



CIVIL AIR PATROL - NORTHEAST REGION
 UNITED STATES AIR FORCE AUXILIARY
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REMINDER

In accordance with CAPR 62-1, a Safety Day must be accomplished during January, February, or March.

Director of Safety

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- NER Website
<http://www.ner.cap.gov/>
- National Safety Pages
<http://members.gocivilairpatrol.com/safety/>

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March

Newsletter Date

03-01-2013

Daylight Savings Time Safety



Every March, most Americans welcome the switch to daylight saving time because of the longer days, but also dread losing an hour

of sleep after they move their clocks forward. Now a new study shows that losing just an hour of sleep could pose some dangerous consequences for those in hazardous work environments.

One hour of lost sleep may not seem like a lot. But our findings suggest it could have an impact on people's ability to stay alert on the job and prevent serious injuries." said the article's lead author, Christopher Barnes, PhD. Barnes and co-author David Wagner, PhD, were both doctoral students in organizational behavior at Michigan State University when they conducted this research.

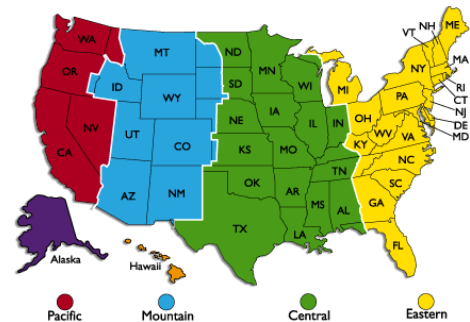
On average, there were 3.6 more injuries on the Mondays following the switch to daylight saving time compared to other days, and 2,649 more days of work were lost as a result of those injuries. That's approximately a 68 percent increase in lost work days. In their analysis, the researchers controlled for weekends and holidays. Work experience did not appear to play a role in the number of injuries suffered.



This Year Daylight Savings Time Starts on Sunday March 10th.

In the U.S., clocks change at 2:00 a.m. local time. In spring, clocks spring forward from 1:59 a.m. to 3:00 a.m.; in fall, clocks fall back from 1:59 a.m. to 1:00 a.m. In the EU, clocks change at 1:00 a.m. Universal Time. In spring, clocks spring forward from 12:59 a.m. to 2:00 a.m.; in fall, clocks fall back from 1:59 a.m. to 1:00 a.m.

So on that Monday and for the first week as we go out to work, remember to take a moment and realize that statistically you may not be at the top of your game. Your awareness of hazards may be down. Take extra time in evaluating the tasks to be done prior to doing them. Take a minute and do a safety check to ensure you don't become one of these statistics



FOD is an abbreviation often used in aviation to describe both the damage done to aircraft by foreign objects, and the foreign objects themselves. "Internal FOD" is used to refer to damage or hazards caused by foreign objects inside the aircraft. For example, "Cockpit FOD" might be used to describe a situation where an item gets loose in the cockpit and jams or restricts the operation of the controls.



FOD is usually caused by one or more of the following:

