



Marine Corps Logistics Command Headquarter's Safety and Health Newsletter



VOL 9 ISSUE 1	MARINE SAFE – SOUND ADVICE FOR EVERYONE	1 st Qtr. CY19
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As winter melts away everyone's thoughts soon turn to springtime and the feeling of the world reborn. As you and your family head out into the warm spring air be sure to discuss some spring safety topics to keep everyone safe.

Cleaning



Over the winter some dangerous household chemicals such as paint thinner and chemical cleaners may have sat in the garage or under the kitchen sink and started to leak.

Contact your local waste authority and find out how to properly dispose of these chemicals.

Pool Safety

Spring is when it is time to open the pool and enjoy fun and sun in the backyard. Before opening the pool be sure to go over the safety rules with everyone that will be using it. Check your pool components such as the skimmer and filter thoroughly before opening the pool.



Fire Safety



The warm days of spring are a good time to go over the fire escape plan with your family and start doing some practice drills to make sure everyone knows what to do and where to go.

Don't forget to check those fire extinguishers and fire alarm batteries.

Mower Safety

The lawn mower has been sitting all winter and needs a few things done before it can be used safely. Make sure to change out all of the fluids in the mower and clean out any old grass that may be stuck under the deck. A fresh spark plug is also a good idea.



Our 2019 goals for VPP

LOGCOM HQ is reaching for the **VPP Star** and we need your help and participation! One of our goals for 2019 is helping everyone learn the 4 Primary Elements;

1. **Management leadership and employee involvement.**
2. **Worksite analysis.**
3. **Hazard prevention and control.**
4. **Safety and Health training.**

We need **ALL** Marines, Civilian Employees and Embedded Contractor Employees to memorize these four primary elements to help prepare us for our OSHA on-site assessment. During their on-site, OSHA will interview employees to determine their level of knowledge, understanding and involvement in VPP.

It's easier than you think. All you need to do is remember the acronym "I ACT".



- I** – Involvement
- A** – Analysis
- C** – Control
- T** – Training

Don't be that guy! Do your part to help us achieve our Command goals!



Health and Wellness

Kick off for the 2019 Health and Wellness CPR initiative started on 28 March. The first CPR training class was given to G8 personnel in the G8 area. This was the first of several training classes scheduled to be given at MARCORLOGCOM over the next 2-3 months. Attendees were enthusiastic and said even though they have had CPR courses in the past, they always learned something new each time they have attended a refresher course. The instructor was very knowledgeable and informative. Some of the topics covered by the instructor were CPR/choking on babies, Heimlich maneuver on yourself when you're alone, how to use AEDs, proper way to give chest compressions, etc. All attendees said they enjoyed the course and felt they were better prepared in case they were faced with an emergency situation.



Congratulations to Mr. Daryl Anderson for winning the 2018 Health & Wellness Award. Mr. Anderson logged in 112 entries that totaled 56 hours of wellness time! We want to remind everyone to be sure and log your wellness time in the Fitness Tracker to be in the running for the 2019 award.



Our first 2019 Lunch and Learn event will be held on April 4th in the MPR at 1100. The main topic will be Eating Healthy on a Budget. Please come out and bring your lunch for some great information and Q&A. We anticipate holding these events monthly, so keep a lookout for future dates and topics.



Those watery eyes and stuffy nose, along with sneezing fits, coughing, wheezing, and hive- or eczema-like rashes—happen when your immune system essentially freaks out over an otherwise harmless substance (like pollen). Delightful, huh?

But even if these symptoms sound all too familiar, there is good news: You *can* fight back against allergies—and the sooner you get started the better. That means knowing when exactly allergy season starts, and how to prep your body for any allergen invaders.

Okay, so when does allergy season start?

Well, it's technically **always** allergy season due to year-round offenders such as dust mites, mold, and pet dander, says Purvi Parikh, MD, an allergist and immunologist with Allergy & Asthma Network, but some allergens—pollens, specifically—are seasonal.

Tree pollen, for example, pops up in the spring (generally in late March to April), grass pollen arrives in the late spring (around May), weed pollen is most prevalent in the summer (July to August), and ragweed pollen takes over from summer to fall (late August to the first frost), says Dr. Parikh. To get super-specific, Pollen.com has a [National Allergy Map](#) that provides an up-to-date allergy forecast in different areas around the country and an [Allergy Alert app](#) that gives five-day forecasts with in-depth info on specific allergens, helping you decide if you should stay indoors that day.

