soak in. Never add fluid to the coals once they've been lit. When using a chimney lighter, place newspaper in the bottom and deposit coals in the top.

(5) Light paper with a match, and pour the coals into your grill when they're ash grey. To revive a dying fire, place a small amount of lighter fluid on a few briquettes a safe distance from the grill. Then carefully add them to the fire one at a time.

(6) To control the temperature: The coals are ready for cooking when they're ash grey in the daylight or glowing red at night. Spread them into a single layer with long-handled tongs.

(7) To reduce the temperature: Raise the cooking grid, spread out the coals, lower the lid, and close the vents halfway.

(8) To increase the temperature: Lower the cooking grid, tap the ashes from the coals, push the coals closer together, place additional coals around the lit ones, and fully open the vents on the grill lid.

d. Flare-ups. Fat from your meat drips onto the fire. The fire ignites the fat, causing flare-ups. To avoid flare-ups:

(1) Grill low-fat meat.

(2) Trim excess fat from your meat.

(3) Spread lettuce leaves onto the coals to keep fat from coming into direct contact with them.

(4) Place a drip pan beneath the meat to catch fat before it hits the coals.

(5) Don't place meat directly over heat source.

(6) Keep cover closed and adjust vents as necessary.

As a last resort, spray a mist of water on charcoal briquettes.

7. **Garden Sprays Safety.** Garden sprays such as pesticides, insecticides, and herbicides can be beneficial tools. They help control nuisances—such as weeds, insects, and plant diseases—that cause illness, destroy plants, and damage property. Used properly, they can ensure a beautiful yard or an overflowing vegetable garden. All garden sprays can present a hazard.

a. Garden Spray Checklist:

(1) **Wear protective clothing.**

(a) Head covering (cap or wide-brim hat).

(b) Eye protection (when mixing liquids that carry WAG and DANGER signal words).

(c) Rubber gloves (never use fabric, leather or paper gloves).

(d) Long-sleeved shirt.

(e) Long pants or coveralls.

(f) Shoes and socks (not sandals or thongs).

(2) **Handling garden sprays.**

(a) Always follow directions when mixing chemicals.

(b) Don't spray on windy days.

(c) Always wash your hands and face with soap and water before eating or smoking.

(3) **First aid.**

(a) Check label for symptoms of overexposure and first aid procedures.

(b) If the chemical contacts your skin, immediately wash with soap and water.

(c) Consult a physician immediately.

(d) Take the label to the physician.

(4) **Storage/disposal.**

(a) Store garden sprays in a secure, dry place out of reach of children and pets.

(b) Always store garden sprays in the original container with the label clearly visible. Never transfer chemicals to "safe-appearing" containers such as soft drink bottles or food containers, which can be mistaken for food or drink.

(c) Most products have a shelf life listed on the label.

(d) At the end of the summer season, read the label to see if the product can safely be stored for another year.

(e) Don't dispose of many chemical products at one time. Certain chemicals can react with each other and produce noxious fumes and can even explode.

(f) Disposal of **RESTRICTED USE** pesticides is more complicated than simply dumping them in your trash can. Contact your Public Works Department to find out what the procedure is in your community.

IV. SUMMER SPORTS SAFETY

1. Bicycle Safety.

a. Tips for Safe Bike Use.

(1) Drive near the curb in the same direction as traffic. Always drive single file.

(2) Competing with high speed, heavy traffic is dangerous. Look for safer, less traveled routes.

(3) Stunting or clowning on bicycles can result in serious injury.

(4) Be alert to surface conditions. and traffic all around you. Road hazards such as rocks, potholes, glass, and other debris can cause a bicyclist to lose control.

(5) Riding in wet weather is hazardous. Visibility is a problem - for cars and bicycles. Wet tires tend to skid, and wet handbrakes may not be effective.

(6) Bicyclists must make themselves and their bikes more visible. Wear brightly colored clothing. A reflective vest or tape sewn on clothing makes you far more visible at night.