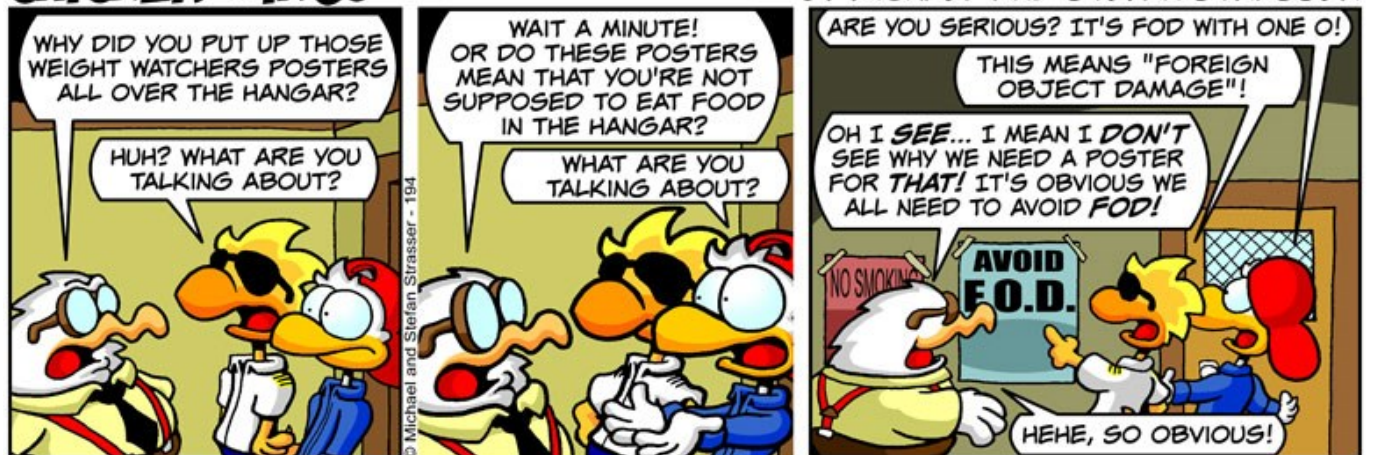
- **Human.** People primarily cause FOD, through their failure to constantly account for removed hardware, tools, paper, safety wires etc while performing any task on or near aircraft or engine.
- **Morale.** If the morale or attentiveness of personnel working near or on aircraft is below par, they may fail to adopt good practices in preventing FOD ingestion. For example, if they are fatigued from working over-time or under personal stress, they are more likely to be careless and be a cause of FOD.
- **Clothing and personal equipment.** Parts of clothing, identification passes, items in the pockets if not properly secured can be sources of FOD. This is especially so for personnel working in the vicinity of aircraft engines. Only essential personal items should be carried in the secured pockets and accounted for after work has ceased on the aircraft.

- **Transient personnel.** Visitors to the flight line are sometimes responsible for FOD because they are not aware of the FOD prevention procedures. Contractors working on or near the flight line may be unwitting contributors to FOD because of careless handling of debris, poor clean up practices or pure ignorance.
- **Debris.** Inadequate house cleaning and policing operations after heavy rainfall and high winds can leave runways and taxiways littered with stones, clods of earth and other debris. These can be ingested into the aircraft engines. Bolts, screws, bits of scrap metal and other items of litter accumulated on aircraft movement areas are also sources of FOD.
- **Environmental conditions.** Locations close to unprepared areas, beaches can expose the aircraft to sandstorms, rocks, stones. Icing conditions and hailstones are also causes of FOD. In addition, after a heavy downpour in an airfield, loose gravel and sand carried by the water gullies can also be ingested into the engine.
- **Tools accountability.** During aircraft maintenance, work centers must enforce established procedures in ensuring accountability of all tools at the start and end of each maintenance or rectification task.

Hardware control. Effective procedures must be established for control of loose hardware such as nuts, bolts, rivet heads etc. When performing specific maintenance or rectification works, do not take over and above the amount of hardware that is required. Upon the completion of the specific task, all maintenance or rectification debris must be removed especially around the engine intake.

CHICKEN WINGS®

BY MICHAEL AND STEFAN STRASSER



A DOZEN THINGS YOU SHOULD KNOW ABOUT EYESTRAIN

1. Eyestrain means different things to different people. It can be experienced as burning, tightness, sharp pains, dull pains, watering, blurring, double vision, headaches, and other sensations, depending on the person. If you have any eye discomfort caused by viewing something, you can call it eyestrain.

2. Watch out for direct glare. Direct glare involves a light source shining directly into the eyes --- ceiling lights, task lights, or bright windows. To determine the degree of direct glare, you can temporarily shield your eyes with a hand and notice whether you feel immediate relief.

3. Reflected glare, such as on computer screens, sometimes causes eyestrain. But its worst effect may be causing you to change your posture to an uncomfortable one, in order to see well.

