

NABLC Safety Advisor

September 2004

Critical Days How Goes It!

This year, there are 102 days from the Memorial Day weekend (starting Friday, 28 May) through Labor Day. Here's how we stand through 29 August (after 94 of the 102 days):

	Actual Fatalities	Actual Rate	Predicted Fatalities*	Predicted Rate
Navy PMV	22	22.54	23	21.69
Marine PMV	11	24.23	20	40.55
Navy Shore/Rec	7	7.17	11	10.37
Marine Shore/Rec	2	4.41	2	4.06

*The number of fatalities predicted to occur by the end of the Critical Days.

Drivers Must Stop for School Buses



According to a recent Virginia Beach Public Schools news release, when school opens September 7, motorists should be especially alert and aware of state laws regarding sharing the road with school buses.

► At intersections, all drivers must come to a complete stop for a stopped school bus with red lights flashing. Under the law, motorists are required to stop even when approaching a school bus at right angles.

► On undivided highways or streets, all vehicles traveling in any direction are required to stop and remained stopped until all children are clear of the roadway and the bus is again in motion.

► On divided highways or streets, all vehicles in all lanes traveling in the same direction as the bus must come to a complete stop, but those traveling in the opposite direction and separated either by a physical barrier or an unpaved area may proceed without stopping.

Failure to stop for a school bus loading or unloading children could result in a reckless driving charge and civil penalty of two hundred fifty dollars (\$250.00).

Hurricane Season Reminder

With hurricane season nearing its peak, it is time to ensure that everyone is prepared in case of disaster. For more information, visit the following web sites: National Weather Service www.nws.noaa.gov; the American Red Cross www.redcross.org; FEMA www.fema.gov; or the Hampton Roads Emergency Management Committee www.hremc.org.

List Grows for the Health Consequences of Smoking

A new government report expands the list of illness and conditions linked to smoking. Added to this list are cataracts, pneumonia, acute myeloid leukemia, abdominal aortic aneurysm, stomach cancer, pancreatic cancer, cervical cancer, kidney cancer, and periodontitis. Earlier research confirmed that smoking causes cancers of the lung, larynx, bladder, esophagus, mouth and throat; chronic bronchitis; cardiovascular diseases; and reproductive problems.

Source: The Health Consequences of Smoking: A Report of the Surgeon General released May 2004, <http://www.surgeongeneral.gov>.

Motorcycle Safety Training

The Little Creek Safety Storefront is sponsoring motorcycle safety training at NAB Little Creek. Satisfactory completion of this training is required in order to register a motorcycle for base access. For more information regarding class times or to sign up for a class, call Jim Filek at 462-2196.

You Drink & Drive. You Lose. – Keeping Families Safe



▾ Too many people still don't understand that alcohol, drugs and driving don't mix.

■ To protect families during this long holiday weekend, local law enforcement agencies will be out in full force as part of the *You Drink & Drive. You Lose.* National Crackdown to keep citizens

safe from impaired drivers.

■ The national crackdown is a partnership of criminal justice and traffic safety officials across the nation who join forces to catch impaired drivers and lock them up.

■ Local Law Enforcement will be out in full force conducting saturation patrols and sobriety checkpoints depending on the State and community to identify and arrest impaired drivers.

Sobriety checkpoints, saturation patrols, undercover officers and concerned citizens ... chances are if you drive impaired this holiday you'll get caught. This Labor Day, please celebrate responsibly, designate a sober driver, take a taxicab, mass transit or you'll be taking a ride straight to jail.

Remember: You Drink & Drive. You Lose.

Small Steps to a Healthy Life



We are bombarded every day with conflicting information about our health. Is it better to eat a low-carb diet or a balanced diet? Should we be physically active three times a week or five times a week? And how can we be expected to follow any of these recommendations when we're always so busy?

