



June 2003

The Navy Region, Mid-Atlantic Public Safety, Virginia Beach Safety Storefront publishes this SafetyGram and widest dissemination within your organization as encouraged. Please post on official bulletin boards and route to your staff. Our web site at [www.nasoceana.navy.mil/safety](http://www.nasoceana.navy.mil/safety) also has lots of additional information to improve your safety posture.

### Military Traffic Deaths

Motor vehicle crashes are the leading cause of death for the military, outweighing other causes, including training accidents and combat. Here is something that we know from analysis of traffic deaths:

- The majority of these fatalities happen at night (66%), particularly weekend nights.
- More than a third of those killed in 4-wheel PMV mishaps weren't wearing a safety belt (39%).
- Alcohol was a factor in more than a third of the fatalities (34%).
- Speed was a factor in at least 22% of the fatalities.

## Lightning Safety Outdoors

Each year, about 400 children and adults in the U.S. are struck by lightning while working outside, at sports events, on the beach, mountain climbing, mowing the lawn or during other outdoor activities. About 80 people are killed and several hundred more are left to cope with permanent disabilities. Many of these tragedies can be avoided. Finishing the game, getting a tan, or completing a work shift aren't worth death or crippling injury.



- **All thunderstorms produce lightning and are dangerous.** Lightning kills more people each year than tornadoes.
- **Lightning often strikes as far as 10 miles away from any rainfall.** Many deaths from lightning occur ahead of the storm because people try and wait to the last minute before seeking shelter.
- **You are in danger from lightning if you can hear thunder.** If you can hear thunder, lightning is close enough that it could strike your location at any moment.
- **Lightning injuries can lead to permanent disabilities or death.** On average, 20% of strike victims die; 70% of survivors suffer serious long term effects.
- **Look for dark cloud bases and increasing wind.** Every flash of lightning is dangerous, even the first. Head to safety before that first flash. If you hear thunder, head to safety!
- **Blue Skies and Lightning.** Lightning can travel sideways for up to 10 miles. Even when the sky looks blue and clear, be cautious. If you hear thunder, take cover. At least 10% of lightning occurs without visible clouds in the sky.

Source: <http://www.lightningsafety.noaa.gov/outdoors.htm>

## Safety Rules

- ❑ Go quickly inside a completely enclosed building, not a carport, open garage or covered patio.
- ❑ If no enclosed building is convenient, get inside a hard-topped all-metal vehicle.
- ❑ Do not take shelter under a tree.
- ❑ If there is no shelter, avoid being the tallest object in the area. If only isolated trees are nearby, crouch on the balls of your feet in the open, keeping twice as far away from a tree as it is tall.
- ❑ Avoid leaning against vehicles. Get off bicycles and motorcycles.
- ❑ Get out of the water...off the beach and out of small boats or canoes. If caught in a boat, crouch down in the center of the boat away from metal hardware. Avoid standing in water, even if wearing rubber boots.
- ❑ Avoid open spaces, wire fences and clothes lines, exposed sheds and electrically conductive elevated objects.
- ❑ Do not use metal objects like golf clubs, fishing rods, tennis rackets or tools.
- ❑ Do not work on fences, telephone or power lines, pipelines, or steel fabrications.
- ❑ Stop tractor work and heavy construction equipment, especially when pulling metal equipment, and dismount. Do not seek shelter under the equipment.
- ❑ Do not hold hands with others and space yourself several yards from one another.
- ❑ Becoming familiar with outdoor lightning safety rules can save your life or that of a loved one.

## New Life Jacket Rules for Children: Does this affect you?

*Source: United States Coast Guard*



The United States Coast Guard published an Interim Rule in the June 24, 2002 Federal Register requiring children under 13 years old to wear a Coast Guard approved Personal Flotation Devices (PFD), or life jacket, that fits, when underway on a recreational vessel unless they are in an enclosed cabin or below decks. This rule applies in the State of Virginia.

Failure to have a child wear a Coast Guard approved life jacket could result in penalties being assessed up to \$1,100

maximum for each violation, but typically they would be assessed in the \$50 to \$250 range per violation.

Having children wear life jackets is just a good idea. To work right, a Personal Flotation Device (PFD) must fit snugly on a child. To check for a good fit, pick the child up by the shoulders of the PFD. If the PFD fits right, the child's chin and ears will not slip through. PFDs are not babysitters. Even though a child wears a PFD when on or near the water, an adult should always be there too. Parents should remember that inflatable toys and rafts should not be used in place of PFDs.

For more information on the VA boating requirements see: <http://www.dgif.state.va.us/boating>.

## What does SPF mean on sunscreen?



Sun Protection Factor (SPF) describes the increased allowable time of sun exposure before your particular skin type burns. An SPF value is assigned by manufacturers of sun protecting cosmetics for items such as sunscreens, creams, lipsticks, cosmetic milks, lotions, etc.

For example, SPF4 means that you can expose yourself to the sun four times longer without burning, than without using any SPF.

## Confined Space Entry

**Do I have to train an employee in confined space awareness if he is going to work a onetime job in a confined space and never work the job again?**

**Yes. Any employee who enters a confined space must have the required training. In addition, there must also be a confined space trained observer. The observer must also be certified in CPR. For additional information contact the Confined Space Program Manager (CSPM), Buddy Kerr, 433-2148.**



Summer is almost here. It's time to let the light in. Just be careful not to let too much in. Dark sunglasses may actually cause more harm than good if they don't have proper UV protection. When you wear dark sunglasses, your pupils enlarge to allow light in. If your sunglasses don't have proper UV protection, you may be letting in the sun's harmful rays instead of keeping them out.

The American Academy of Ophthalmology is urging Americans to protect their eyes by wearing sunglasses - the right kind of sunglasses. Studies show that exposure to bright sunlight can increase the risk of developing cataracts and macular degeneration, both leading causes of vision loss among older adults. The more exposure to bright light, the greater the chance of developing these eye conditions, said Martin Mainster, M.D., Academy spokesperson.

Here's how to ensure your eyes are protected: Select sunglasses that block ultraviolet rays. Don't be deceived by color or cost. The ability to block UV light is not dependent on the darkness of the lens or the price tag. Ideally, your sunglasses should wrap all the way around to your temples, so the sun's rays can't enter from the side. In addition to your sunglasses, wear a broad-rimmed hat to protect your eyes. Don't be fooled by a cloudy day. The sun's rays can pass through the haze and thin clouds.

Even if you wear contacts with UV protection, remember your sunglasses. In addition to the damage caused by a lifetime of exposure to bright sun, you need to protect your eyes from acute damage caused by single outings on very bright days. Excessive exposure to ultraviolet light reflected off sand, snow or pavement can damage the cornea, the eye's surface. Similar to a sunburn on your skin, corneal ultraviolet injuries are painful, but usually heal quickly. So cover up.....your eyes.



**We appreciate all those who contributed articles to this newsletter.**



[www.nasoceana.navy.mil/safety](http://www.nasoceana.navy.mil/safety)

**REGIONAL SAFETY OFFICE**

1750 Tomcat Blvd. Suite 2170  
Virginia Beach VA 23460-2122

Oceana Bldg 230 • Dam Neck Annex Bldg 585

OC- (757) 433-2692 • fax (757) 433-2694 • DSN 433

DN- (757) 492-6630 • fax (757) 492-7411 • DSN 492

[safety@nasoceana.navy.mil](mailto:safety@nasoceana.navy.mil)