



OCTOBER 2004



Fire Prevention Week October 3-9

Roughly 70 percent of home fire deaths result from fires in homes with no smoke alarms or no working smoke alarms. Smoke alarms are the great safety success story of the 20th century — but only when they're working properly.

... Smoke alarms with batteries that are dead, disconnected, or missing can't alert you... Because fire can grow and spread so

quickly, having working smoke alarms in your home can mean the difference between life and death. But these life-saving devices are only effective when they're working properly. Smoke alarms with batteries that are dead, disconnected, or missing can't alert you to the dangers of smoke and fire. Follow these tips to ensure that your smoke alarms are installed correctly and tested regularly.



...two minutes to escape... Once the alarm sounds, you may have as few as two minutes to escape. Fire can spread rapidly through your home, leaving you as little as two minutes to escape safely once the alarm sounds. Your ability to get out depends on advance warning from smoke alarms, and advance planning—a home fire escape plan that everyone in your family is familiar with and has practiced.

<http://www.nfpa.org/FPW/index.asp>



Put the Brakes On Fatalities Day October 10th

The first annual **Put the Brakes on Fatalities Day**® was held on October 10, 2001. Its goal is to deliver messages to the public about the major causes of transportation fatalities - chiefly highway fatalities - and their avoidance, in an upbeat fashion. The event is commemorated with state and local events across the country.

The Commonwealth of Virginia Department of Transportation (VDOT) looks forward to participating with Put the Brakes on Fatalities Day® to promote highway safety awareness and to encourage safe driving, particularly on October 10, 2004.

VDOT will develop targeted notices and announcements this fall. VDOT envisions posting information and notices on the VDOT Web site and using other media public service announcements leading up to October 10.

<http://www.brakesonfatalities.org/aboutus.htm>



FY-04 NAS Oceana Basketball Injuries

When you join that pick-up game at the gym, common safety sense may be a secondary consideration. Take a look at the 16 basketball injuries that occurred in FY-04 for the Safety Storefront reporting customers...and learn from them...

- jammed right finger playing basketball.
- fell in gym while playing basketball.
- suffered a broken right ankle while playing basketball in the gym.
- fractured right hand knuckle playing basketball.
- sprained his ankle playing basketball.
- suffered a cut above the eye playing basketball.
- chip bone in left ankle at youth center gym while playing basketball.
- sprained his ankle playing basketball.
- suffered a possible fracture in the right eye while playing basketball.
- suffered a ruptured patella tendon in right knee playing basketball.
- suffered a torn ligament in right ankle while playing basketball.
- was struck in the eye while playing basketball.
- suffered a rolled ankle while playing basketball.
- suffered a sprained knee playing basketball.
- fractured left foot while playing basketball.
- slipped on a wet floor and fractured his left knee while playing basketball.



Safety Tips for Jump-Starting a Car Battery

Most people believe they are familiar with the process of jump-starting a car's battery, but you would be amazed at how many people are doing it the wrong way. Follow these suggestions when getting your car back on the road.

Check your owner's manual– it is so important to do this because you may find out that some new cars had specific instructions or prohibit jumpstarting.

Batteries contain sulfuric acid, which gives off flammable and explosive gas when a battery is charged or jump-started. Never smoke or operate anything that may cause a spark when working on a battery.

Never throw an automobile battery in a garbage dumpster or leave it in a parking lot, specially if it is cracked or damaged. Take it to a service station and have it disposed of properly.

Never jump-start your battery if your car's fluids are frozen.

STEPS

Step 1: Clamp one cable to the positive (+) terminal of the **dead battery**. DON'T let the positive cable touch anything metal other than the battery terminals.

Step 2: Connect the other end of the positive cable to the positive terminal of the **good battery**.

Step 3: Connect one end of the negative (-) cable to the negative terminal of the **good battery**.

Step 4: Connect the other end of the negative cable to metal on the engine block on the car with the dead battery. Don't connect it to the **dead battery** carburetor, fuel lines or moving parts.

Step 5: Stand back and start the car with the good battery.

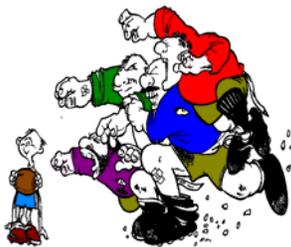
Step 6: Start the stalled car.

Step 7: Remove the cables in reverse order.

MISHAPS REPORTED FOR SEPTEMBER

1. Service member was preparing to do a metal bend on a piece of sheet metal when the metal sprung back and hit his face. **(on-duty, no lost work days)**
2. Service member suffered injury when a window fell on his finger and ripped off his fingernail. **(off-duty, no lost work days)**
3. Service member fractured his right foot riding his motorcycle. **(off-duty, 30 lost work days)**
4. Service member was walking down some stairs while on his crutches and injured his right foot. **(off-duty, no lost work days)**
5. Service member fell off some stairs and bruised his right arm. **(on-duty, no lost work days)**
6. Employee touched a hot pressure washer engine and burned his left hand and fingers. **(on-duty, no lost work days)**
7. Employee fell on slippery floor and burised her head, neck, shoulder and back. **(on-duty, no lost work days)**
8. Employee twisted right ankle on an uneven sidewalk. **(on-duty, no lost work days)**
9. Employee was stung by a wasp while moving some bottles outside the compound. **(on-duty, no lost work days)**
10. Service member suffered a puncture wound on his right middle finger while putting out a fire at his residence. **(off-duty, no lost work days)**

Lost Work Day - Loss of at least one full workday subsequent to the date of mishap.



Fall Off-Duty Safety

A PowerPoint presentation has been posted on our website giving safety tips on hunting, camping, weight lifting, flag football, Halloween and many other popular fall season activities. Supervisors are encouraged to share this with all their personnel.

Lets' be safe out there !!



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