



CIVIL AIR PATROL - NORTHEAST REGION
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- NER Website
<http://www.ner.cap.gov/>
- National Safety Pages
<http://members.civilairpatrol.com/safety/>

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SAFETY – SAFETY – SAFETY

Why All the Fuss about Accident Prevention and Safety?

You've heard lots of talk, read lots of words, about safely during your career with CAP at Home, School and on the Job.. Sure it's "old stuff" — and important stuff.

There is lots at stake for all of us and those around us working without injury or damage to vital resources. We all have much to gain by keeping Safe and unhurt. One reason has a big dollar sign in front of it. What about our equipment within CAP? Our planes, vehicles our members.

Think of all the things you're able to do now, then think of trying to do these same things if you were minus a hand...or arm...or leg...or your eyesight. It's much harder — if not impossible — for a disabled worker to reach all his major personal goals.

So don't think about safe practices and rules as "hemming you in" or "cutting down on your individual freedom"; think about them as positive things, designed to help you keep your freedom and your abilities, so that you have a better chance of getting what you want most out of life.

A risky habit or dangerous condition is a threat to your freedom, your future and all of those around you. Working efficiently and without injury is the safest avenue leading from where you are to where you want to be in life.

That is why accident prevention is worth fussing about!

With this all said NER has recently encountered several incidents involving our aircraft related to ground handling and with this in mind, several corrective actions to educate and emphasize our safety posture will be forth coming. At the national Level, the National Safety team will be making modifications to the ground handling video. For NER we will be sending out a presentation that must be reviewed by all those who will be around our aircraft and NER will require the review and placement of the Ground Handling Guides, which are included in this newsletter to be placed in all NER aircraft.

Our NER Commander has requested that all units take these actions.

More information on this will be coming out soon.

Be Safe and watch out for yourself, Others around you and all of our other resources.

**We are all Safety Officers
 protect our resources**



AIRCRAFT GROUND MOVEMENT—Team Leader

There have been multiple incident involving our aircraft recently while moving them. The following must be reviewed by all personnel and these Briefing cards must be placed in all NER planes.

AIRCRAFT GROUND MOVEMENT / MOVEMENT TEAM LEADER**OPERATIONAL RISK SAFETY BRIEFING CARD****PRIOR to aircraft movement**

1. Identify yourself as the “Movement Team Leader” who is responsible for aircraft movement.
2. Determine qualification of team members participating in aircraft movement.
3. TOW TEAM PERSONAL PROTECTIVE EQUIPMENT
4. Conduct Operational Risk Safety Briefing, to include:
 - a. Sterile Flight line / Hangar requirements
 - b. Statement that information related to aircraft movement or related hazards are always appropriate and shall be brought to the immediate attention of the Movement Team Leader. Safety concerns would be such items as potentially conflicting aircraft, objects or structures.
 - c. Mandatory 360 degree walk around the aircraft ☹

Visually Inspect for safe clearance from any obstacles along the entire path of aircraft movement. Identify potential contact points that include, but are not limited to:

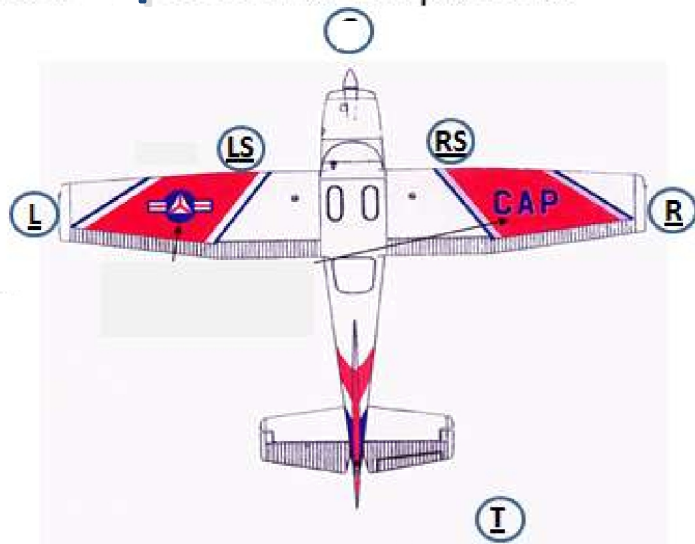
- right wing,
- horizontal stabilizer,
- vertical stabilizer,
- left wing,
- NOSE, Tow Bar

