



Marine Corps Logistics Command Headquarter's Safety and Health Newsletter



VOL 7 ISSUE 3

MARINE SAFE – SOUND ADVICE FOR EVERYONE

3rd Qtr. FY17

OFFICE SAFETY

Office safety is often overlooked because the office is not viewed as an “industrial area”. The truth is that employees are injured in office type settings every year throughout the nation. Some of those injuries are quite harmful. It is important to realize there are many potential hazards in an office environment and we treat them with the same respect and take the same aggressive action to mitigate them as if they were located in an industrial area.

Falls are the most common office accident, accounting for the greatest number of disabling injuries. Examples of unsafe acts that often lead to office falls are climbing ladders, leaning back in chairs until the front rollers or legs are off the ground, using a chair vice a ladder, and slipping on a coffee spill.

Examples of unsafe conditions leading to injuries in office environment: Wet floors, open desk or file drawers, heavier material is stored in the top drawers of cabinet and the rest of the cabinet is either empty or are stored with much lighter weight material, loose carpeting, routing of electrical cords/wires in walking areas, objects stored in halls or walkways, inadequate lighting, and unorganized/tangled telephone and electrical cords.

Fortunately, all of these conditions and acts that lead to falls are preventable. To prevent these accidents, keep floors clean, dry and free of obstacles. Also, make sure the areas and/or equipment are in good condition.



See someone doing something safe?

Let Kathy Berry know! x6284



Safety Rep Meeting is the 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 to get on the agenda.

We invite you to join us!!

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 is the goal of VPP?

The goal of VPP is for an organization to achieve the safest possible workplace. VPP sites achieve EXCELLENCE IN SAFETY by going above and beyond normal standards. An example of this is having more employees become involved in day-to-day safety related activities, like self inspections, hazard identification, cleaning up spills, etc.



5th Annual Children of LOGCOM HQ Safety Poster Contest

16 total posters were submitted in this year's contest. Thank you to all who sponsored a young artist. You not only took safety home and shared the importance of the concept, you also inspired a young mind to put his or her thoughts into a scenario and artistically share it with your work family!

The Commanding General awarded certificates to: In the 5 to 8 year old category, 2 entries tied for first place, one second and one third place finishers. In the 9 to 12 year olds, a first and third place, and a tie for second place. The remaining 10 entrants received certificates of participation.

Missed this year's contest? Not to worry! The 6th annual contest will kick off in May of 2018. Same parameters will apply! Start planning for it – the contest grows larger each year.



School Zone Driving Safety Tips

1. Be on the lookout for school zone signals and ALWAYS obey the speed limits. 2. Slow down and obey all traffic laws. 3. Always stop for school busses that are loading or unloading children. 4. Watch out for school crossing guards and obey their signals. 5. Watch out for children near schools, bus stops, sidewalks, in the streets, in school parking lots, etc. 6. While in a school zone NEVER: pass other vehicles, change lanes, make U-Turns, text or use a cell phone, unless it is completely hands-free, use handicap or emergency vehicle lanes to drop off or pick up children at school.

Read more at <http://www.protection1.com/resources/back-to-school-safety/#tOsFeAqK5Dw0Y140.99>

Make Summer Safe for Kids

Retrieved from CDC.Gov



Master water safety

Here are some tips to stay safe while having fun. •Learn how to prevent recreational water illnesses. •Drownings are the leading cause of death for children ages 1 to 4. •Always supervise children when in or around water. •Teach kids to swim. •Learn cardiopulmonary resuscitation (CPR). Your CPR skills could save someone's life. •Install a four-sided fence around home pools. Recreational boating can be a wonderful way to spend time with family and friends. Make safety a priority. •Wear a properly fitted life jacket every time you and your loved ones are on the water.

Beat the heat and sun

Heat-related illness happens when the body's temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, the best defense is prevention.

Just a few serious sunburns can increase you and your child's risk of skin cancer later in life. Their skin needs protection from the sun's harmful ultraviolet (UV) rays.

- Cover up. Clothing that covers your and your child's skin helps protect against UV rays.
- Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.

Prevent Injuries

Each year the US emergency departments treat more than 200,000 children ages 14 and younger for playground-related injuries. Falls at home and on the playground are a common cause of injury.

- Check to make sure that the surfaces under playground equipment are safe, soft, and well-maintained.
- Supervise young children at all times around fall hazards, such as stairs and playground equipment.
- Use stair gates, which can help keep a busy, active child from taking a dangerous tumble.

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can occur in any sport or recreation activity.

- Learn concussion signs and symptoms and what to do if a concussion occurs.
- Make sure kids and teens wear the right protective equipment for their sport or recreational activity.



7 Tips for Shaping Healthy Habits

For many of us, our daily life is set around habits, structure, and patterns. Think about it: most of us wake up around the same time each day, eat a relatively similar breakfast, and our daily habits continue on from there. Habits can be helpful or hurtful when it comes to maintaining or achieving a healthy lifestyle. If you've ever tried to eat better, get at least seven hours of sleep each night, or lose weight, you know that habits are not easy to form or change. That is, unless you know these 7 tricks of the trade:

1. Be Aware
2. Start Small
3. Set Up Reminders
4. Track Your Progress
5. Fill the Void to Stop a Habit
6. Start a Friendly Competition
7. Reward Yourself

For more details on these tips, please download the Navy and Marine Corps Health Center's "Fact Sheet" at the following link.

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HealthyHabits.pdf>

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



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.



--	--