(7) Never ride at dusk or night unless your bicycle has a white headlight and a red tail light or reflector in the back. The larger the reflector the more visible you are.

(8) Know traffic laws and signals. Most laws and regulations that govern auto traffic apply to bicyclists.

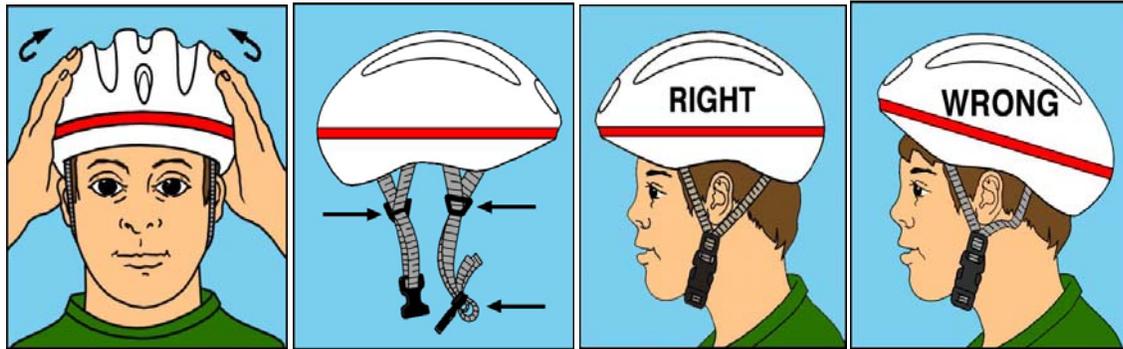
b. Helmets.

(1) About 900 people, including more than 200 children, are killed annually in bicycle-related incidents, and about sixty percent of all bicycle rider fatalities are a result of head injuries. 500,000 people are treated annually in the U.S. hospital emergency rooms for bicycle-



related injuries. Wearing a helmet can reduce the severity of head injury in a crash by up to 85 percent and could save your life.

(2) Beginning February 1999, all bike helmets manufactured or imported for sale in the United States will have to meet new federal safety standards set by CPSC. Helmets meeting the new standard will carry a label stating that they meet CPSC's new safety standard.



(3) Bicycle helmets come in a choice of hard-shell or all-form models. Both will offer needed protection, but buy and wear only a tested, approved helmet.

(4) A helmet made with foam protects your head by absorbing much of the force of the impact. The soft foam fitting pads are strictly for comfort.

(5) Take time to select a helmet which is the right size for your head. Wear the helmet flat atop your head, not tilted back at an angle. Make sure the helmet fits snugly and does not obstruct your field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

(6) Get your child an approved helmet as soon as he/she becomes interested in riding a bicycle. One in seven children under the age of 15 suffers a head injury in a bicycle crash. Helmets are especially important when a child is learning to ride and is more likely to fall or ride into things. Parental example in helmet use is important. Storing the helmet by hanging it from the handlebars helps the new helmet wearer remember to put it on for every ride.

(7) Helmets have a limited life. Normal wear and tear, as well as a crash, will cause the foam of the bicycle helmet to become less effective. The soft foam fitting pads will compress and need to be replaced from time-to-time to ensure a snug fit. As you wear a helmet over the years, it may become loose on your head. Then it is time to consider replacing the helmet. Helmets which have several openings in the front and air channels inside allow for the best air flow. The helmet can also give the bicyclist protection from the sun. **REMEMBER**

there is no safety rule more important than making sure you wear a helmet every time you ride a bike.

c. Preventive Maintenance.

(1) Tighten wheel nuts or quick-release levers.

(2) Check brakes and quick releases.

(3) Keep spokes tight; replace broken ones promptly.

(4) Keep tires properly inflated as recommended by the manufacturer. Underinflated tires give poor protection. Overinflated tires do not grip the road or street effectively when you apply the brakes.

(5) Check chain for damaged links and snug fit; keep it clean and lubricated.