It's no wonder that many of us throw up our hands and give up. But if we want to live long and fulfilling lives, it's essential that we learn the real facts about health, nutrition, and physical activity.

Luckily, the real facts are pretty straightforward. All you really need to know about a healthy lifestyle is:

* Eat a healthy diet that includes fruits, vegetables, and whole grain products -- and be sure to control portion sizes.

* Get physically active at least five times a week, for thirty minutes or more.

* Avoid tobacco and illegal drugs altogether.

Sounds simple, right? Well, if it were that easy, we'd all be effortlessly fit and healthy.

It's hard to stay in shape these days. Our entire lives are built around driving cars, eating on the run, and spending our free time relaxing in front of the TV or computer. We live in neighborhoods without sidewalks; we are surrounded by high calorie and high fat foods; we drive more than we walk or ride bikes.

All of these factors may contribute to the fact that two out of every three Americans are now overweight or obese -- defined as having a body mass index over 25 -- and that number is rising. While this problem is widely recognized as a public health crisis, we don't have nearly enough information about realistic ways that regular people can actually change their lives and bodies. For many of us, a vigorous workout regimen or restrictive diet is just not possible.

At the same time, we want to be healthy not just for ourselves, but for our children and grandchildren. And we all know that if we don't follow established healthy eating patterns, and continue to decrease our activity levels, we might not be able to do that.

The truth is that even small changes in your life will add up to big results -- and that you can build on small successes to see change. That is why the Department of Health and Human Services has developed the Small Steps program. It's impossible for many people to make dramatic lifestyle changes. Instead, you want to learn ways that you can change small things about your life and see big results. You are encouraged to integrate better eating and activity habits into your life one by one. Set realistic goals and take small steps to meet them. The tools and information you need to become healthier, happier, and longer-lived are available at the Small Steps web site www.smallstep.gov.

Ladders

Ladders are tools that we take for granted. Each year, there are more than 164,000 emergency room-treated injuries, according to the U.S. Product Safety Commission. In addition, more than 300 people die from their injuries, according to the American Academy of Orthopedic Surgeons. Ladders come in many sizes, shapes and styles, but your life literally can depend on knowing how to inspect, use and care for this tool. Selecting the right kind of ladder for the task is important. Make sure it complies with specifications of the American National Standards Institute (ANSI) and it's listed by Underwriters Laboratories (UL). In addition, if you're in the vicinity of power lines or electrical equipment, select a fiberglass ladder. Before getting started, ensure the ladder is in a safe condition by inspecting the ladder for any defects, i.e., cracks, dents, corrosion and loose or missing hardware. If you find a ladder in poor condition, take it out of service and tag it until properly repaired or immediately destroy it. Always use the ladder for its intended purpose.

Don't use a stepladder as a straight ladder, or exceed the maximum weight limit allowed. Cleaning and maintaining ladders per manufacturer's instructions after each use can ensure the longevity of the ladder. Store ladders in a safe dry place, and hang them at 6-foot intervals for support.



Note: The base of a straight ladders shall extend away from the building one foot for each four feet of ladder height.

SEPTEMBER 22 –NATIONAL SCHOOL BACKPACK AWARENESS DAY

“Pack It Light and Wear It Right”

Aching back and neck...tingling arms and neck...stooped posture.

Your child can experience these symptoms if he or she is carrying too much weight in his or her backpack or not wearing it properly. The American Occupational Therapy Association (AOTA) emphasizes when it comes to a backpack that students “Pack It Light and Wear It Right.”



AOTA recommends:

- * A loaded backpack weigh no more than 15 percent of a student's body weight,
- * Always wearing both shoulder straps,
- * Selecting a pack that has well-padded shoulder straps and is the right size for your child, and
- * Adjusting the shoulder straps so the pack fits snug against your child's back and the bottom rests no more than four inches below your child's waist.

Source: “Pack It Light, Wear It Right,” The American Occupational Therapy Association,

<http://www.aota.org>.