4. The most overlooked cause of eyestrain in offices is contrast --- usually, a dark screen surrounded by a bright background such as a window or a lit wall. The best solution is to find a way to darken the area around the screen. This problem occurs mainly on screens with light letters on a black background.

5. How much light is right? It depends on your age, the quality of the print you're reading, and other factors. There should be plenty of light for easy reading, but too much can, depending on the person, cause eyestrain.

6. Eyes are strained more by close viewing than by distant



viewing. The "right" distance for computer monitors and documents depends entirely on how clearly they can be read at a given distance. The general rule is to keep viewed material as far away as possible, provided it can be read easily!!!

7. If you gaze at something too long, your eyes can tire. Eyes need to focus at different distances from time to time. It's a good idea to follow the "20/20 rule" --- every twenty minutes, look twenty feet away for twenty seconds.



8. Can computer work cause nearsightedness? Rarely, according to optometrists. It's more likely

that computer work makes you realize that you need glasses.

9. Sometimes eyestrain is just a case of dry eyes. Lowering the monitor can help. Looking downward means more of the eye surface is covered by the eyelid, and two other things happen: the eyes unconsciously blink more, and they produce more lubrication.

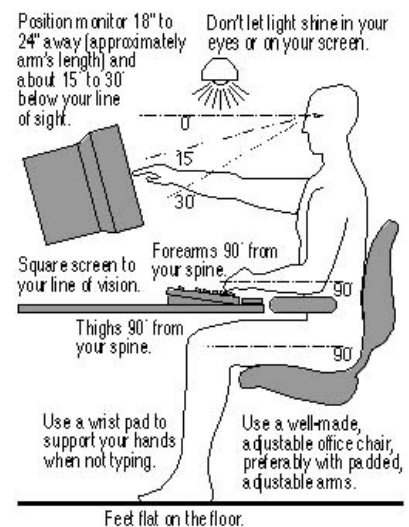
10. People who need bifocals should consider other options besides bifocals. Two good ones are:

- Computer glasses that focus at the right distance for the computer screen.
- Wearing contact lenses --- corrected for computer or reading distance in one eye, and for far distance (if needed) in the other eye.

11. Bifocal wearers often experience sore necks and shoulders because they have to tip their heads back to see the computer screen.

- Lower the screen as much as possible --- if it sits on the CPU, move the CPU.

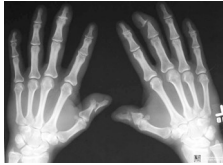
- If necessary, remove the monitor's tilt-swivel base (consult a computer hardware person first) to gain a couple additional inches. Lower the work surface that the monitor sits on.



Feet flat on the floor.

WHAT WAS MAN'S FIRST TOOL?

THE HAND !



Can you imagine any occupation that does not make use of the hand? Hands are so important because of their utility. They provide us with the dexterity needed to perform most daily activities. In fact, hands, as tools, are so versatile and can perform many intricate functions more than any single known tool developed by mankind.

Hand injuries account for nearly 10% of hospital Emergency Department visits. A recent series of 1,000 consecutive hand injuries showed the following distribution: 42% lacerations (cuts), 27% contusions (bruises), 17% fractures (broken bones), and 5% infections.

The most common cause of the injuries was blunt trauma (50%) followed by injury from a sharp object (25%).

There are many dangerous conditions to which the hand is always exposed. Sharp edges, pinch points, protruding objects, splinters, exposed blades on unguarded machinery and many more. These conditions may not always be too obvious.

Precautions must be taken to reduce the level of danger. Our hands are subject to cuts, bruises, burns, and poking. Handling sharp objects, hot objects, and rough materials, without the necessary hand protection, are sure signs of invitation for hand injury.

A necessary precaution to take is to wear approved work gloves. Not all gloves protect you from all hand injuries. There are specific types of gloves for specific types of tasks. Check the appropriateness of the glove for the task before using them.



Check and clear doorways and aisles and make sure you have proper hand clearance before you move loads through. Do not pick up broken glass or sharp needles with your bare hands.