(6) Keep handlebars and seat "untwistable." If either moves, tighten the nuts.

2. **Baseball**. Baseball, like all sports, presents its players with a potential for accidents and injuries. 500,000 athletes sustained injuries involving baseball in 1986, according to the Department of Health, Education, and Welfare. Unsafe acts account for 800 of all baseball accidents. Before taking the field:

a. Assign responsibilities:

(1) For keeping loose equipment off the field.

(2) For retrieving foul balls.

(3) Stress the importance of being alert and watching the batter on each pitch. Alertness will prevent injuries that occur as a result of inattention or distraction.

b. Inspect and correct/repair:

(1) The field for holes, ditches, uneven areas, and foreign objects such as equipment, stones, lumber, glass, etc.

(2) Playing and protective equipment.

(3) Establish standard procedures.

(4) Don't allow players to wear watches, rings, pins, and other metal jewelry.

(5) Encourage players who wear eyeglasses to wear safety glasses.

(6) Don't practice or play under adverse weather conditions or the threat of adverse weather conditions such as tornadoes, hail, and thunder or lightning storms.

c. Prepare for medical treatment:

(1) Arrange for emergency medical service before games and practices.

(2) Ensure that managers, coaches, and officials are trained in first aid.

(3) Keep a first aid kit available that includes bandages, medication, clean water, soap, towels, a blanket, limb splints, all list emergency phone numbers, and coins to make phone calls.

d. On the field. Collisions result in more injuries than any other accident. Minimize collisions by establishing zones of defense for all field positions.

(1) Avoid the dangers of sliding:

(a) Don't strap down bases during sliding practice.

(b) Teach sliding in long grass rather than sand.

(c) Have younger players wear tennis shoes while sliding to pose less of a threat to defensive players.

(d) Instruct players to slide head-first only when returning to base.

(2) Protect batters from wild pitches, which account for a major portion of baseball accidents:

(a) Have them wear an approved helmet that fits well.

(b) Develop batter's ability to evade wild pitches.

(c) Prohibit poor sportsmanship by spectators and opposing team members, which can rattle pitchers and cause them to lose control.

(3) Avoid the potential for danger that exists when batters drop their bats while running to first base:

(a) Have players drop bats in a designated area near where they begin running for base.

(b) Call players "out" if they fail to drop the bat in designated area.

(c) Provide bats with non-slip grips.

(d) Protect catchers. They are involved in more action than any other player and, therefore, are most susceptible to accidents and injuries: Require them to wear helmets with face masks, chest pads, plastic cup supporters, knee and shin pads, and mitts. Teach them to protect their ungloved hand by keeping it relaxed and in the correct position. Teach them to keep a safe distance from a swinging bat.

3. Touch Football.

a. Description.

(1) Strength, speed, and acceleration are required.

(2) Running stamina is important due to the duration of the game.

(3) The primary running requirement is for short sprints of explosive speed.

(4) Heart and lung endurance is required.

(5) Ankle, knee, thigh, trunk, shoulder, and neck strength is required.

(6) Leg, back, shoulder, and chest flexibility is required.

b. Equipment.

(1) If you wear glasses, use safety glasses with the hinge and bridge areas taped or padded.

(2) Wear non-restrictive clothing.

(3) Tape weak joints.

(4) Wear shoes that fit well.

c. Training.

(1) Endurance allows players to perform longer with less fatigue.

(2) Strength improves speed, power, acceleration, and agility.

(3) Alternate sports: Running, jogging, bicycling, swimming, tennis, racquetball, basketball.

(4) Warm up: Jog in place and conduct stretching exercises until sweating begins.

(5) Strength: Push-ups, pull-ups, half-squats, leg raises, step-ups, cal raises. Weight training for legs, back, shoulders, neck.

(6) Endurance: Running (especially sprints), swimming, jumping rope.

(7) Flexibility: Stretching, twisting, and rolling exercises.

d. Injuries.

