



Marine Corps Logistics Command Headquarter's Safety and Health Newsletter



VOL 7 ISSUE 3

MARINE SAFE – SOUND ADVICE FOR EVERYONE

3rd Qtr. FY17

June is National Safety Month

A Campaign on Safer Driving With Technology

Hundreds of millions of cars on the roads have safety technologies – new and old – that help reduce the risk of crashes and deaths. But even the most advanced safety feature cannot replace a safe, focused driver in the car.

The National Safety Council, in partnership with the University of Iowa Public Policy Center, is educating the public on how to best interact with these safety features to have better, safer driving experiences. Ultimately, you are your car's best safety feature.

<https://MyCarDoesWhat.org> uses videos, graphics, animation, social media, etc. to educate the public on the ever-changing world of car safety features. The campaign provides quick, easy-to-use information for any driver, no matter what kind of car they have or how old it is.

The website has a multitude of helpful links that help visitors answer questions about their car's features.

Spread the Word Using #MyCarDoesWhat



See someone doing something safe?
Let Kathy Berry know! x6284



“One Ring” Area Code Phone Scam

The Federal Trade Commission is warning of a phone scam that tricks people into making expensive calls. In the scam, scammers will call your cell phone but let it ring just once so that it leaves the appearance that you may have a missed call. When called back, callers are hit with an international rate. The calls are from phone numbers that look as if they are from area codes within the U.S., but really they are premium international lines. Calls made to such numbers can cost more than \$20 for just the first minute.

There are common nine area codes that users should be on the lookout for, the FTC says, including: **268, 284, 473, 664, 649, 767, 809, 829 and 876.**

Experts suggest that if you miss a call and don't recognize the number, do not call the number back.



Hurricane Preparedness Week | May 7-13, 2017

<http://www.weather.gov/wrn/hurricane-preparedness#prepweek>

The Atlantic hurricane season runs from June 1st through November 30th.

Prepare for a potential tropical storm or hurricane
Be a Force of Nature!

Help get the word out about preparing for hurricanes.

May is hurricane preparedness month



From the Office of the Assistant Secretary of Defense

“It is essential that the DoD promote and sustain a culture change that will yield safe workplaces. One of the Department’s most successful efforts has been to support DoD sites in their journey to achieve recognition through the OSHA VPP. To date, there are 58 DoD sites who have achieved OSHA VPP Star recognition.”

Credit Card Skimming Device Found in a gas pump in Dougherty Co

Dougherty County Police are investigating a credit card skimming device found inside a gas pump at a convenience store on Newton Road Monday, 20 March 2017, at the Albany Express in the 5700 block. Investigators say the device was inside the pump, and the inspector had to use a key to open the machine to see the skimmer. A skimmer is an illegal device that records credit card information when a customer is purchasing gas. Investigators say they don't know yet how long the skimmer had been inside the pump, or how many customers credit card numbers have been stolen. The state inspector who discovered the device said a similar one had been found recently in Adel.



“Walk the Talk” CG Step Challenge

- **Event Dates:** 1 April-30 June
- **Location:** Anywhere, anytime!
- **Participation:** No prerequisite required! Use whatever device you

prefer to track your steps.

- Load your steps weekly into the H&W tracking database.
- <https://sp.logcom.usmc.mil/sites/ieands/handw/Lists/TrackingForm/TrackingInput.aspx>
- **Weekly updates:** will be sent out to participants with current leader status.
- **CG Award ceremony:** scheduled for Mid-July. A single winner will be awarded for steps tracked.
- **RSVP:** Send your name to the POC on flyer or your local Safety Rep to sign up.

Semi-Annual WEIGHT LOSS CHALLENGE

Work Together, Lose Together; Everybody Wins!

The only way to win the war is to fight the daily battles. Smart choices, discipline, courage, and most of all commitment are the qualities of success.

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!

Walk the Talk

- Get Active
- Stay In Shape
- Feel Great!

Commanding General, LOGCOM HQ FY17 Step Challenge

Details:
 -Sign up via your safety rep by COB 29 March
 -Event Dates: 1 Apr-30 June 2017
 -Track your steps with your choice personal device and log them every Wednesday via the H&W Fitness Tracker:
<https://sp.logcom.usmc.mil/sites/ieands/handw/Lists/TrackingForm/TrackingInput.aspx>
Awards:
 A single individual will be recognized by the Commanding General for logging the most steps over the course of the three month challenge. Date for the ceremony will be schedule for mid-July.
 FMI, Contact: x7822

30 Day Weight Loss Challenge

- **Event Dates:** 1-31 May, 2017
- **Location:** LOGCOM HQ, IE&S Office
- **Participation:** Participant teams of 4 will weigh in every Thursday in the IE&S office and receive a full body composition analysis and profile.
 - At home workout routines will be provided
 - Nutrition information and counseling available.
- **Weekly updates:** will be sent out to participants with current leader status.
- **CG Award ceremony:** scheduled for Mid-May. Winning team will be awarded based on overall team body fat % reduction.
- **RSVP:** Send your team names to your local Safety Rep to sign up. **Deadline 26 April, 2017**



What is VPP? How does VPP affect me? The Voluntary Protection Programs, more fondly called VPP, 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.

