

100 ARW



SAFETY

SAFETY NEWS BULLETIN

April 2020

BLDG 568 DSN: 238-2255

100 ARW/SEG Mailbox - 100ARW.SEGV3@us.af.mil

Telework Safety

Mishap Reporting

If a military member or DoD civilian is injured while performing work-related activities, **regardless of location**, please submit an AF Form 978, Supervisor Mishap Report.

Did you know? Injuries and illnesses that occur while an employee is working at home will be considered work related if the injury or illness occurs while the employee is performing work for pay, and the injury or illness is directly related to the performance of work rather than to the general home environment or setting.

What does this mean? For example, if an employee is injured because he or she trips on the family dog while rushing to answer a work phone call, the case is not considered work related. If an employee working at home is electrocuted because of faulty home wiring, it is not considered work related.

On the other hand, if an employee drops a box of work documents and injures his or her foot, the case is considered work related.

MOD Worker Awareness: The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) reporting of COVID-19

You must only make a report under RIDDOR when:

- An unintended incident at work has led to someone's possible or actual exposure to coronavirus. This must be reported as a dangerous occurrence.
- A worker has been diagnosed as having COVID 19 and there is reasonable evidence that it was caused by exposure at work. This must be reported as a case of disease.
- A worker dies as a result of occupational exposure to coronavirus.

DO NOT MIX THESE CLEANING PRODUCTS

BLEACH + VINEGAR

Creates Chlorine Gas
Coughing, burning eyes



BLEACH + RUBBING ALCOHOL

Creates Chloroform
Highly Toxic



BLEACH + AMMONIA

Creates Chloramine
Shortness of breath, chest pain



HYDROGEN PEROXIDE + VINEGAR

Creates peracetic acid
Highly corrosive



Ergonomics and Teleworking

While working at an office environment, you may have access to comfortable ergonomic chairs, adjustable tables and large monitors. This equipment allows you to work for many hours in a seated position. However, while teleworking, one might not have access to these and can put your body at risk due to poor prolonged exposure.

-Try to find a location that allows you to maintain neutral position for neck, legs, arms and wrists.

-Align the laptop screen so it is at or slightly below your eye level.

-Position screen to avoid glare from overhead lights or from sunlight.

-Take frequent breaks (every 30-40 minutes). This helps restore blood circulation, decrease eye strain and increase mental focus.



COVID-19:

In an effort to reduce a dangerous blend of cleaning chemicals, please see the attached picture as another useful risk mitigation tool while combating the Covid-19 virus.

The improper use of chemicals/products as an attempt to disinfect surfaces to kill viruses can jeopardize your health and safety.



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Roundabout Safety

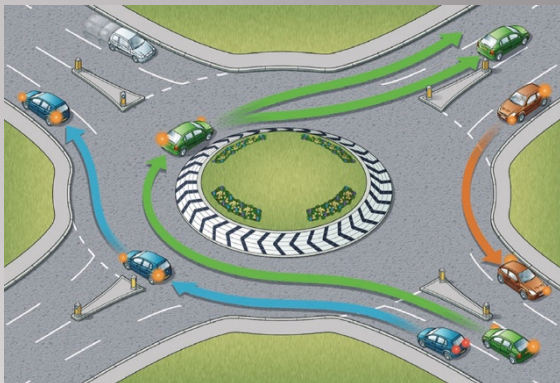
Recently, the safety office has received multiple questions about how to safely traverse roundabouts. Please share the following safety tips:

Approaching a roundabout: Please slow down when approaching a roundabout. Remember, yield or give way to the traffic in the roundabout. Pick a lane as you approach especially when turning right. If there is no traffic in the roundabout, you may enter without yielding.

Exiting a roundabout: Maintain a low, steady speed as you continue to drive through the roundabout. As you approach your desired exit, flip on your turn signal to let other drivers know your intention. You don't need to slow down further or come to a stop to exit the roundabout. Do not stop within the circular portion of the roundabout.