(1) Types:

(a) Bruise, cuts, and abrasions are common on upper legs, fingers, hands, and arms. They occur to fingers by not catching the ball cleanly or contact with other players. Falling injuries knees, fingers, wrists, elbows, and shoulders. Players should learn how to fall correctly. Falling techniques are taught in judo, karate, and wrestling.

(b) Ankles, knees, and hamstrings are strained and sprained from quick twists and turns or slick or rough playing surfaces. Conditioning thigh muscles (front and back) and taping ankles can prevent some of these injuries.

(2) Causes:

(a) Informal nature of game.

(b) Wide range of ability, experience, and training of players.

(c) Players not warming up or in good condition.

(d) Collisions, falls, and elbowing.

(e) Lack of protective equipment.

4. **Basketball.**

a. Requirements. Requires agility, quickness, coordination, jumping ability, endurance, stamina, speed, balance, timing, desire, and confidence.

b. Equipment.

(1) Shoes must fit well, be designed for basketball, absorb shock under the heel and arch, be ventilated, and have a non-slip sole.

(2) Wear a thin pair of socks under athletic socks to prevent blisters. Painting feet with tincture and covering with powder will also help prevent blisters.

(3) Wear protective sports glasses.

(4) Wear knee pads to prevent floor burns and bone bruises.

(5) Wear knee braces on weak knees and tape weak ankles for support.

c. Training.

(1) Conditioning prevents fatigue, which causes injury.

(2) Endurance allows players to maintain the pace.

(3) Pivoting and sudden starts require hip, knee, and ankle flexibility.

(4) Passing, dribbling, and shooting require wrist and finger strength and flexibility.

(5) Jumping requires leg strength.

(6) Rebounding requires leg and upper body strength.

(7) Strength can be increased by push-ups, pull-ups, half-squats, squat thrusts, step-ups, and calf raises.

(8) Endurance can be increased by running, sprinting, rope work, and circuit training.

(9) Flexibility can be increased by stretch, twist, and roll exercises.

d. Injury.

(1) Types.

(a) Bruises, cuts, abrasions.

(b) Strains, sprains, dislocations: Happens to knees and ankles from sudden twists, turns, and stops and awkward landings. Happens to fingers from ball handling.

(c) Mallet fingers: Occurs when the ball strikes the fingers. Produces pain and swelling.

(d) Achilles tendinitis: Can be prevented by flexibility exercises for lower legs.

(2) Causes.

(a) Collision with other players.

(b) Slipping or falling.

(c) Twisting ankles or knees.

(d) Poor physical condition.

(e) Improper equipment.

(f) Improper playing techniques.

(g) Pressure on legs from running, jumping, starting, and stopping on hard floors.

(h) Jolting and pounding from landing after jumping or rebounding.

(i) No one shoe can protect feet from the stress of dozens of different basketball movements.

(j) Impact with other bodies while ball handling, setting picks, or rebounding.

(k) Contorting body to pass and avoid defenders.

V. SUMMER WEATHER SAFETY

1. **Sunbathing**. Painful results can be caused by sunbathing unless these simple rules are observed.

a. Expose your skin for only up to 15 minutes during the first day; then gradually increase the amount of sunshine each day. At high altitude you will find that sunburn occurs more rapidly than at lower levels.

b. Various commercial suntan oils or regular vegetable oil can help to prevent sunburn.

c. You can get a bad sunburn on a cloudy day.

d. Don't fall asleep while sunbathing. You might wake up with a bad burn.

e. Overexposure can mean sunstroke or heat exhaustion.

2. **Heatstroke**.

a. Symptoms and Signs. Heatstroke usually manifests itself as a sudden collapse associated with a stupor or deep coma. Frequently, symptoms may be experienced or complained of before the stroke occurs. The following are common symptoms associated with heat retention (the term "heatstroke" is reserved for the sudden loss of consciousness that accompanies severe heat retention): Weakness, dizziness, attacks of fainting, nausea, and vomiting, headache, insomnia, excessive warmth, sudden cessation of sweating, great excitement and emotional instability.

b. First Aid Treatment. Seek the aid of a Medical Officer at once. In the treatment of heatstroke, the immediate and primary objective is to lower the body temperature. Whenever, possible, the patient should be removed to a shady place, or better yet, placed in water. Clothing should be removed at once unless you cannot remove the victim from the direct rays of the sun. Massage trunk, arms, and legs.

