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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 also has lots of additional information to improve your safety posture.

HOLIDAY TRAVEL

ALCOHOL ABUSE PREVENTION- The seasons have changed and the Thanksgiving and Christmas holidays are just around the corner. These are the times we join family and friends in celebration. Often reunions with friends and family require travel. One of the most popular means of travel is by automobile. Unfortunately, there are motorists who mix drinking and driving - a deadly combination for themselves and those sharing the road with them. Now is the time to place emphasis on SAFE DRIVING. Supervisors can go to the NAVY ALCOHOL ABUSE PREVENTION PROGRAM website read about Best Practices from Fleet commands which have proven successful in reducing alcohol abuse. Read more at <http://navdweb.spawar.navy.mil/albestpract.asp>

PRE-TRIP SAFETY CHECKLIST- The Naval Safety Center has posted on their website a checklist designed to be completed for all planned trips outside the local area when service members are going on leave/liberty. Its use is encouraged when service members are going on trips even if not on official leave/liberty. It will help service members, commanders, and other leaders ensure drivers and vehicles are safe prior to departure and that the trip has been sufficiently planned (time, rest stops, alternate drivers, anticipated weather conditions) to get safely to the destination and back. <http://safetycenter.navy.mil/ashore/motorvehicle/toolbox/pre-tripsafe.htm>

WHAT'S ON YOUR MIND- It's the Holiday Season again. Many service members are away from home keeping our country safe. To those fine men and women we say, "Thank you", and we want you to know that we are thinking about you. Your job is tough. It often requires your full attention to keep from having an accident. We know we want to think of our loved ones, but save it for our off-duty hours. After all, those who care so much about us wouldn't want to be the one distraction, which leads to a mishap. Take care of yourself; whether you're away or at home, and let us all come back next year alive and well

Holiday Food Safety

Those Other Holiday Meats



No doubt about it, holiday time is turkey time. Of the 267 million turkeys produced in 2000, 67 million (or 25 percent) were served at Thanksgiving and Christmas. Yet numerous other meats are also traditional at holiday gatherings. Some families choose a rib roast; others, a ham; and some will have the butcher arrange a crown roast of lamb.

If a hunter's in the clan, that family may serve wild game such as duck, venison or pheasant. Small families may opt for a bird smaller than a turkey -- such as capon, duck, goose or Cornish hen -- or a small cut of meat like a pork tenderloin or veal roast.

Whatever the choice, have a meat thermometer on hand to determine when the meat has reached a safe temperature as well as the preferred doneness. For special holiday meals, the cook wants everything perfect -- and perfectly safe.

The Safety of Special Holiday Meats

When choosing your holiday meat, be assured that the USDA or state inspection systems have inspected all beef, lamb, pork, veal and poultry sold at your supermarket for wholesomeness. Once your purchase

is at home, refrigerate it immediately and cook or freeze fresh poultry within 1 or 2 days; fresh meats, 3 to 5 days.

Wild game bagged by hunters obviously has not been federally or state inspected so care must be taken to handle it safely. Parasites such as *Trichinella* and *Toxoplasma* may be present. Improper handling can cause bacterial contamination as well as off-flavor.

Dress game in the field right after shooting. Dressed meat must be chilled as soon as possible. Keep the game cold — below 40° F, until it can be cooked or frozen.

About Roasting

Because holidays are special times, people tend to spend more money for specialty meat. These fancy meats and poultry may cost more because they are exceptionally tender or special.

Roasting is the recommended method for cooking tender meats. To roast, meat is placed on a rack in a shallow, uncovered pan and is cooked by the indirect dry heat of an oven. To keep the meat tender and minimize shrinkage due to the evaporation of moisture, a moderately slow oven temperature of 325° F should be used.

"But," says Bessie Berry, manager of the USDA Meat and Poultry Hotline, "the USDA does not recommend cooking meat and poultry at oven temperatures lower than 325° F because these foods could remain in the 'Danger Zone' (temperatures of 40° F to 140° F) too long. Bacteria which may be present on these foods multiply rapidly at these temperatures."

Boned and rolled meats require more cooking time per pound than bone-in because it takes longer for the heat to penetrate through the solid meat.

HEARING CONSERVATION



The hearing conservation standard requires employers to monitor noise exposure levels in a manner that will accurately identify employees who are exposed to Work environments found to have noise levels greater than 84 dB(A) (continuous or intermittent), or 140 dB peak sound pressure level for impact or impulse noise, shall be analyzed to determine the potential hazard. Monitoring should be repeated when changes in production, process, or controls increase noise exposure. Such changes may mean that additional employees need to be monitored and/or their hearing protectors may no longer provide adequate attenuation. Supervisors should be familiar with hazardous noise operations identified in their Industrial Hygiene Survey and Activity Executive Summary and take necessary steps to mitigate those hazards.

NOVEMBER 20 -- GREAT AMERICAN SMOKEOUT



Tips to Quit Smoking

Are you one of most smokers who want to quit? Then try the following advice.

1. Don't smoke any number or any kind of cigarette. Smoking even a few cigarettes a day can hurt your health. If you try to smoke fewer cigarettes, but do not stop completely, soon you'll be smoking the same amount again. Smoking "low-tar, low-nicotine" cigarettes usually does little good, either. Because nicotine is so addictive, if you switch to lower-nicotine brands you'll likely just puff harder, longer, and more often on each cigarette. The only safe choice is to quit completely.
2. Write down why you want to quit. Do you want
 - to feel in control of you life?
 - to have better health?
 - to set a good example for your children?
 - to protect your family from breathing other people's smoke?