AIRCRAFT GROUND MOVEMENT—Team Member

HOW DO WE MOVE AIRCRAFT

- Hands-on aircraft movement into a hangar or string of aircraft in a line will involve at least **2** CAP members— **4** more are optional

-
- **L**eft **W**ing
- **R**ight **W**ing
- **R**ight **S**trut
- **L**eft **S**trut
- **T**ail



The Movement Team Leader (MTL) is always positioned at the nose of the aircraft. Other members should be placed relevant to the highest risk to the aircraft being moved.

It is understood that there will be times that you will not have 2 CAP members available but if there are at least 2 they are to be utilized while moving the aircraft.

Developed by the PA Wing CAP

Stroke, CVA or Brain Attack

Along with heart attacks, strokes are a major cause of death and disability.

At approximately 5:00 p.m., we received a call to a home. A 9-year-old girl needed an ambulance. When we arrived, the little girl was semi-conscious. The mother said the girl had been watching television when she ran into the kitchen, clutching her head and screaming that her head hurt. We treated the girl and quickly transported her to the hospital. Hours later, she was pronounced dead. She had suffered a ruptured aneurysm (a type of stroke) in the brain.

When we hear of someone suffering a stroke, we tend to think the person was old. In most cases this is true, but strokes can happen to anyone, at any time. Early recognition of a stroke is crucial. The sooner you realize you are having a problem and the sooner you seek medical aid, the better your chances of surviving and/or reducing the amount of damage to the brain.

What is a Stroke?

A stroke is also called a CVA (Cerebral Vascular Accident) and more recently a brain attack. When the blood flow in a blood vessel in the brain is interrupted, the part of the brain that the blood vessel supplied will not receive the blood flow and the oxygen that the blood carries. As a result, the brain cells die.

What happens during a stroke?

A stroke can happen in different ways, but each way is equally dangerous because the brain cells die. When the brain dies, the rest of the body follows.

Embolism. As we age, the inside of our arteries can build up a plaque. As a result, all of our arteries in every part of our body gradually get smaller. Sometimes pieces of plaque break off and float around in the blood stream. Free-floating pieces of plaque can lodge in the smaller artery, resulting in a blockage that stops or slows blood flow. The brain cells downstream of the blockage do not receive blood and oxygen, and they soon die.

Blockage. In many cases, the arteries of the brain build up enough plaque to block the artery. When a blockage restricts the blood flow, the brain cells downstream of the blockage are starved for oxygen and die.

Aneurysm. A blood vessel in the brain can develop a weak spot that forms a bulge, just like a weak spot in a balloon. A person can develop one of these weak spots as a child and yet die of old age, never knowing it was there. However, if the weak spot breaks or ruptures, blood leaks out. It may continue to leak until a pool of blood forms. The skull is encased in bone (a solid material) and cannot expand. Therefore, the leaking blood creates an expanding pool that puts pressure on the brain. If there is enough pressure, the brain will stop functioning and the person will die.

Aneurysms can happen to people of any age, including children.

Signs and symptoms

- A sudden severe headache (common in an aneurysm)
- Unconsciousness
- Drooping of one side of the face because it is paralyzed
- Difficulty in speaking, possibly because the facial muscles are not working properly
- Loss of bladder and bowel control
- Unequal pupil size and failure to react to light
- Paralysis or weakness (usually on one side)
- Visual disturbances including blurred vision or blindness
- Change in the level of consciousness. A person may appear drowsy, confused or unable to figure out how to perform simple tasks such as doing up a zipper, turning on a light or tying shoelaces. If a person does not seem to be acting normally, something may be happening to the person's brain.

What to do

- Take a recognized first aid course so you know what to do when a person becomes unconscious.
- Recognize the problem. Early recognition is very important. The longer you wait the more brain cells will die.
- Call 911 or the emergency number in your area.

Transient Ischemic Attack (TIA)

A TIA is also called a little or "mini" stroke. In a TIA, plugged arteries can restrict blood flow in the brain, just as in a stroke. The difference is that, in a TIA, the blood flow is not restricted long enough to kill the brain cells and the person returns to normal.