When to Seek Medical Care

Anyone with a hand injury should consider calling a doctor or seeking medical attention. The potential for devastating injuries increases greatly when medical attention is de-

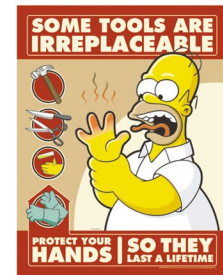
layed. Even the smallest cut or seemingly innocent hand injury could require advanced treatment to prevent significant loss of function.

Any cut or gash, which may require stitches to repair, warrants a medical evaluation. If you're in doubt about whether the cut you have needs to be closed with stitches, call your doctor for guidance.

Minor burns do not require immediate medical evaluation. If you have any doubt have it checked.

Injuries to the hand causing the following symptoms generally require emergency medical attention at a hospital's Emergency Department.

- Severe bleeding
- Numbness
- Loss of motion or strength
- Severe pain
- Obvious deformity or amputation
- Any of the signs of infection, such as tenderness, local warmth, redness, swelling, pus, or fever
- Exposure of underlying structures, such as tendons, bones, joints, arteries, veins, or nerves
- Seek emergency medical care in these situations:
 - Fractures, dislocations, and amputations require immediate care.
 - Any deep, gaping (open), or dirty cuts require prompt medical care.
 - With burns, if the skin is disrupted or if the burn goes completely around a finger, hand, or wrist, seek immediate care



Remember, your hands will obey any commands your brain sends them.

Use your brain. Avoid dangers and protect your hands. You need them as long as you live

Hazardous Chemicals in the Home

Thousands of chemicals that didn't exist hundreds of years ago are now commonly used in today's household products. Other chemicals that have long existed are being used in ways as never before. With all the daily contact that we have with chemicals, many people are concerned and have questions about how these chemicals may affect them.

Q: What kinds of chemicals am I exposed to?

A: While there are many products which are made from a single chemical, most products are mixtures. The amount of active ingredient(s) may be small with the rest being fillers, preservatives, coloring or perfumes.

Typical formulations commonly found in homes are:

- Cleaners -- Detergent and Solvent Based
- Bleaches -- Chlorine and oxygen based
- Fertilizers
- Pesticides
- Deodorizers -- Sprays, Electrical Plug-ins and Evaporative wick type
- Paints, coatings and sealers

Q: How do chemicals in the home make you sick?

A: For a chemical to affect you first it must be able to get on or in your body. Chemicals can enter the body through the lungs, the stomach, and even the skin.

Once the chemicals are on or in your body, different chemicals have different effects; they can irritate, intoxicate, or otherwise affect specific tissues and organs. What the specific effect for a product will be depends on the nature of the chemicals themselves, how they are combined, how much is encountered and even the sensitivity of the person.

It is important that you understand the hazards of the products you use.

Q: How do I know how dangerous my products are?

A: Read the label! While the print may be small, there should be a lot of information there for you.

Get the MSDS! A Material Safety Data Sheet (MSDS) should be available from the seller or manufacturer of the product. A good MSDS provides a great deal of information about the safe handling and disposal of your product. If there isn't enough information or you don't understand it, get help.

Call the manufacturer! The label and/or MSDS should have a contact number for further information.

Q: What about natural or environmentally safe products?

A: "Environmentally safe" may not mean safe to you. Environmentally safe should mean that when disposed of, a product will break down quickly or become much less harmful in the environment. When concentrated or fresh the product may still cause harm when directly breathed, eaten or spilled on skin or eyes.

Q: Is my chemical exposure too high?

A: Many, but not all chemicals have legal or recommended air concentration limits. To know for sure if your exposure exceeds legal or professionally recommended limits requires testing and evaluation of the results by an appropriate professional such as an industrial hygienist. In the meantime, take precautions.



Q: How can I limit the risks of using household chemicals?

