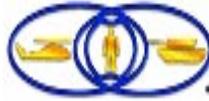


# Directorate of Public Safety News Letter

1 September, 02



## Seat Belt Safety

“Seat belts are a hassle”, “Seat belts wrinkle my clothes”, “I am not going far”, “If I am in an accident, I don’t want to be trapped by my seat belt!” These are a just a few of the excuses that I have heard people say over the past few years in an attempt to justify why they don’t want to wear a seatbelt. We have all seen the signs along the local highways that say “Buckle up for safety”. Four simple words that mean so much.

### **The fact is that Seat Belts Save Lives!**

According to a report published by the National Highway Traffic Safety Administration, “Seat belts, when used, reduce the risk of fatal injury to front-seat passenger car occupants by 45 percent and 60 percent for light-truck occupants.” It also states that the average in-patient cost for crash victims who were not using safety belts is 55 percent higher than for those who were wearing seat belts. The number of lives that are saved by seat belt is staggering. Yet, there are still people that do not wear seat belts. I have also heard people say “I am not hurting anyone but myself.” I would like to tell those people to think about someone close to them, parents, spouse, children, friends, neighbors and try to imagine how you would feel if they were killed because they weren’t wearing their seatbelt. Don’t buckle up just because it is a New Jersey Law or because it is required by Army Regulations, do it for yourself, your family, and your friends.

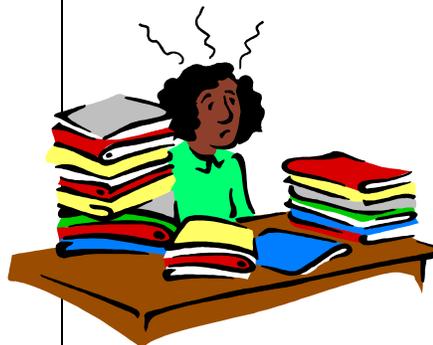
For more information about seat belt safety, visit these web sites.

<http://www.nhtsa.dot.gov/people/nca/pdf/OccPr199.pdf>

<http://www.nhtsa.dot.gov/people/nca/factsheet.html>



<http://www.nhtsa.dot.gov/people/>



## Ten Tips for Coping with Job Stress

1. Take charge of your situation. To the maximum extent possible, set and re-set priorities. Take care of important (and difficult) things first. Organize your time.
2. Be realistic about what you CAN change. Don’t doom yourself to frustration and failure. Do what’s possible. Accept the rest.
3. Take one step at a time. Divide each project into manageable steps. Decide on a first step. Do it. Feel better?

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4. Be honest with colleagues. This includes the boss. Make it plain you feel in a bind. Chances are others are feeling the same. Don't just complain. Be constructive and make practical suggestions for improvement.
5. Let your supervisor help. The Fort Dix counseling center can help you deal with the effects of stress through diet, smoking and alcohol clinics, Fort Dix fitness programs, personal counseling and employee assistance programs. Find out what's available to you.
6. Slow down. Learn to say "no." Drop activities that are not crucial.
7. Recognize danger signals. Learn the symptoms of job stress and take action as soon as they appear to be getting out of hand.
8. Take care of your physical health. It increases your stress tolerance and stamina. Eat and sleep



sensibly. Cut down on alcohol, tobacco and drugs. Get plenty of exercise.

9. Learn to relax. Find a safety valve, whether it's a sport,

hobby, music, reading or just walking. Use it to create a "bridge" between work and home life.

10. Don't neglect your private life. Work out a schedule that allows you to do justice to both work and personal life. Stick to it.



(Source: Channing Bete publication "What everyone should know about Job Stress" and pamphlet "Coping with Your Job" from the National Mental Health Association.)

## CHEMICALS IN THE HOME

It may shock you to learn that according to the National Safety Council, more children under the age of four die of accidental poisonings at home than are accidentally killed with guns at home (Accident Facts, National Safety Council). Among children age five and under, the most common poison is a cleaner or personal care product.

Ninety percent of all poisonings occur at home between the hours of 4 and 10 PM, when children are home from school and playing in the house. Young children are especially vulnerable. They learn by putting things in their mouths. This is even more frightening when you consider the number of products that look like something else. Window cleaner looks like blueberry drink. Ammonia looks like apple juice. Many poisons come in bright, colorful containers with small, obscure warning labels that young children can't read. Remember the skull and crossbones symbol? It's a symbol that children can identify easily, but manufacturers are no longer required to display it on most household products.

Young children are not the only ones at risk for chemical injury. Poisoning is the number one accidental killer in the home, accounting for over 3,000 deaths in 1985 and over 4,000 deaths in 1990. These chemicals are also responsible for thousands of injuries each year.

Life is full of risk! When you drive a car, there is a risk. Going outside in a thunderstorm is risky. But it is important to distinguish between what are avoidable risks and what are unavoidable risks. Many Americans have quit smoking changed their diet, and started exercising because they want to reduce their risk for heart disease, cancer, and a host of other possible conditions. They avoid placing themselves at risk.