The person may have the signs and symptoms of a stroke, but the effects are only temporary. They may last for hours or minutes. If this happens to you or anyone you know, seek medical aid as fast as you can. The person's returning to normal does not mean that things are okay. The person has a serious problem that needs medical attention.

My mom was visiting me from out of town. Although she had slept in the same room for a week, one evening she called me into the room and asked where the light switch was. She was looking straight at it when she asked me.

Since my mom had not had any problems finding the switch on previous days, I asked her how she was feeling. She complained of a funny feeling in her head but she had no pain. Against her protests and even though she did not seem confused any longer, I took mom to the hospital. Tests showed that she was having problems with her circulation and she was having a TIA. That's how subtle these emergencies can be.

Martin Lesperance is a fire fighter/paramedic, best selling author and keynote speaker on the topic of injury prevention. His talks are humorous but still have a strong underlying message. Contact him at www.safete.com or (403) 225-2011.



Take It To Charity:

Local thrift stores like Goodwill or Salvation Army will usually have drop off points where you can take items. Local charities will sometimes even pick up donations, so check around. Specific items like toys might be a great addition at a church, school, or day care. Magazines and books might be of use at a local clinic or doctor's office.



SPRING CLEANING SAFETY TIPS

The Weather is changing fast and now is the time many will set out to get the cobwebs out and air things out. Clean safely this season with these tips

Around the House

- Choose nontoxic products for your spring cleaning. For example, vinegar and water is an inexpensive and effective window cleaning solution.
- Time to move the furniture? Place cribs, playpens and other furniture away from the window and accessible drapery cords. Children can climb up on furniture and fall out of the window or get strangled in the cords.
- Make sure window guards/bars are secure, and know how to open the window in case of fire. Screens do not prevent window falls.
- Test all your smoke alarms to ensure they are working. Change the batteries at least once every year. Most smoke alarms also need "spring cleaning" maintenance - check your manual.
- Develop and practice a family fire escape plan in case of emergency.
- Consider installing carbon monoxide alarms in your home.
- Make sure small parts, plastic bags, small toys, balloons or any other choking hazards are out of reach of young children, particularly those less than 36 months of age.
- Check your home for recalled and banned children's products. To find out about recalled products, go to <http://www.recalls.gov>
- Keep traffic areas free of clutter, toys and rugs in order to avoid tripping with your child in your arms.
- Doors that lead to the basement should have a self-latching lock to prevent children from falling down the stairs.
- Post the Poison Help Line number (1-800-222-1222) and your pediatrician's number on all phones.



Garage

- Discard toxic and flammable materials you no longer need. Place remaining materials high and out of reach. Keep toxic products in their original containers.
- Check the garage for flammable liquids such as gasoline, paint thinner, paint and cleaners. Make

sure safety caps are in place and they are not near any heat sources.

- Keep only the amount you need to use - don't stock up on extra cans.
- Tidy loose papers, old rags, and debris in the garage that could contribute to a fire.
- When washing the car, clean the car safety seat as well - sticky snacks, crumbs, and drinks can interfere with the crotch buckle and chest clip. Use the instructions to find out how to remove the cover and clean these parts. Take the time to weigh and measure your children to make sure they still fit in the seat. Check that the shoulder straps are the right height. Be sure the seat is installed securely.

Yard

- Choose nontoxic fertilizers, insecticides and gardening supplies.
- Eliminate any standing water to prevent drowning (buckets, drums, baby pools). Remember that a young child can drown in only a few inches of water.
- Check the play area for sharp objects, poisonous plants, and tripping hazards.
- Install surfacing under playground equipment. Check play equipment for loose or exposed hardware, broken parts, and stability. Go to <http://www.cpsc.gov> for more info.
- If you have a pool or spa, it should be enclosed by a four-sided fence with a self-closing and self-latching gate. Learn CPR and have a phone and emergency equipment poolside.
- Children must not be allowed to ride as passengers on lawn mowers or to be towed behind mowers in carts or trailers. They should not be permitted to play on or around the mower when it is in use or in storage.
- Most yard cleanup tools (ladders, weed-eaters, pruning shears) are not safe for children. If your child wants to help in the yard, he or she should use tools designed for children, such as a small plastic rake, child's shovel, or broom.