Common mistakes:

- ❖ Failure to Signal: Remember to signal left when exiting a roundabout
- ❖ Driving straight over the center of a mini-roundabout
- ❖ Hesitation: Do not hesitate when approaching a roundabout and only go when you are sure you can in a safe manner.



High accident potential areas:

Please be extra cautious when going through the following areas:

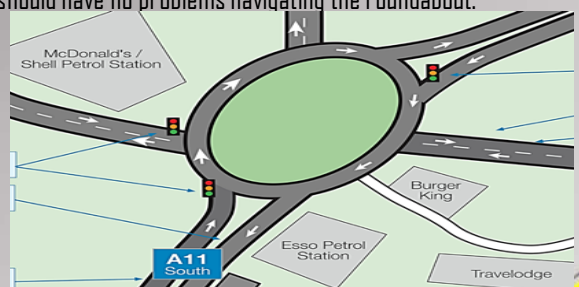
Mildenhall Village Queensway

As pictured below, this area has a high potential for vehicle accidents due to the confusing layout. Vehicles on the right will always have the right of way. If you're coming the B1102 towards the roundabout, you will see "Keep Clear" painted on the road (marked in red). Stay behind the line and allow cars to your right to traverse the roundabout.



Mildenhall 5-Way Roundabout

With the installment of the traffic lights, this particular roundabout is safer to go through. However, the lights can still confuse unfamiliar drivers since most roundabouts do not have that feature. Pay attention to the ground markings to know where to exit and you should have no problems navigating the roundabout.





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High Winds Safety

Storm Dennis is on its way towards the UK this weekend. Storm Dennis will bring heavy rain and strong winds on Saturday and Sunday. Amber warnings for rain and yellow warning for wind have been issued from Saturday into Sunday. Gusts are forecasted to reach between 50-80 mph.

High Winds Safety Rules

- ❖ Safest place is to stay indoors and postpone outdoor activities
- ❖ If you're caught outside:
 - ❖ Take cover next to a building or under a shelter
 - ❖ Stand clear of roadways as a gust may blow you into the path
 - ❖ Watch for flying debris (i.e. tree branches, street signs, trash, etc.)
- ❖ If you encounter down power lines call the **non-emergency line at 101**. Do not attempt to free lines or remove debris yourself
- ❖ If you are driving:
 - ❖ Keep both hands on the wheel and slow down
 - ❖ Watch for objects blowing across your path
 - ❖ Keep a safe distance between cars adjacent to you as strong gusts could push your car into the lane
 - ❖ Take extra care in trucks, vans and SUVs as they are prone to be pushed or even flipped



*Aftermath of Storm Ciara



*Courtesy of Met Office

Flightline Ops Wind Safety IAW AFI 91-203

- ❖ **Working Materials.** All maintenance equipment, workstands, loose aircraft parts, flightline fire extinguishers and materials not in use shall be removed from aircraft parking areas and stored in a safe area.
- ❖ **Equipment.** Equipment remaining outside shall be secured against wind movement.
- ❖ **Personnel.** Activities other than those required to safeguard aircraft shall be suspended and avoided when winds reach velocities of 40 knots or greater.

Preparing for High Winds

- ❖ Ensure your property is secured
- ❖ Remove overhanging branches, loose roofing materials, items on your balcony, etc.
- ❖ Bring in unsecured objects from patios and balconies and secure outdoor objects just as lawn furniture or garbage cans that could be blown away and cause damage or injuries

Securing Trampoline Tips

- ❖ If possible, store them indoors
- ❖ Remove safety netting from enclosure or cage frames to reduce the sail-like effect
- ❖ If trampoline will not be used until warmer months, remove the poles
- ❖ Ensure anchors on large trampolines are properly secured (if possible add additional weights)
- ❖ Smaller trampolines may be flipped upside down

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January 2020

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Hazard Reporting

AF Form 457

Hazard Reporting Procedures:

Commanders must ensure an AF Form 457, *USAF Hazard Report*, is readily available to all personnel. This form may be submitted to the safety office anonymously to prevent coercion, discrimination, or reprisal against an Airman who exercises their right to report hazards. This form should be in commonly visited areas such as break rooms, training rooms, and safety bulletin boards.