3. Heat Exhaustion.

a. Symptoms and Signs. Loss of body salt and water usually go hand in hand, giving rise eventually to heat exhaustion. It is possible, however to develop symptoms for lack of salt alone, where water replacement has been sufficient to prevent a severe degree of dehydration. Such symptoms are weakness, easily fatigued, impaired physical performance, headaches, fainting, abdominal cramps, and cold, wet, clammy skin.

b. First Aid Treatment. Seek the aid of a Medical Officer at once. The patient should be removed from the heat when possible. Elevation of the legs is advisable. The victim should be given salt water in large quantities to drink (two salt tablets or one-fourth teaspoonful salt mixed with each canteen of water) only if patient is conscious.

c. Prevention. Heat exhaustion is preventable by replacement of salt and water as they are lost during long periods of excessive sweating. Since thirst is frequently a poor index of dehydration, particularly in the presence of salt depletion, personnel should be encouraged to drink water freely and frequently.

4. Heat Cramps.

a. Symptoms and Signs. The onset of cramps is usually abrupt and dramatic. The patient is usually in agony because of intense pain. However, in mild cases symptoms may come on gradually, be less painful and involve relatively few muscles. In most cases the attack begins while the individual is working in the heat, but frequently it occurs several hours later. Often it is precipitated by a cold shower. Most muscles of the body escape spasm; those that become involved are the ones that are or have been subjected to severe physical strain such as those of the extremities and abdominal wall.

b. First Aid Treatment. The treatment of heat cramps is precisely as outlined for heat exhaustion.

c. Prevention. Heat cramps can be prevented by ensuring adequate replacement of salt and water during periods of excessive sweating.

5. **Food Poisoning**. Food poisoning is frequently a summer hazard and may cause pronounced discomfort in large groups of individuals. The agents which may cause food poisoning are a large and diverse group. The majority of these are caused by either bacteria or their toxic products. Food poisoning due to chemicals, animal poisons or plant poisons is relatively rare. The prevention of chemical food poisoning, for the most part, is avoiding common insecticides, arsenic, and other toxic products being incorporated into the food in preparation. This is relatively rare, but presents a real threat, and can only be prevented by caution. Animal poisonings do not occur in this area. Plant poisoning might occur in this area due to wild mushroom poisoning or other toxic herbs. To prevent plant food poisoning avoid unknown and wild plants as a source of food. The greatest number of individuals involved in food poisoning are those affected by bacteria and their products. There are several different bacteria and/or toxins involved, but fortunately the symptoms are somewhat similar and the prevention is similar

a. Symptoms. Depending upon agents, symptoms may begin from about one hour after ingestion of food up to 72 hours after ingestion. These symptoms are nausea, vomiting, abdominal cramps, diarrhea, and may include dizziness, headaches, fatigue and visual difficulties.

b. Prevention.

(1) Scrupulous cleanliness should be maintained at all times where food is being prepared.

(2) Persons preparing foods should not have boils or abscesses, nor should they prepare foods if they have a vague unexplained illness.

(3) All foods should be prepared as close to the serving time as possible.

(4) Preparation of food which readily supports bacteria growth, such as mayonnaise, locally prepared salad dressings, ham and chicken salads, bread dressings, cream fillings, cream sauces, custards, and hash, with the exception of corned beef hash, should be completed as near to the serving time as possible and never more than 3 hours prior to serving. Foods of the above nature should not be held over from one meal to another.

(5) Sandwich fillings for lunch boxes should not be made from any of the following items: Material fixed from spread with salad dressings, mayonnaise, ground meat or chopped eggs. Exceptions are preserved ground bologna, liver sausage, etc. Refrigeration is necessary for ingredients which can spoil easily.