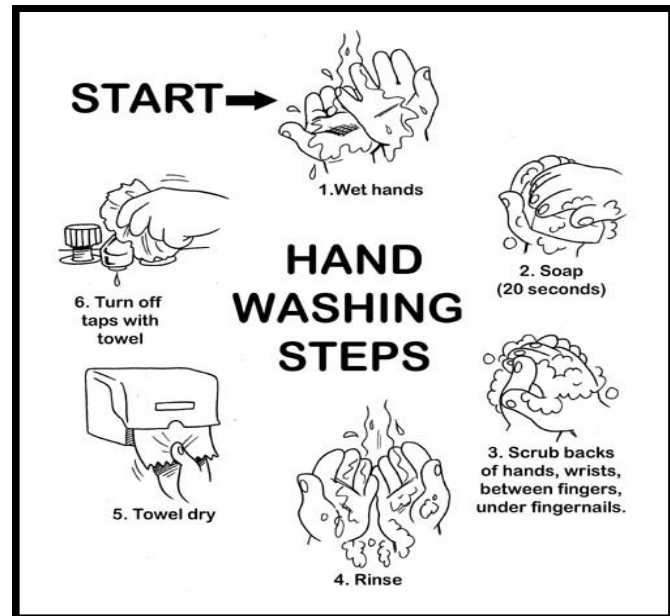




Hand washing doesn't take much time or effort, but it offers great rewards in terms of preventing illness. Adopting this simple habit can play a major role in protecting your health.



SAFETY TAKES NO TIME OFF WE ALL ARE SAFETY OFFICERS AND MUST BE SAFE IN ALL THAT WE DO."



WASH YOUR HANDS

Hand washing is an easy way to prevent infection. Understand when to wash your hands, how to properly use hand sanitizer get into the habit.

Frequent hand washing is one of the best ways to avoid getting sick and spreading illness. Hand washing requires only soap and water or an alcohol-based hand sanitizer — a cleanser that doesn't require water. Wash your hands properly.

When to wash your hands

As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. In turn, you can infect yourself with these germs by touching your eyes, nose or mouth. Although it's impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of bacteria, viruses and other microbes.

Always wash your hands before:

- Preparing food
- Eating
- Treating wounds or giving medicine
- Touching a sick or injured person
- Inserting or removing contact lenses
- Always wash your hands after:
- Preparing food, especially raw meat or poultry
- Using the toilet
- Changing a diaper
- Touching an animal or animal toys, leashes or waste
- Blowing your nose, coughing or sneezing into your hands
- Treating wounds
- Touching a sick or injured person
- Handling garbage or something that could be contaminated

How to wash your hands

- It's generally best to wash your hands with soap and water. Follow these simple steps:
- Wet your hands with running water.
- Apply liquid, bar or powder soap.
- Lather well.
- Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well.
- Dry your hands with a clean or disposable towel or air dryer.
- If possible, use your towel to turn off the faucet.
- Keep in mind that antibacterial soap is no more effective at killing germs than is regular soap. Using antibacterial soap may even lead to the development of bacteria that are resistant to the product's antimicrobial agents — making it harder to kill these germs in the future.

" WHAT DID YOU SAY?"

Noise is unwanted sound. It can have different effects on all of us.

Psychological effects mean that noise can startle us, annoy us, and disrupt our concentration. Noise can interfere with our communications when we are talking with others. As a consequence, it interferes with our job performances and our safety.

Physiological effects mean that we can lose our hearing. Noise can cause pain and even nausea when the exposure is severe.

Ear protectors, in effect, reduce the noise levels at the inner ear. Ear protection is particularly important when noise exposures cannot be controlled adequately by changing the environment around us.

Ear protectors may be either ear-plugs or earmuffs and must have the adequate Noise Reduction Rating, or NRR, to reduce the amount of noise we are exposed to in the workplace. We also must have a good "seal" when wearing our hearing protection. Without the proper fit, hearing protection may not be as beneficial as expected and still result in damage to our hearing.