Really wanting to quit smoking is very important to how much success you will have in quitting. Smokers who live after a heart attack are the most likely to quit for good—they're very motivated. Find a reason for quitting before you have no choice.

3. Know that it will take effort to quit smoking. Nicotine is habit forming. Half of the battle in quitting is knowing you need to quit. This knowledge will help you be more able to deal with the symptoms of withdrawal that can occur, such as bad moods and really wanting to smoke. There are many ways smokers quit, including using nicotine replacement products (gum and patches), but there is no easy way.

Nearly all smokers have some feelings of nicotine withdrawal when they try to quit. Give yourself a month to get over these feelings. Take quitting one day at a time, even one minute at a time—whatever you need to succeed.

4. Half of all adult smokers have quit, so you can— too. That's the good news. There are millions of people alive today who have learned to face life without a cigarette. For staying healthy, quitting smoking is the best step you can take.

5. Get help if you need it. Many groups offer written materials, programs, support, and advice to help smokers quit for good. Your doctor or dentist is also a good source of help and support. For more information and free online resources to help you stop smoking:

- American Cancer Society (800) ACS-2345 <http://www.cancer.org> "Complete Guide to Quitting"
- CDC Tobacco Information and Prevention Source (800) CDC-1311 <http://www.cdc.gov/tobacco> "You Can Quit Smoking Consumer Guide" and other resources
- American Heart Association (800) AHA-USA1 <http://www.amhrt.org> "How Can I Quit Smoking?"
- American Lung Association (800) LUNG-USA <http://www.lungusa.org/tobacco>
- Resources for Teens and Adults <http://www.ffsonline.org> Freedom From Smoking® Online support program

Source: "Quit Tips: Don't Let Another Year Go Up in Smoke," CDC Tobacco Information and Prevention Source

NOVEMBER--AMERICAN DIABETES MONTH Diabetes—a Silent Killer. What Are the Symptoms?

Diabetes is widely known as a "silent killer." An estimated 17 million people have diabetes in the United States, but nearly six million of them are not aware that they have the disease. Another 16 million Americans have "pre-diabetes," a condition marked by higher than normal blood glucose levels. These higher levels greatly increase their risk of developing type 2 diabetes. Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Diabetes is associated with long-term complications that affect almost every part of the body. The disease often leads to blindness, heart and blood vessel disease, strokes, kidney failure, amputations, and nerve damage. Uncontrolled diabetes can complicate pregnancy, and birth defects are more common in babies born to women with diabetes. Recent studies indicate the early detection of diabetes symptoms and treatment can decrease the chance of developing complications.

Some diabetes symptoms include:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision
- Frequent infections and slow healing of wounds or sores.

If you have one or more of these diabetes symptoms, see your doctor right away.

Sources: American Diabetes Association, <http://www.diabetes.org> and National Institute of Diabetes and Digestive and Kidney Diseases, <http://www.niddk.nih.gov> .

Tips for the Day (Living Longer & Staying Younger)

Bet on Barley - For extra cancer-fighting power, add cooked barley to your soups, stews, and side dishes. Barley is an excellent source of selenium, and research suggests that selenium may have cancer-fighting powers. In cell studies, the nutrient not only inhibited the growth of colon cancer cells, but it also appeared to reduce cancer-causing cell damage to skin cells. Other good sources include turkey and mushrooms.

Guarding the Middle - If you're working hard to keep your waistline from expanding, don't give up. Your efforts could mean both a healthy body and a sharp mind. New research on Alzheimer's disease has revealed that there may be a connection between obesity and Alzheimer's risk. In the study, elderly women who were overweight at age 70 were much more likely to develop the disease compared to their slimmer peers. It's not clear what causes Alzheimer's disease. Some risk factors include age and family

history. Age is the greatest-known risk factor for developing Alzheimer's disease with as many as 50 percent of people over age 85 developing the disease. A family history of the disease increases risk. High blood pressure and high cholesterol levels also may increase risk.

ORM Refresher

What is ORM?

ORM (Operational Risk Management) is a decision making tool- used by people at all levels to increase operational effectiveness by anticipating hazards and reducing the potential for loss, thereby increasing the probability of a successful mission. ORM is an effective tool for maintaining readiness in peacetime and success in combat because it helps conserve assets so they can be applied at the decisive time and place. ORM is not just a work center or shop function. Petty Officers and individual Sailors make risk decisions everyday, and need to know how to manage risks. Force reductions make every Sailor and piece of equipment more critical to mission success. ORM process is proven to be mission supportive.

We have a moral responsibility to protect our Sailors.

How ORM Works

ORM is a closed loop process of identifying and controlling hazards. It follows a 5-step sequence, is applied on one of three levels depending on the situation, and is guided by 4 principles.

Purpose of ORM

The purpose of ORM is to minimize risks to acceptable levels, proportional to mission accomplishment.

Goal Of ORM

The goal of ORM is to manage risk so the mission can be accomplished with the minimum amount of loss.

Benefits Of ORM

Applying the ORM process will reduce mishaps, lower injury and property damage costs, provide for more effective use of resources, improve training realism, effectiveness and improve readiness.

Origin Of ORM

The ORM concept grew out of ideas originally developed to improve safety in the development of new weapons, aircraft and space vehicles, and nuclear power. The US Army adopted Risk Management in 1991 to reduce training and combat losses.

Why ORM?

Because!

Unnecessary losses are detrimental to operational capability! Unnecessary mishaps cause unnecessary losses every day in the Navy and Marine Corps. ORM will help reduce those losses.

We appreciate all those who contributed articles to this newsletter.



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