In the same way, you can make your home a healthy home by reducing the use of toxic chemicals and being knowledgeable of the hazards the ones you maintain in your home pose.

# DIRECTORATE OF PUBLIC SAFETY NEWS

## Don't Take Unnecessary Risks



## Manage Your Risks

# HEARING LOSS

When you notice a difference between loud sounds and quiet ones, your ears are perceiving changes in sound pressure level. Intensity (or volume) is measured in decibels (dB). Zero (0) dB is the softest sound that can be heard. Normal conversation is around 40dB to 60dB, a whisper around 30dB. A rock concert can average between 110 and 120 dB. Pain from hearing is subjective. Levels below 125 dB may be painful to some individuals.

The sound from a jet plane is approximately 140 dB. At rock shows, the dB level can be as great as 140 dB in front of the speakers, but less than 120 dB at the back which is still very loud and dangerous. Decibels are measured on a logarithmic scale. Each increase of 10 on the scale represents a tenfold increase in loudness. 20 dB is 10 times as loud as 10 dB; 30 dB is 100 times louder than 10 dB, and so on.

The maximum exposure time for unprotected ears per day is 8 hours at 90 dB according to The Occupational Safety and Health Administration (OSHA) guidelines. For every 5 dB increase in volume, the maximum exposure time is cut in half.

95db – 4 hr / 100db – 2 hr / 110db – 30min / 120db- 7.5 min

Many hearing professionals believe that these permissible levels are still too high for hearing safety. Other sources of noise: boom cars, bars, dance clubs, motorcycles, auto races, monster trucks, farm and factory equipment, power tools, guns, sporting events, crowd noise, stereo headsets.

### Hearing Damage

Noise-induced hearing loss affects both the quantity and the quality of sound. Understanding human speech becomes difficult because words become indistinct. Excessive sound exposure damages hearing by overstimulating the tiny hair cells within the inner ear. There are between 15,000 and 20,000 of these microscopic sensory receptors in the cochlea (coke-lee-ah). When these hair cells are damaged, they no longer transmit sound to the brain. Sounds are muffled. Hearing damage through noise exposure is permanently lost. Hearing aids amplify the remainder of your hearing.

### Is Your Hearing at Risk?

Warning signs:

After exposure to loud music or noise you may experience one or more of the following:

- e Ringing or buzzing in the ears
- e Slight muffling of sounds
- e Difficulty in understanding speech. You can hear all the words, but you can't understand them.
- e Difficulty in hearing conversation in groups of people when there is background noise, or in rooms with poor acoustics.

If you experience any of these early warnings, don't wait to seek help. Have your hearing checked by an audiologist, or have your ears examined by an ear specialist. Protect your hearing by wearing ear plugs or turning down the volume.

Take breaks. Give your ears a chance to recover.

Ask your Supervisor or call the Safety Office at 2-2900 and someone will be happy to assist you in finding the proper hearing protection for the job you are performing.

## Dear Parents:

It won't be long before school starts and you send your child(ren) off into the care of others. You are probably a bit nervous, especially if you have kids going to school for the first time. You may have asked yourself how to ensure your child's safety. One way is to apply some simple rules.

### Before Leaving Home

1. Teach your child his/her phone number, address, and any important information on how to contact you in an emergency.
2. Teach your child to never leave or get into a car with a stranger under any circumstance. Teach them to report any such instances immediately.

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3. If someone else is to pick up your child, use a secret code that you have prearranged between your child and the adult.
4. Teach your child who the police are and how they can help them.
5. Teach your child the route to and from home and school.
6. Observe what your child is wearing.
7. Have your child fingerprinted and keep photos current.
8. Print your child's name on clothes, jackets, lunch boxes, etc.
9. Make sure your child knows that if he/she is lost you will be looking for them for as long as it takes.
10. Do background and reference checks on all persons charged with the care of your child. Do not be afraid to call and inquire about people - it is your child that is at stake.

## **School Bus Rules**

1. Practice all rules with younger children.
2. Leave home early, never wait until just before the bus is scheduled to arrive.
3. Use care in crossing roads and ensure that you travel facing traffic.
4. Wait at the bus stop in a safe place and not in the road or street.
5. Never horseplay or run and jump while waiting for the bus. Set the example.
6. Once the bus arrives wait until it comes to a complete stop and is ready for boarding.
7. Board in a single-file, orderly fashion, never pushing or shoving.
8. Be courteous.
9. Take a seat and stay in the seat the entire trip unless told to move by the driver. Avoid standing.
10. Hold book bags on laps.
11. Do not shout, horseplay, scuffle, or act discourteous on the bus at any time.
12. Keep hands and arms inside the bus. Do not throw any item from the bus.
13. Once the bus arrives at its destination, exit in an orderly and courteous manner.
14. Be alert for any traffic.

## **Driving or Riding**

1. Ensure that you obey all traffic laws and that your child is properly restrained in the vehicle.
2. Use the same route each time so that your child is familiar with it.
3. Never rush - if you are late, you are late. Getting there safely is much more important than getting there on time.
4. Remember to be alert for other children especially at bus stops and at the school itself.

