

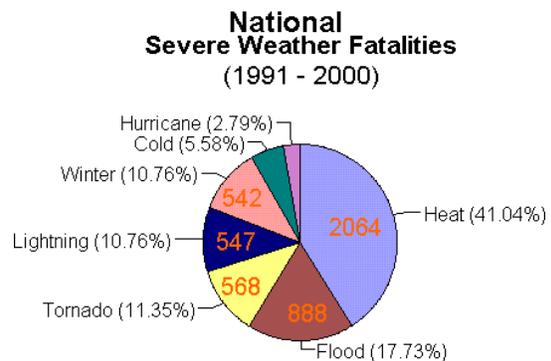
JUNE 2004



Heat Stress

Although rarely recognized, heat is by far the number one killer of all weather events. Over the last ten years, heat has averaged nearly 200 fatalities a year, with flash flooding being second to heat with 90 fatalities a year. In 1995 alone, there were over 1021 heat related fatalities. Extreme heat affects all, but the elderly, poor, infants and those who work outside during the summer are the most likely to succumb to the heat.

We are entering the season when hot humid weather can become a serious threat to the health of our service members as they participate in outside training, work tasks and exercise. The Naval Atlantic Meteorology and Oceanography Detachment Oceana, with oversight from the Branch Medical Clinic sets heat stress conditions for NAS Oceana and Dam Neck. Watch for Heat Stress warning flags posted at the gyms, or call 433-2304. More information on heat stress conditions will be coming our soon.



Courtesy National Weather Service Forecast Office



Fishermen/Seafood Eaters Beware

Please take a look at the following link from the Centers for Disease Control regarding *Vibrio vulnificus*, a bacterium in the same family as those that cause **cholera**. You are at risk when eating raw seafood or handling fish when fishing in warm saltwater areas. *V. vulnificus* can also cause an infection of the skin when open wounds are exposed to warm seawater; these infections may lead to skin breakdown and ulceration. Persons who are immuno-compromised are at higher risk for invasion

of the organism into the bloodstream and potentially fatal complications. Thanks to fellow fisherman Mark Wilkins, NADEP Jax Det for sharing this warning with us.

http://www.cdc.gov/ncidod/dbmd/diseaseinfo/vibriovulnificus_g.htm#What%20is%20Vibrio%20vulnificus



The Critical Days of Summer

The majority of Navy off-duty motor vehicle fatalities occur between Memorial Day and Labor Day. Approximately 70% of all Navy accidental deaths each year are off-duty Private Motor Vehicle (PMV) mishaps. You are far more likely to be killed in your or someone else's car than you are while serving onboard any ship, submarine, aircraft or

shore station. One out of every five Navy motor vehicle fatalities during the past several years was a motorcyclist.

**If you don't supervise your own driving, the State Police will supervise it for you...
...but they charge a fee for the service!!**

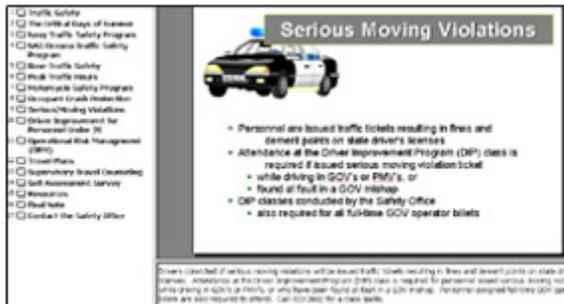


Incredible Videos

Go to www.safeprogram.com/photosvids.htm to view **incredible videos** of the consequences of not wearing a seat belt.

Florida SAFE, Inc. a nonprofit organization of Firefighter Paramedics who share their real life work experiences...

Re-formatting Safety Lesson Plans



In an effort to improve the effectiveness of our Safety Lesson Plans, we are reformatting them into web-based PowerPoint files with accompanying notes. This will allow the supervisor to show a PowerPoint presentation with important highlights and graphics, as well as have more detailed notes to refer to for amplifying information. See the June Traffic Safety Lesson Plan for an example. The Heat Stress Lesson Plan will be coming out shortly. Feedback is always welcome so we can help you improve your activity's safety posture.



When Is My Child Old Enough to Mow the Lawn?

American Academy of Pediatrics

Before learning how to mow the lawn, your child should show the maturity, good judgment, strength and coordination that the job requires. In general, the American Academy of Pediatrics recommends that children should be at least:

- 12 years of age to operate a walk-behind power mower or hand mower safely
- 16 years of age to operate a riding lawn mower safely

It is important to teach your child how to use a lawn mower. Before you allow your child to mow the lawn alone, spend time showing him or her how to do the job safely. Supervise your child's work until you are sure that he or she can manage the task alone.



Lawnmower Recalls

- **Murray:** The recall includes certain 20-, 21-, and 22-inch walk-behind lawn mowers; certain 30-inch mid-engine riding lawn mowers; certain 38-, 40-, 42-, and 46-inch lawn tractors; and certain 46-inch garden tractors. They are red, black or gray. "Murray" is written on the body of the mowers.
- **Husqvarna:** Royal 53S or ROY53INTEK Walk-Behind Lawn Mowers
- **Honda:** Harmony Walk-Behind Lawnmowers
- **Toro-:** TimeCutter Z Riding Lawn Mowers

To see if your lawnmower is on the recall list, go to <http://www.cpsc.gov/cgi-bin/recalldb/prod.asp> and perform a search.



Hurricane Isabel beginning to lash the U.S. mainland with its powerful winds taken on Sept. 17, 2003.

2004 Hurricane Season Begins

May 17, 2004 — [NOAA](#) forecasters are predicting an above-normal Atlantic hurricane season. At a news conference in Houston, Texas, NOAA officials said the season outlook is for 12 to 15 tropical storms, with six to eight systems becoming hurricanes, and two to four of those turning into major hurricanes.



Supervisors, service members and employees !! Bravo Zulu for the month of May in preventing injuries.

After a bad month of April, you came back and showed what you can do in preventing mishaps. Boring as it may seem, you should keep up the good work in reminding service members and employees of the importance of "**common-sense**" safety when performing their job and working and playing at home.

playing at home.

MISHAPS IN MAY

1. Employee was loading a large barbeque grill onto a truck when the grill top came down and slammed down on employee's right thumb (**on-duty, no lost workdays**).
2. Service member drove up to his driveway when he dropped an item on the driveway. He than turned around to see what it was that he dropped and the front wheel of the motorcycle hit a large rock forcing the wheel to turn and tip over bruising his hip (**off-duty, 5 lost workdays**).

Lets' be safe out there !!



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
www.nasoceana.navy.mil/safety