What can be reported?: A hazard report may be submitted on any event that includes hazards, unsafe procedures, practices or conditions that affects flight, ground, weapons, systems or space safety. Report hazards to the responsible supervisor or our safety office for guidance. However, this process is not designed for readdressing hazards that are already being managed for abatement through another process such as a civil engineering work request, job order, project, or mishap investigation.

If the hazard presents critical/imminent danger, the supervisor or individual responsible for that area will take immediate action to mitigate or eliminate the hazard to protect personnel or property. Hazards that cannot be eliminated immediately will be reported to the installation safety office via AF Form 457, telephone, email or in person.

Once a report is received, the assigned investigator will investigate the hazard report within one duty day for critical/imminent danger situations, and three duty days for potentially serious situations and 10 duty days for lesser conditions.

Airmen Appeal Procedures: If an Airman is dissatisfied with actions taken on a hazard report, he or she can resubmit the report to the appropriate installation safety office and the request of the alleged hazard will be reinvestigated. Reports can be submitted anonymously and the appropriate agency must respond within 10 duty days. If the Airman is still dissatisfied, they may appeal to a higher level of safety chain.

**Report
A
Hazard**



AF Form 978

The AF Form 978, *Supervisor's Mishap Report*, is designed for use within any safety discipline to capture injury and property damage mishaps. It shall be used to document ground mishaps/incidents. The involved/injured personnel's supervisor shall complete the form, route it through the commander, and return it to the installation safety office within five workdays following notification. The safety office advises that individuals submit an AF 978 whether on or off duty and regardless of the severity of the accident/injury for trending purposes.

**SAFETY
— FIRST —**

**REPORT ALL
ACCIDENTS
NO MATTER HOW SMALL**

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March 2020

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Spring Safety

Spring Safety Tips

As the weather begins to warm up, we begin to think about enjoying the outdoors. Please take a moment to recognize the numerous hazards associated with the spring season:

Spring Driving Safety: Spring showers can create wet driving conditions which in turn can create potential hazards. Slow down on slick roads and increase your following distance. Just a small amount of water can mix oil and grease on the road to create slippery conditions.

Sharing the Road: The warmer weather brings out motorcyclist, bicyclists, and pedestrians. Be on the lookout for the increase in the three above and take a few extra seconds to ensure you don't get into an accident.

General Tips: Avoid driving through puddles. Driving through water can

impair your brakes, cloud your vision, or cause you to hydroplane. Also keep your tires properly inflated. Full tires can reduce the damage caused by potholes and other road hazards.

Motorcycle Riders: Last year, there was a significant reduction with USAF Airmen motorcycle fatalities with only four and a 69% decrease in motorcycle fatalities over a 10 year period. However, within the last 6 months we have lost six Airmen to motorcycle mishaps. Unfortunately, even one is one too many. Please make this focus a priority in your respective units.

Despite being only 1% of road users, motorcyclists make up 20% of road fatalities.

4 Safety Tips for Spring Driving



As the weather warms up during springtime, be alert for:

1. Increased foot traffic
2. Potholes and buckled pavement
3. Route restrictions
4. Changing weather conditions



Always Drive With Caution

RIDE SMART

Play it smart. Know your skill level and ride within it.



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May 2020

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Memorial Day Safety

Memorial Day

With Memorial Day coming up soon along with great weather, families and friends will want to enjoy socializing amidst the pandemic. Please follow the guidance stated in the Commander's Action Team (CAT) directives and travel guidance. As always, the safety of our Airmen and families along with the well-being of the local communities remains top priority.

Reminder: All RAFM personnel, civilian employees and dependents are strongly encouraged to comply with UK guidance in regards to social distancing. This means staying 6 feet or 2 meters apart. It is also highly recommended that personnel wear face masks.

Travel Safety: If you are planning on traveling this weekend (which adheres to the travel guidance), please double check the status of your vehicle. Prepare your car by checking the tire pressure, filling up your gas tank, and making sure emergency essentials are packed.

