



# Marine Corps Logistics Command Headquarter's Safety and Health Newsletter



VOL 8 ISSUE 1

MARINE SAFE – SOUND ADVICE FOR EVERYONE

1st Qtr. FY18

Christmas is Coming and SO ARE THE CROOKS!  
**(holiday security tips that work year round)**  
by [Kenneth Carlisle](#), CPP Security Professional

Heightened security awareness is prudent during the holidays. Law enforcement departments warn that crimes increase substantially (30%) during the holiday season. Shoppers are often distracted and carrying large amounts of cash and expensive gifts as well. Criminals definitely know this and do their own shopping by taking advantage of such tempting opportunities to harvest victims! Whether in the office or shopping, *staying alert is probably the most important thing you can do* to keep from becoming the next victim of a holiday hustler. Share the following reminders:

- Monitor all visitors while on premises:** messengers, delivery, maintenance personnel. Escort them rather than directing them.
  - Do not hesitate to question outside maintenance personnel** Verify the individual was actually hired to complete a job.
  - Extra care should be taken with small valuable items** iPads, iPhones, laptops, radios, calculators, and desk ornaments. Small items are attractive since they are so easy to carry away unnoticed..
  - If you work late, take an escort to your car** Contact building security, or arrange to exit with a co-worker. Don't be embarrassed; this is just smart.
  - Lock packages securely in your trunk**, not inside your car where they are visible. Look around to see who is watching you do this.
  - Report solicitors or strangers loitering in the building immediately** to building security and management even if you have seen them before.
  - Be alert for pickpockets on the street and in crowded elevators** Fasten pockets and turn purse flaps toward your body with your hand covering it.
- These measures are all-important and should be considered year round. They are especially critical during the holidays. Simple awareness and extra precaution can help reduce the risk of becoming a victim.

**Don't let a crook steal your holidays!**



**Safety Rep Meeting is the 3<sup>rd</sup> Tuesday each month at 0900 Bldg 3700, McClintock Conf. Room. If you wish, bring a coworker or prepare a short talk, contact Steve Grant, x5513 to get on the agenda.**

**We invite you to join us!!**

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## What is a goal of VPP?

Commitment to employee protection above and beyond the requirements of OSHA standards and to develop and implement systems that identify, evaluate, prevent and control hazards, prevent injuries & illnesses to employees.



## REAL-TIME TRAFFIC INFO AND ASSISTANCE

Use these tools to make your commute easier

**Get the latest on our roadways.** Find out where [roadway construction](#) and closures are so you can plan your trip.

**Hear latest traffic conditions by phone.** [Georgia 511](#) is a free phone service from the Georgia Department of Transportation. It provides real-time traffic & travel info.

**See traffic conditions instantly online.** [NaviGator](#) is a website maintained by Georgia DOT that offers the latest information on traffic conditions, lane closures and more. You can view the NaviGator's maps, traffic cameras, trip times and more, and even set up an e-mail Traffic Alert to receive e-mail notification of incidents in your area.

You can bookmark [www.georgia-navigator.com](#) on your Internet browser or download the "NaviGator To Go" app for your web-enabled mobile phone at [http://itunes.apple.com/us/app/511/id388293125?mt=8](#).

**Get roadside assistance in Atlanta from a HERO Unit** HEROs (Highway Emergency Response Operators) are part of the Georgia Department of Transportation's Incident Management program, responding quickly to incidents in metro Atlanta and clearing the roads so normal traffic flow can be restored. If you're ever involved in a traffic incident in metro Atlanta, dial 511 to request HERO assistance. For more information see:

[http://gacommuteoptions.com/Save-Your-Commute/Make-It-Easier/Real-Time-Traffic-Info-and-Assistance](#)



 **Congratulations to FSDB!!!**  
**They submitted their OSHA Star application on 12 Oct 17**

## Have you checked out the VPP web site lately? You should! Here's how; go to:

<http://www.logcom.marines.mil/>, under "Quick Links" click on "Installations, Environmental & Safety". Go to the "Special Staff Menu" on the right side of the page. Find "IE&S" and click on the "+" icon on the right. Select "VPP" at the bottom and botta-boom, botta-bing; you're there! Try it, you might like it!



What would your family do if a fire broke out in your home? Do you have an escape plan? Do you all know where to meet outside? Do you have smoke detectors and check the batteries routinely? Do your family members know the sound the detectors make & what to do immediately when they hear that sound? Check out this web site for info and ideas for at home fire drills: <http://homefiredrillday.makesafehappen.com/> You can make a game out of it and race the clock while teaching your family a lifesaving evacuation plan.

### WHAT HAVE YOU DONE FOR SAFETY THIS WEEK? CAN YOU NAME 3 SIGNIFICANT CONTRIBUTIONS?



The Voluntary Protection Programs is a management system for our safety programs. The "voluntary" part was decided by the Secretary of Defense in 2003. The Services will participate! From my point of view, why should it bother me that I've been voluntold to be safety conscious? It doesn't.

What it tells me is my employer is concerned about my safety and has taken a stance on involving all my coworkers to commit to exceptional safety practices. This elevates the assurance that I will not be injured at work. It means I have ownership in the safety program and my employer cares about employees, property, and tax dollars.



Do you recognize these? Did you realize that these are a hidden hazard for seniors? Go to [www.CR.org/poddanger](http://www.CR.org/poddanger) for more information.



## #MYPLATE Winter Food Fun Snowman Scene

You're never too old to play with your food! While the kids are home from school and family and friends gather together, find ways to make healthy foods fun and festive.

Get creative in the kitchen and find unique ways to make healthy foods the main attraction at your winter celebrations. Use cookie cutters to add a seasonal twist to your favorite foods!

Get your kids and follow the steps provided at link below. All you need for supplies is:

- butter knife
- cutting board
- snowman cookie cutter
- small snowflake cookie cutter
- plate (solid color works best)



Follow this link to step-step instructions:

<https://www.choosemyplate.gov/seasonal-winter>

**ENJOY YOUR HOLIDAY SEASON AND COME  
BACK TO YOUR LOGCOM FAMILY REFRESHED  
AND READY TO COMPLETE OUR MISSION IN A  
SAFE AND HEALTHY WAY!**

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