(6) Certain of the toxins in food poisons are not destroyed by heat and once these form due to a poor refrigeration or undue delay in serving. Cooking this item will not destroy the toxic product; nor will it prevent food poisoning.

c. First Aid Treatment. There is no really effective first aid treatment for those involved in food poisoning episodes after symptoms develop. The treatment then, from a first aid standpoint, is in preventing the occurrence of these episodes. Once symptoms arise, a medical officer should be contacted.

6. Lightning Hazards.

a. In the average year lightning kills 600 people, injuries an additional 1,500 and causes more than \$125,000,000 of property loss in the United States. Lightning is dangerous, particularly to troops in the field. The path of lightning is generally held

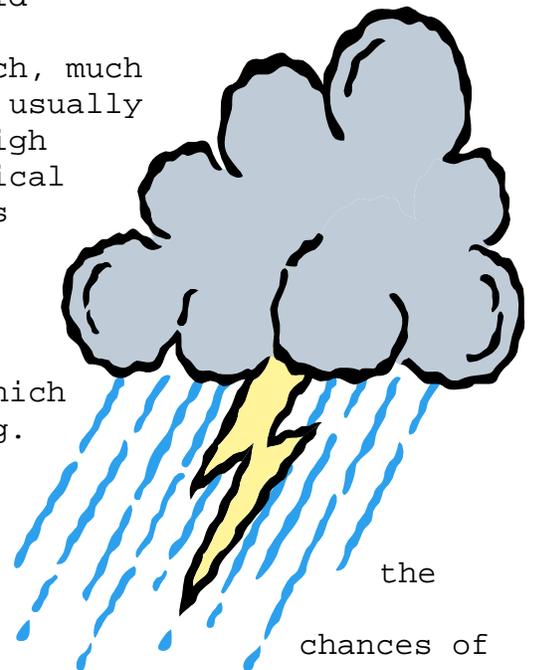
to be unpredictable, however, through research, much has been learned about its possibilities. It usually strikes the highest point such as trees or high open ground nearest the center of the electrical disturbance, and is attracted to solid masses especially metal.

b. Preventive Measures. With these principles in mind, it is possible to formulate the following safety precautions which will tend to reduce the danger from lightning.

(1) Avoid flat open field or bare hill tops during a thunderstorm; if unavoidably caught in open, stoop or lie down, thus reducing the target height and being hit.

(2) Avoid single, isolated trees or poles in large open fields, or if in the woods, avoid the highest trees.

(3) Avoid large masses of isolated metal in open fields, such as a mounted gun, field piece, vehicle, wire fence, etc. Personnel in the field should refrain from lying underneath vehicles. Due to the shielding effect of metal vehicle bodies, lightning charges striking



the
chances of

vehicles will pass through bodies under the vehicle on its way to the ground. Get inside the vehicle, if possible. Persons inside vehicles with metal tops have almost always escaped injury.

(4) A group unavoidably caught in a flat open space or a bare hill top should not huddle together, but scatter to reduce the attraction of a mass of bodies, and reduce the odds of being struck.

(5) Buildings will offer some protection, particularly with a metal frame or walls. Personnel in buildings should avoid standing under high chimneys, near outer walls, water pipes and wiring, fireplaces, stoves, or electrical appliances.

(6) When personnel are assembled in bleachers and are unavoidably caught in a storm, have them disperse quickly.

(7) Personnel should leave swimming pools during thunderstorms.

(8) Golfers are warned that danger is involved while carrying golf clubs on their back. They should also avoid taking cover under isolated trees.

c. First Aid Treatment. Many people hit by lightning have been saved by prompt and continued application of mouth to mouth resuscitation. While a full charge will kill or burn, many people who are apparently dead from lightning strikes may have only received a portion of the full charge and are only temporarily stunned or paralyzed, so prompt mouth to mouth resuscitation and treatment for shock may restart their breathing and save their lives. The patient should be evacuated as expediently as possible for further medical treatment.

d. Application. (Lightning hazards) It is recognized that the frequency of thunderstorms in the Pikes Peak Region is such as to make it impracticable to apply protective measures in every instance. However, protective measures should be instituted by personnel in charge of assembled groups in the event of severe thunderstorms.

