



Marine Corps Logistics Command Headquarter's Safety and Health Newsletter



VOL 7 ISSUE 1

MARINE SAFE – SOUND ADVICE FOR EVERYONE

1st Qtr. FY17

Holiday Safety Tips

Fall is in the air as we begin a new fiscal year. The seasonal holidays are just around the corner. One of the unfortunate aspects of the season though, is that criminals use this time of year to take advantage of all the hustle and bustle.

While celebrating the holidays with your family and friends, consider these safety tips to help ensure a safe and happy holiday season:

When away from home:



- Get an automatic timer for your lights.
- Ask a neighbor to watch your home.
- Don't forget to stop the mail and newspaper while you are gone.
- Leave some lights on and maybe even a radio or television.
- Be sure to lock all windows and doors.
- Don't display gifts where they can be seen from outside.

If you're shopping:



- Stay alert and be aware of what is going on around you.
- Park in a well-lighted place. Lock your car doors and store valuables and packages out of sight.
- Avoid carrying large amounts of cash. Pay by check or with credit cards when possible.
- Carry your purse close to your body and put your wallet in an inside coat or front pants pocket.
- If shopping with children, teach them to go to a store clerk or security guard if you get separated.



Drive Safely as it gets Darker

Daylight Saving Time ends every year on the first Sunday in November. This means it starts to get darker earlier. As we set our clocks backward by one hour in most areas of the country, here are some tips for driving at night.

The National Safety Council recommends the following:

- Prepare your car for night driving. Clean headlights, taillights, signal lights, mirror faces and windows once a week. (All windows should be cleaned on the inside as well as the outside.)
- Have your headlights properly aimed. Misaimed headlights blind other drivers and reduce your ability to see the road.
- Don't drink and drive or consume any medications which warn about operating a motor vehicle while taking them.
- Avoid smoking when you drive. Smoke's nicotine and carbon monoxide hamper night vision.



- If there is any doubt, turn your headlights on. Lights will make it easier for other drivers to see you. Being seen is as important as seeing. (Daylight running lights are only 60% power. At night, you need the full strength of the headlights as well as the tail and marker lights.)
- Reduce your speed and increase your following distances.
- When following another vehicle, keep your headlights on low beam so you don't blind the driver ahead of you.
- Avoid glare from oncoming bright headlights by watching the right edge of the road and using it as a steering guide.
- Make frequent stops for light snacks and exercise.
- If you have car trouble, pull off the road as far as possible. Turn on flashers and the dome light. Stay off the roadway and get passengers away from the area.

Safety Rep Meeting
3rd Tuesday each month at 0900
Bldg 3700
McClintock Conf. Room

*If you wish, bring a friend or prepare a short talk.
Contact Steve Grant, 5513 if you plan a talk.*

Have you checked out the VPP web site lately? If you haven't you really should! There's a lot of good information there. 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. This will open a new menu. Select "VPP" at the bottom and botta-boom, botta-bing you're there! Try it, you might like it!

Hunting Safety Tips

- ✓ Always plan ahead. Pre-scout the area you will be hunting and mark hazards as well as a safe trail.
- ✓ Check your hunting stand during daylight hours before you go hunting.
- ✓ Never go hunting alone.
- ✓ Always wear hunter orange when/where required.
- ✓ Be sure of your target before firing.
- ✓ Practice shooting your firearm at the range.
- ✓ Tell someone where you will be and when you plan to return.



Good Advice From The National Safety Council: Get Your Flu Shot

Autumn is the start of flu season, and it's recommended that everyone 6 months and older gets vaccinated against the flu. Some common myths about the flu vaccine:



MYTH: Healthy people do not need to get the flu vaccine.

FACT: Anyone can get sick from the flu, but adults 65 and older, kids under 2 and people with chronic conditions are more likely to have more serious problems. Healthy people can easily pass the flu to others, so get your flu shot.

MYTH: Flu shots can give people the flu.

FACT: The flu shot is made from dead viruses, so you can't get the flu from the vaccination.

MYTH: The seasonal flu isn't serious.

FACT: The seasonal flu can be very serious. In 2006, the flu was the 8th leading cause of death in the United States.

MYTH: It's ok to come to work when you're feeling sick with flu-like symptoms.

FACT: To protect your co-workers, it's important to stay home if you don't feel well or you are unsure if you're contagious.

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