Grilling Safety: Never leave a lit or hot grill unattended along with keeping the grill at least two feet away from flammable objects such the siding of the house, low hanging branches etc.

Sun Safety: As many restrictions are being slowly lifted, many of us will be experiencing the sun for the first time after a few months. Remember to drink plenty of water to stay hydrated and use sunscreen of being exposed to high temperatures for a prolonged period of time.



COVID-19

Though we are far from normalcy, many of us are battling through fatigue and increasing complacency when it comes to the virus. Many Americans will be planning travel and recreational activities for Memorial Day weekend which could lead to further spread of the virus. Please remember to stay vigilant in taking the necessary steps to protect yourself and others from spreading the virus. Here are additional tips and reminders to help protect each other:

- Wash your hands with soap and water often- for at least 20 seconds
- Cover your mouth and nose when you cough or sneeze. When someone coughs, sneezes, or speaks, they spray small liquid droplets from their nose or mouth which may contain the virus.
- If you have a fever, cough, and difficulty breathing, seek medical attention.

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



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Pedestrian Safety

Pedestrian Rules

Individuals walking, jogging or running shall use paths or sidewalks along roadways. When they are not available, face oncoming traffic so you can see hazards.

Only use headphones on paths/sidewalks/tracks. Do not use if you walking/running on a roadway/street.

Hours of Darkness

Joggers/Runners are HIGHLY ENCOURAGED to wear highly visible clothing and reflective properties during hours of darkness and inclement weather.

Help Others See You

Wear or carry something light-colored, bright or fluorescent in poor daylight conditions. When its dark, use reflective materials (e.g. armbands, sashes, jacket), which can be seen by drivers using headlights up to 3x as far away as non-reflective materials.



The driver of a vehicle approaching a "Give Way"/"Yield" sign or pavement marking shall yield right-of-way all pedestrian in the intersection/junction.



Anyone who fails to yield the right-of-way to a pedestrian in a crosswalk on RAF Mildenhall shall be guilty of an offense and receive 4 RAFM penalty points.

AFI 91-207

The US Air Force Traffic Safety Program

References:

The UK Highway Code

MILDI 31-218

Motor Vehicle/Traffic Supervision

IMPORTANT SAFETY NOTICE

USERS OF THE BELOW CROSBY PRODUCT:

**1019542 7/8" 6.50t S-2130 Shackle
1019533 7/8" 6.50t G-2130 Shackle
1018151 7/8" 6.50t G-213 Shackle
1018160 7/8" 6.50t S-213 Shackle
1018516 7/8" 6.50t G-209 Shackle
1018525 7/8" 6.50t S-209 Shackle
1262031 7/8" 6.50t G-2130OC Shackle**

With Production Identification Codes (PIC) 5VJ as located on the shackle bow

PLEASE CAREFULLY REVIEW AND ACT UPON THE FOLLOWING INSTRUCTIONS.

November 18, 2019

Dear Valued User of Crosby Products:

THE CROSBY GROUP has determined the above listed shackles may have a condition that can reduce the ultimate load capacity from the published catalog values. The shackle bow may have a previously undetected defect, and continued use may result in loss of load, property damage, severe injury, or death.

By use of the Production Identification Code (PIC) symbols appearing on the product, we have determined the 7/8" 6.5t shackles with PIC 5VJ shown on the bow may have this condition. See below image showing the position of the PIC on the bow. No other sizes or PICs are part of this Important Safety Notice.

We are requesting you identify all such 7/8" 6.5t shackles with PIC 5VJ, remove from service, and arrange for return and replacement. To return these products, please contact your Crosby Distributor. For more information concerning this Important Safety Notice, contact Technical Support at 1-800-772-1500.

Please inform your customer(s) of this Important Safety Notice, or if you know of other users of the 7/8" 6.5t shackles, please pass this notice on to that user, company, or firm.

We regret the inconvenience this may cause you and your organization, and thank you for your cooperation. We are committed to providing you with the absolute best in Crosby quality.

Sincerely,
THE CROSBY GROUP



Production Information Code (PIC) Location