



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



VOL 7 ISSUE 2

MARINE SAFE – SOUND ADVICE FOR EVERYONE

2<sup>nd</sup> Qtr. FY17



**Radon is a naturally occurring, radioactive gas that is known to be cancer causing.**

You can't see radon and you can't smell it or taste it. But it may be a problem in your home. Radon is estimated to cause many thousands of deaths each year. That's because when you breathe air containing radon, you can get lung cancer. In fact, the Surgeon General has warned that radon is the second leading cause of lung cancer in the United States today. Only smoking causes more lung cancer deaths. **If you smoke and your home has high radon levels, your risk of lung cancer is especially high.**

### **Radon can be found all over the U.S.**

Radon comes from the natural (radioactive) breakdown of uranium in soil, rock and water and gets into the air you breathe. Radon can be found all over the U.S. It can get into any type of building—homes, offices, and schools—and result in a high indoor radon level. But you and your family are most likely to get your greatest exposure at home, where you spend most of your time.

### **You should test for radon**

Testing is the only way to know if you and your family are at risk from radon. EPA and the Surgeon General recommend testing all homes below the third floor for radon. EPA also recommends testing in schools. Testing is inexpensive and easy—it should only take a few minutes of your time. Millions of Americans have already tested their homes for radon.

### **You can fix a radon problem**

Radon reduction systems work and they are not too costly. Some radon reduction systems can reduce radon levels in your home by up to 99%. Even very high levels can be reduced to acceptable levels.

For more information go to: [www.epa.gov/radon/nram](http://www.epa.gov/radon/nram)

## Why We Still Need to Promote *Fire* Safety

Twice each year, Prevention 1st renews its educational campaign: "Change Your Clock; Test Your Alarms; Practice Your Home Fire Drill; Alarm Goes Off; You Get Out!"

It's important to keep getting out these basic fire safety messages. Because, people still just don't get it. And that can be deadly.

Several surveys over recent years continue to find that 80%-90% of Americans feel safer from fires at home than in a public building, or feel equally safe in both locations.

Unfortunately, they couldn't be more wrong. Nearly *four times* as many fires occur in residences as in non-residences, and they are far more deadly. *85% of all US fire deaths happen in homes.*

Yet people seem far more concerned about dangers they are *less* likely to face. Less than half of those surveyed correctly identified fire as the event most likely to cause harm to them or their family. The **risk of dying in a fire** is actually:

- 149 times more likely than dying in a flood;
- 126 times more likely than dying in an earthquake;
- 39 times more likely than dying in a hurricane or tornado.

Perhaps the false sense of being safe from fire at home explains why only 18% of survey respondents said they worry about the dangers of fire more than *once a year*. If we can get people to think about fire safety at least *twice* a year, it will be a huge leap forward!

Of course, we don't just want them to worry; we want them to take action. We need to first raise their awareness of vulnerability and then let them know there are simple actions they can take to reduce their risk. For more information go to:

**Safety Rep Meeting**  
**3<sup>rd</sup> 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.*

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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!

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## Eye Safety at Home



Believe it or not, the average home is full of dangers that often go unnoticed. In fact, accidents involving common household products cause 125,000 eye injuries each year. Ninety percent of these eye injuries can be prevented through understanding, safety practices and the use of proper eye protection. You can reduce the risks of eye injuries for yourself and other family members by using this simple checklist for different areas of your home:

- Inspect and remove debris from lawns before mowing.
- Keep paints, pesticides, fertilizers, and similar products properly stored in a secure area.
- Wear approved safety eyewear to protect against flying particles, and chemical goggles to guard against exposure to fertilizers, pesticides, and solvents. Regular eyeglasses don't always provide enough protection.
- Read and follow all manufacturer instructions and warning labels.



[www.homefiredrill.org](http://www.homefiredrill.org)



## Tips for Winter Wellness



1. Go for a walk even when the weather is really cold – your body has to work overtime to get warm and you may burn up to 50% more calories than you would on the same walk in summer! But remember, go a little slower until you get warm and keep up the hydration.
2. If you find it hard to get motivated to exercise in winter...just think of spring and how much harder it is to get back into shape rather than maintain your fitness throughout the winter.
3. Be aware of tendonitis and stress fracture if you don't exercise in winter and expect to pick up where you left off after a whole winter with no exercise.
4. Instead of picking up a cup of hot chocolate to keep you warm, try an herbal beverage.
5. Gain an interest in indoor sports as opposed to cycling and jogging outdoors. Don't forget that swimming at an indoor pool is an option for a great cardio workout!
6. The cold air and indoor heaters can dry out your skin. Make sure you drink at least 8 glasses of water each day and use moisturizers throughout winter.
7. Buy some indoor plants to soften up the dry atmosphere caused through heating. Indoor plants give off moisture and oxygen and the colors will brighten up a dull day outside.
8. Caught a cold or flu? If the infection is above the neck (nose, throat) you could be OK to complete a low intensity workout. However, if you have symptoms that are worse than an average cold (chest congestion, muscle aches), exercise will only make you worse and delay your recovery. Rest is the best medicine.
9. Wear the right clothes when exercising in winter. Polypropylene is the perfect fabric to wear underneath a tracksuit, which will provide great insulation but minimize moisture loss. Gore-Tex is a fabric used widely for providing protection from the rain and wind.
10. Feel like sitting on the couch with a video and snacking on a cold, wet day? Reach for a protein bar or packet of soy nuts instead of high energy, high fat snacks.