7. Tornados.

a. Tornados are also a weather hazard in the Colorado region. The following safety tips can be applied in the event of a tornado.

b. Seek a safe place for shelter (i.e., reinforced office buildings, storm shelters, tunnels, caves, root cellars, subbasements, bank vaults, underground parking facilities, basements, interior corridor).

c. Keep away from windows, structures with large, poorly supported roofs, such as auditoriums and gymnasiums, the upper stories of office buildings, house trailers, and parked cars.

d. A parked car can be a dangerous place. Violent winds can tumble a car over and over, crushing it and its occupants. If you are driving, attempt to escape by driving at right angles to the path of the storm. If there's no time and no underground or upright shelter available, seek protection by lying flat in the nearest depression, such as a ditch or ravine. If you are trapped in flat, open country, staying in the car can be better than no protection at all. Remember to keep windows open enough to allow for pressure differences.

e. If you are in a office building, stand in interior hallways on a lower floor, preferably in the basement. In factories, workers should move quickly to the section of the plant offering the greatest safety. If no basement is available, take cover under heavy furniture in the center of the house against strong inside walls. Covering yourself with a rug provides some protection against flying glass and falling debris. Opening windows and doors on the side of the house away from the tornado may help to equalize dangerous variations in air pressure. If you're in a mobile home park that doesn't have a community shelter, find a place to take cover. At shopping centers stay far away from large glass windows. If possible, take cover under a strong counter.

f. No matter where you are, keep a battery-powered radio with you to listen to weather information and to hear when the warning is lifted. Call the National Weather Service only to report a tornado.

g. Individuals should be familiar with the difference between "Tornado Watch," and "Tornado Warning." A Tornado Watch is when weather conditions are right for a tornado to occur. A Tornado Warning is when a tornado has been spotted.

8. Flash Floods.

a. Rain showers can cause walls of water up to 5 feet in height to suddenly rush down gullies, arroyos, and ditches. Bivouac areas can be destroyed if they are located in low areas.

b. If rain clouds are seen in the mountain areas, expect water to rush to the lower ground levels soon after for several miles away.



- c. Caution must be used if water is flowing through ditches. A wall of water can be expected.
- d. Safety measures for flash floods:
 - (1) Climb to high ground.
 - (2) Stay out of ditches and gullies.

VI. ANIMAL, INSECT, AND PLANT HAZARDS.

Wildlife is abundant and varied with most activity taking place at night. Coyotes may be encountered but most animals are, by nature, shy and will attack only if cornered. Soldiers must leave the wild animals alone and must not feed them. Feeding wild animals causes them to lose their natural fear of man and may cause them to attack people. Smaller animals such as rabbits, foxes, prairie dogs, and skunks are numerous. Personnel coming in contact with these animals run the risk of catching rabies if scratched or bitten. Anyone bitten by such an animal should carefully cleanse the wound, seek medical help immediately and if possible obtain the animal for examination by qualified medical personnel. The area bounds with a wide variety of nuisance insects; however, only spiders present a significant hazard. Black Widow, Brown Recluse, and Tarantula spiders may be found.

1. Spider.

a. Prevention measures for spider is as follows:

- (1) Check bedding before using.
- (2) Check clothing, socks, and shoes before wearing. Many a soldier has been stung on the toe as he puts his shoes on in the morning.
- (3) Avoid sleeping or leaving clothes near damp places dampness appears to attract these creatures.
- (4) If you feel an insect or spider crawling on you, remain still. Sudden movement may cause it to bite or sting.
- (5) Never step in the shade or bush without visually checking the area.
- (6) Food crumbs attract insects which in turn attract spiders.

b. Treatment of spider bites.