Three factors may be used to determine the level of noise around us:

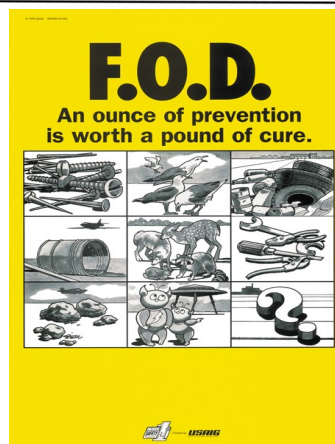
1. If it is necessary to speak in a very loud voice or shout to be understood, it is likely that the exposure limit for noise is being exceeded.
2. If you have heard noises and ringing noises in your ears at the end of the workday, you are being exposed to too much noise.
3. If speech or music sounds muffled to you after leaving work, but sounds fairly clear in the morning when you return to work, there is little doubt about your being exposed to noise levels that can eventually cause a partial loss of hearing that can be permanent.

If any of these conditions exist, contact your supervisor and request a safety professional monitor the sound levels by using a sound level meter, the safety professional will measure the noise level at various work areas. They can then determine whether the exposure is great enough to require implementing a [Hearing Conservation Program](#) at your work location. NIOSH has an **on-line pamphlet** that can provide you with further information.

A Hearing Conservation Program is **mandatory per the Occupational Safety and Health Administration**, when sound levels have exceeded the permissible exposure limits (PELs) determined and must consist of a written documented program describing the processes of hearing conservation at the location, sound monitoring, baseline and annual audiometric (hearing) tests for employees, and proper hearing protection and training of the program, along with annual updates and reviews of the program.

Remember, when in doubt or if you have to shout- wear properly fitted hearing protection.

Foreign Object Damage is any damage attributed to a foreign object (i.e. any object that is not part of the vehicle) that can be expressed in physical or economic terms and may or may not degrade the product's required safety or performance characteristics. FOD is an abbreviation often used in aviation to describe both the damage done to aircraft by foreign objects, and the foreign objects themselves.



Low-Level Wind Shear

Wind shear is a sudden, drastic change in wind speed and/or direction over a very small area. Wind shear can subject an aircraft to violent updrafts and downdrafts, as well as abrupt changes to the horizontal movement of the aircraft. While wind shear can occur at any altitude, low-level wind shear is especially hazardous due to the proximity of an aircraft to the ground. Directional wind changes of 180° and speed changes of 50 knots or more are associated with low-level wind shear. Low-level wind shear is commonly associated with passing frontal systems, thunderstorms, and temperature inversions with strong upper level winds (greater than 25 knots).

Wind shear is dangerous to an aircraft for several reasons. The rapid changes in wind direction and velocity change the wind's relation to the aircraft disrupting the normal flight attitude and performance of the aircraft. During a wind shear situation, the effects can be subtle or very dramatic depending on wind speed and direction of change. For example, a tailwind that quickly changes to a headwind causes an increase in airspeed and performance. Conversely, when a headwind changes to a tailwind, the airspeed rapidly decreases and there is a corre-

sponding decrease in performance. In either case, a pilot must be prepared to react immediately to the changes to maintain control of the aircraft.

In general, the most severe type of low-level wind shear is associated with convective precipitation or rain from thunderstorms. One critical type of shear associated with convective precipitation is known as a microburst. A typical microburst occurs in a space of less than one mile horizontally and within 1,000 feet vertically. The lifespan of a microburst is about 15 minutes during which it can produce downdrafts of up to 6,000 feet per minute (fpm). It can also produce a hazardous wind direction change of 45 degrees or more, in a matter of seconds.

When encountered close to the ground, these excessive downdrafts and rapid changes in wind direction can produce a situation in which it is difficult to control the aircraft. During an inadvertent takeoff into a microburst, the plane first experiences a performance-increasing headwind (1), followed by performance-decreasing downdrafts (2). Then, the wind rapidly shears to a tailwind (3), and can result in terrain impact or flight dangerously close to the

ground (4).

Microbursts are often difficult to detect because they occur in relatively confined areas. In an effort to warn pilots of low-level wind shear, alert systems have been installed at several airports around the country. A series of anemometers, placed around the airport, form a net to detect changes in wind speeds. When wind speeds differ by more than 15 knots, a warning for wind shear is given to pilots. This system is known as the low-level wind shear alert system (LLWAS).