A: Six things:

1. **Use your products properly**
 - o Follow the directions on the label and the MSDS.
 - o Be sure the product is actually intended for what you want to do.
 - o Don't use excessive amounts.
 - o Give your product time to work before applying more.
 - o Don't mix products.
 - o Some products that are relatively safe separately can react and create problems.
 - o A common example is what happens when bleach and ammonia are mixed.
2. **Control your exposure**
If possible, go outside while the product is working. Keep children, pets, and visitors away from the work area or enclosure if possible.
3. **Ventilate**
If you must remain in an area during the product use, be sure that there is plenty of fresh air to dilute any vapors or fumes resulting from the product use. When in doubt open the windows and doors.
4. **Substitute your product for a safer or easier to use product**
If a product seems like it might be too harmful, look for another product that can do the same job but has different ingredients. Detergent cleaners might be able replace of solvent cleaners. Citrus oils work very well to remove grease.
5. **Eliminate unneeded products**
Try to use only those products you actually need. This way you have fewer opportunities for reactions, leftovers, and surprises.
6. **Use the safety equipment recommended on the label and/or MSDS.**
Many labels and MSDS's recommend the use of gloves, respirators, goggles, or other protective equipment. Use them! Be sure however that you chose the right safety equipment. The use of the wrong equipment may not protect you and in may only provide a false sense of security.

Conclusion

It is understandable how people can be confused and concerned about the many products and mixtures that they are using in their homes, but with reasonable precautions, consumers should be able to use these products safely.



We are proud to have achieved a good safety record in NER...in order to keep things this way, please keep the following simple flight safety suggestions in mind:

Lt Col Ron Volungus received these thoughts from the Coast Guard Auxiliary and has modified them to reflect CAP.

1). Be MORE CONSERVATIVE in your flight planning, weather evaluation and risk assessment...remember that 99% of all CAP missions are "Low Risk/Low Gain".

2) Use the Aviation Risk Matrix as a briefing tool for



Running to Safety

Everyone knows that exercise is important. But while you are outside losing calories, you may be losing track of your surroundings. Exercise safety is an often ignored, important area of life. Here are some tips to ensure that the only thing in danger during your work out are those extra pounds:

- Do not wear head phones while you jog. You may be inspired by the theme song from Rocky, but it will be difficult to hear oncoming traffic or footsteps behind you.
- Be aware of all around you. Avoid isolated areas of the park or woods and try to remain visible to the public at all times. If

your flight crew. Ensure that your SCORE to the FRO reflects the real-time input of ALL crew members.

3) SHARE your cockpit workload (e.g., ATC comms, VFR navigation, flight logs, etc.) with other qualified crew members...you don't have to do it all yourself.

4) FLY THE AIRPLANE at all times...stay focused...don't become distracted. Ensure the "positive transfer of controls" if you are sharing the flying duties with another qualified pilot onboard.

5) Maintain a STERILE COCKPIT at or below 1,500 feet AGL, or anytime your workload increases above a normal level.

6) When safe and feasible to do so, instrument-rated pilots should try to conduct ONE PRACTICE instrument approach (i.e., while maintaining VFR and a proper traffic scan) at the end of each mission.

FLY SAFE.

you are running early in the morning or late at night, find paths that are well lit.

- Make at least one other person aware of your running route and the time you expect to return.
- Change your routine around. Do not run the same path on the same day every week.
- Run with a partner, whether that means a human being or even your dog.
- Run facing oncoming traffic.
- Leave your watch and jewelry at home. These items put your at risk for muggers.
- In case of an emergency, carry change for the phone with you or keep your cell phone handy.
- Keep some form of identification on you. This may just mean writing your name on your shoe.
- Wear light or reflective clothing.