5. Review laws and rules with older children that drive and remember that they are a greater risk when the ride together with friends.

## **Walking**

1. Practice the path to and from school with your child.
2. Walk with your child.
3. Ensure your child dresses appropriately for the season or the situation.

## **Biking**

1. Practice the path to and from school with your child.
2. Always wear an approved helmet - no matter how short the trip!
3. Bike with your child whenever possible.
4. Ensure your child dresses appropriately for the season or the situation.
5. Ensure that your child knows and obeys traffic rules and laws.

## **What to Wear?**

1. Ensure your child dresses appropriately for the season or the situation.
2. Remove drawstrings on jackets and sweatshirts - they get caught on everything and are really not necessary.

Never take safety lightly. Your child is a precious gift that demands your best efforts in protection.

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## **We Will Never Forget**



NYC.pps

**September 11, 2001**

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<b><u>Installation Safety Office</u></b>	<b><u>562-2900</u></b>
<b><u>Fire Prevention Bureau</u></b>	<b><u>562-5484</u></b>
<b><u>DOD Police</u></b>	<b><u>562-6001</u></b>

**FOR AN EMERGENCY DIAL 9-1-1**

# DIRECTORATE OF PUBLIC SAFETY NEWS

## DDC/Hazmat/Hazcom Training Schedule for FY 03

Fort Dix OSH Management Division of the Directorate of Public Safety is conducting DDC, Hazmat, and Hazcom training for installation personnel as indicated.

**All classes will be conducted in Bldg. # 5228, Fort Dix, NJ**

**This building is located on the corner of Pennsylvania Ave. and First Street.**

**Classes will begin at 08:00**

Parking is available in the large parking lot on the north side of First Street.

### 1. Hazardous Materials Transportation Training

**(Hazmat)** – This four-hour program is designed to meet the initial and bi-annual refresher training requirements as specified in OSHA, 49 CFR and DOD regulations. This training is required for personnel involved with or responsible for transporting hazardous materials.

Hazmat classes are scheduled for:

20 Nov 2002    19 Feb 2003  
21 May 2003    20 Aug 2003

### 2. Hazardous Materials Right to Know Training

**(Hazcom)** – This four-hour program is designed to meet the initial and annual refresher training requirements as specified in OSHA, 29 CFR 1910-1200 and DOD regulations. The course covers the requirement to ensure that all employees are informed of the Installations Hazardous Communication program, and to communicate information concerning hazards and protective measures.

Hazcom classes are scheduled for:

22 Jan 2003    18 June 2003

### 3. Accident Avoidance Training (DDC)

This 8 hour program is designed to meet the initial and refresher-training requirements as specified in OSHA, 49 CFR, Executive Order 13043 and DOD regulations. This course covers the requirement to ensure that all personnel who operate a government vehicle are trained in accident avoidance, occupant restraint systems, seasonal driving, alcohol and drugs, etc.

DDC classes are scheduled for:

09 Oct 2002    13 Nov 2002  
11 Dec 2002    08 Jan 2003  
12 Feb 2003    12 Mar 2003  
09 Apr 2003    14 May 2003

11 Jun 2003    09 Jul 2003  
13 Aug 2003    10 Sept 2003

Personnel not employed by or assigned to US Army Garrison Fort Dix may attend on a space available basis.

Civilian personnel who need a DA 1556 for their records may bring a completed form with them to class and it will be signed upon completion of the training.

To register for these courses e-mail your request to [Leo.Falanga@Dix.Army.Mil](mailto:Leo.Falanga@Dix.Army.Mil) or

[Robert.Vogt.2@Dix.Army.Mil](mailto:Robert.Vogt.2@Dix.Army.Mil) At the OSH

Management Division of the Directorate of Public Safety, Bldg. 6749, Fort Dix, NJ

FAX, 690-562-3751, / Office, 609-562-3082) (DSN 944)

**All requests for inmate training must be processed through the Inmate Labor Office Fort Dix, NJ 562-6779, (DSN 944)**

*Please provide the following information:*

1. Your FULL NAME:

*(Note: ensure that your name is legible and spelled correctly. The way it is spelled is the way it will appear on your certificate)*

2. Grade:

3. Last 4 of your SSN:

4. Your organization **and** POC phone number:

5. Is this initial or refresher training?

*(For DDC refresher training you must present your old DDC card to the class instructor or you will be required to complete the entire course of instruction.)*

6. Indicate the class you would like to attend, DDC, Hazmat, Hazcom, *(Seasonal driver training and DDC refresher training is given as part of the first 4 hours of the 8 hour DDC training program)*

7. The DATE of the class you would like to attend:

Please send your request as soon as possible, seating will be limited.

For additional information contact Robert Vogt at DSN 944-3082, COM. 609-562-3082 or e-mail

[Robert.Vogt.2@Dix.Army.Mil](mailto:Robert.Vogt.2@Dix.Army.Mil)