It is important to remember that wind shear can affect any flight and any pilot at any altitude. While wind shear may be reported, it often remains undetected and is a silent danger to aviation. Always be alert to the possibility of wind shear, especially when flying in and around thunderstorms and frontal systems..

SEAT BELTS

- It is mandatory to wear seat belts in all CAP vehicles and Aircraft.
- Always wear your seat belt. Insist that passengers wear theirs as well. A person who is not wearing their seatbelt can become a hazard to others during an accident.
- Always wear both the lap belt and shoulder belt. The lap belt should be positioned across the upper thighs and the shoulder belt should be across the chest.
- Never slip the shoulder belt behind your body. Without the shoulder belt support you may be thrown into the dashboard or steering wheel during an accident.
- Never wear the shoulder belt under your arm. If it is improperly positioned during impact, you may suffer broken ribs.
- Be sure the belt fits snugly against your body.
- Pregnant women should wear their seatbelts.
- Avoid holding objects in your hands while driving. They may be driven into your chest or face during an air bag deployment.
- Move the front seats back. During an accident this may help prevent injuries from air bag deployment or keep you from





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mailman/listinfo/nersafety](http://lists.ner.cap.gov/mailman/listinfo/nersafety)

What to do if your pet is poisoned

Don't panic. Rapid response is important, but panicking can interfere with the process of helping your pet.

Take 30 to 60 seconds to safely collect and have at hand any material involved. This may be of great benefit to your vet and/or APCC toxicologists, as they determine what poison or poisons are involved. In the event that you need to take your pet to a local veterinarian, be sure to take the product's container with you. Also, collect in a sealable plastic bag any material your pet may have vomited or chewed.

If you witness your pet consuming material that you suspect might be toxic, do not hesitate to seek emergency assistance, even if you do not notice any adverse effects.

Sometimes, even if poisoned, an animal may appear normal for several hours or for days after the incident

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

SafeTips

It's an excellent idea for everyone to know first aid fundamentals: how to stop bleeding, start breathing, start a stopped heart beating again, and give any other vitally needed care until professional help arrives.

Whether or not you've had any first aid training, you should know this principle that is too often forgotten in many emergencies:

DON'T MOVE ANYONE WHO APPEARS TO BE SERIOUSLY INJURED.

Well-meaning people often have the impulse to hoist an accident victim to a sitting position, or pointlessly move them from here to there...or from there to here.

The victim of a bad fall, or of some other accident on your project, might have internal injuries or a fractured spine; if so, trying to move him needlessly might aggravate the injury—might permanently cripple, or even kill them!

Wait until experts arrive who will transport the victim to a hospital with a minimum of danger. If the person must be moved to save them from additional danger, try to work a blanket or coat under them, then pull them gently along the ground to a safe location. If they must be lifted, support each part of his body so that his entire frame is kept in a straight line.

Good first aid is not only knowing what to do—how to stop excessive bleeding, or restore breathing; it's also knowing what not to do—not to move a seriously injured person unless absolutely necessary.

So if someone is ever seriously hurt. Ensure that professional help (911) is called right away—then see that what needs to be done is done... and that what needs not to be done isn't done.

SafeTips

Fire Extinguishers

Fire extinguishers are your first line of defense in case of a fire. Know the location of the closest fire extinguisher. Do not try to use a fire extinguisher unless you have been trained in its use. Learn which fire extinguisher to use.

Class A Fire Extinguisher - Is used on wood, paper, cloth, cardboard and most ordinary combustibles.

Class B Fire Extinguisher - Is used on flammable liquids, such as oils, solvents, greases and gases.

Class C Fire Extinguisher - Is used on energized electrical equipment (connected to a power source) such as electrical boxes, microwave oven, coffee pot or toaster. Never use water on this kind of fire.

Class D Fire Extinguisher - Is used on combustible metals.

How To Use A Portable Fire Extinguisher

P = Pull the pin.

A = Aim extinguisher nozzle at the base of the flames.

S = Squeeze trigger while holding the extinguisher upright.

S = Sweep the extinguisher from side to side, covering the area of the fire with extinguisher contents.

In Case Of Fire

Report It! - Report the fire immediately no matter what size of the fire.

Fight It! - If a fire is small, and you have an safe exit, you may try to fight it after you report it.

Escape It! - If the fire is large escape is your best choice.