- (1) Keep patient quiet and send for medical aid.

(2) The puncture points should be cleaned with an application of mild antibacterial agent.

(3) Cool the area for 10 to 12 inches around the puncture point with ice, if available.

2. **Snakes, Western Diamondback, and Prairie Rattler.**

a. How to avoid snakebites:

(1) Walk carefully, watch your step, and where you sit.

(2) Be careful where you place your hands when climbing or when lifting objects from the ground.

(3) Never tease or pick up a snake. Even bites of nonpoisonous snakes may cause infection requiring medical treatment.



(4) Avoid sudden motion when placing your hands or feet near an area which may conceal a snake. Beware of shady areas.

b. Treatment of snakebites.

(1) Try to kill the snake without destroying the head and take it with the patient to the medical treatment facility for identification.

(2) Place a constricting band snugly above bite; if swollen move up. (Not tight enough to prevent circulation.)

(3) Keep the patient quiet and still.

(4) Get prompt medical attention.

(5) Do not cut the wound as recent studies of the "cut and suck" method have shown that the technique is of doubtful value.

3. **Poisonous Plants.** Every year military personnel engaged in field problems and outdoor recreation encounter poison ivy and poison oak which are common to this area. Poisoning by these plants is largely preventable. Those who learn how to identify these plants and take precautionary measures will avoid experiencing painful skin irritation caused by exposure.

a. Through experience many persons know that they are susceptible to poisoning by these plants. Some have escaped contamination or have a certain degree of immunity. The extent of immunity appears only relative and absolute immunity does not exist. Those who have shown a degree of

immunity upon repeated contact with these plants may develop a reaction to poison ivy on subsequent exposure.

b. If it is necessary to be in the area where poison ivy and poison oak grow, wear protective clothing (gloves, heavy clothing to cover arms, legs, and neck areas, and high top boots or shoes). Clothing, including boots or shoes which have come in contact with these plants, should be washed before being worn again. Tools and equipment known to have come in contact with these plants should be handled with gloves until decontaminated by washing.

c. If you have touched one of these plants, or any other plant known to be poisonous on contact, scrub the affected areas as quickly as possible with a heavy lather of soap two or three times and rinse off completely with copious amounts of water, preferably HOT water. This removes the poisonous oils which cause skin eruption. Avoid rubbing, as this will tend to spread the poison to other areas.

d. The time between contamination of the skin and the first symptoms will vary according to the individual. The first symptoms may develop within a few hours or several days after exposure. The itching and subsequent inflammation, usually developing into water blisters under the skin, may continue for several days. Persistence over a long period is probably due to renewed contact with the plant or to previously contaminated clothing and equipment.

e. There is no quick cure for poisoning from these plants. The nonvolatile oil on leaves of the plants is the cause of the painful, itching skin eruption. While the skin irritation may be no more than a nuisance, contact with poison ivy and poison oak can also be serious, and in rare cases fatal. Obtain first aid and medical attention as soon as possible after skin contact.

f. The following are brief descriptions of the plants. Be alert to these hazards and enjoy good health.

(1) The common poison ivy is one of the few native plants that is poisonous by contact. It is a climbing trailing shrub sometimes growing erect, with three leaflets. Most of the vines or shrubs produce some flowers that are in clusters on the side of the stem immediately above a leaf. When fruit develops, it serves as a positive way of identifying the plant. It is white, waxy and has indistinct lines marking the outer surfaces. The fruit is especially helpful in identifying the plants in the fall, winter, and early spring when the leaves are not present.

(2) Poison oak is a shrubby western variety of poison ivy. Some people know it as oak-leaf ivy. Primarily, it is a low growing shrub, but may be found as a vine growing along the ground or as a climbing vine. The stems are usually upright in their general appearance. The center leaflet resembles a small oak leaf, while the

other two outside leaflets are often irregularly lobed. The fruit has the same general appearance as the fruit of common poison ivy.