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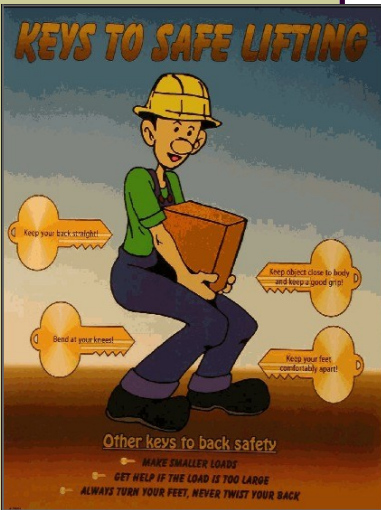
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Remember—Remember –Remember

We take Safety very seriously and Safety is an everyday thing that needs to be included in everything that we do. Safety can not be neglected or bypassed just because it is more convenient to do so.

BE SAFE

SAFE LIFTING



There are many activities, both at home and on the job, that require routine lifting. But lifting the wrong way can lead to serious back injury. By using the following tips your back can be pain-free.

- Plan your lift
- Gently stretch your muscles
- Use dollies, carts, or other mechanical equipment
- Lift only what you can handle safely
- Lift with your legs and not your back
- Never twist your body when lifting
- Carry the load as close as possible to your body
- Use your knees to slowly lower the load
- Have co-workers assist you with oversized loads

The following are 8 steps to performing a safe lift:

- Keep a wide stance and solid footing
- Use a squatting position with bent knees and hips AND a straight back
- Tighten stomach muscles

- Firmly grasp the load
- Hug the load close to your body
- Lift steadily with your legs, keeping your back straight and not twisting
- Point your feet in the direction you want to move
- Set the load down by squatting, maintaining the natural curvature of your spine

SAFE LIFTING PROCEDURES

- 1. SIZE UP THE LOAD**
Size up the load. Never attempt to lift a load that is heavier than your comfort level. Do not lift alone if you estimate that the load is too heavy, awkward, bulky or will obscure your vision. Use proper personal protection equipment.
- 2. SECURE YOUR FOOTING**
Make sure you are wearing appropriate rubber soled footwear. Align your body with the load. Face the load straight on. Assume your footing and balance by placing one foot forward of the other.
- 3. BEND YOUR KNEES**
Bend your knees and squat. Keep your head up and back straight. Spread your knees or lower one knee to get closer to the object.
- 4. LIFT THE LOAD**
Push up with your legs to utilize your strongest set of muscles. Tighten your abdominal muscles as you rise. Remember to breathe steadily when lifting. Keep the load close to your body as you come up.
- 5. CARRY THE LOAD**
Lift the object to the carrying position. If it is necessary to change your direction when in the upright position be careful not to twist the body. Turn your body by changing the position of your feet. Always maintain steady breathing while handling the load.
- 6. LOWER THE LOAD**
Bend your knees while lowering the load to the floor from a waist high carrying position. Keep your back natural with the load close to the body, lowering the load with the arms and leg muscles.

SPECIAL SAFETY TIPS

MECHANICAL ASSISTED LIFTING
If the load is too heavy or awkward to lift alone, and no one is available to assist you, use a mechanical device such as a hand truck, pallet jack or hoist to lift the load.

PUSH DON'T PULL
Use your muscles to push as much as you can. So remember, when you are moving a load on a cart or hand truck, PUSH DON'T PULL!

BUNNY LIFTING SAVES BACKS
Bunions will strain you. Get help with awkward or bulky items. Lifting together is better and safer than lifting alone.

AVOID UNSTABLE LOADSUnstable loads will strain your back and damage the load. Only carry as much as you can handle. Make sure you step on the ground in front of you when carrying a load.

STACK YOUR LOAD CAREFULLY
Stack heavy or large boxes on the bottom of the load to avoid tipping along the top.

STAYING ON STABLE SURFACES
Don't stand on unstable chairs, stools or ladders when lifting or moving objects.

LIFTING ABOVE YOUR HEAD
Never lift an object past shoulder height. Use a sturdy stool, ladder or other mechanical equipment.

PROTECTIVE EQUIPMENT (Personal Protective Equipment)
• Back brace
• Safety glasses
• Hard hat
• Safety shoes
• Fall protection
• First aid kit
• Fire extinguisher
• First aid kit
• Fire extinguisher
• First aid kit
• Fire extinguisher

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