



DOGHOUSE SENTINEL

USMC INSTALLATION SAFETY PRESS

February & March 2023



“Readiness can only be sustained with applied risk management”

*** Stay Alert – Stay Alive ***

RESOURCE LINKS

Alcoholics Anonymous: <https://www.aa.org/>

Ready Marine and Emergency Preparation: <https://www.ready.marines.mil>

Suicide Help: <https://www.usmc-mccs.org/services/support/dstress-line> or 877-476-7734

Sexual Assault Help: <https://safehelpline.org/> or 877-995-5247 (24/7)

Travel Risk Information Planning System: <https://trips.safety.army.mil/marines/TRiPS-Assessment>



Winter 2023

According to Punxsutawney Phil, we are facing six more weeks of winter. That means we may see an arctic blast between now and St. Patrick’s Day, 17 March. Regardless of Phil’s prediction accuracy, this is traditionally the most unpredictable period of winter for those of us in the Maryland, DC and Virginia area. It may be 70 degrees one day and 25 degrees with snow the next. You can break out the shorts, but stay prepared for cold and snow, just in case Phil gets it right this year.



Especially when things are unpredictable, continue to manage your risk both on and off duty:

- *Accept no unnecessary risk.*
- *Accept risks only when benefits outweigh cost.*
- *Make risk decisions at the right level.*
- *Anticipate and manage risk by planning.*

For more information about the USMC Risk Management process, visit:

<https://www.safety.marines.mil/Risk-Management/>

Detailed information can be found in MCO 5100.29C Chapter 2, Risk Management:

<http://www.marines.mil/Portals/1/Publications/MCO%205100.29C%20Vol.%202.pdf?ver=EnLAF6RrrrTqnGOJp7u6Lw%3d%3d>

Cold Weather

February brings snow to most of the country. Are you prepared to shovel safely? Do you have the right gear to avoid frostbite or hypothermia? Are you physically prepared for the intense physical effort to shovel?

Nationwide, snow shoveling is responsible for thousands of injuries and as many as 100 deaths each year. Sudden exertion can put a big strain on the heart, especially when you add in the cold factor. Take it slow, push the snow instead of lifting it and don’t work to the point of exhaustion. Snowblowers create risk as well; read and follow the instructions.

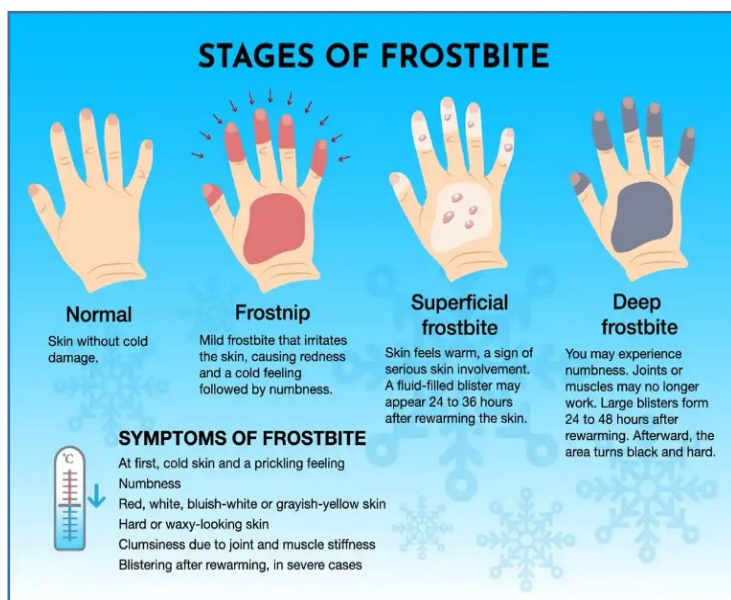


Hypothermia occurs when the body's core temperature drops below 95 degrees. Severe shivering is one of the first signs of hypothermia, but it will give way to drowsiness, exhaustion, confusion,

shallow breathing, irregular heartbeat, slurred speech, loss of consciousness and can be deadly.

- *Check the temperature before heading outdoors. Remember wind chill can kill!*
- *Bundle up in several layers of loose clothing.*
- *Cover your head and ears with a warm hat.*
- *Wear socks that will keep your feet warm and dry.*
- *Don't overdo it. Take lots of breaks.*

Frostbite is an injury caused by freezing of the skin or underlying tissues. Like a 3rd degree burn, it kills the area affected and could result in skin grafts or amputation. Frostnip is more likely to affect you in this geographical area. Your skin may itch, sting, burn and give you that “pins and needles” feel. If extremities begin to feel numb, you need to get to warmth and remove any wet clothing. When you go in from the cold, your skin will begin to burn as blood starts to better circulate. Frostnip is a dire warning. Don't ignore the symptoms and let frostbite take hold.



Applied Risk Management

We all practice Risk Management (RM) whether we are aware or not. For example, you may have driven your car and worn your seatbelt (hopefully). Why? Let's break it down. You know, or should know, that driving is extremely hazardous and could even be deadly. You know you want to or must drive, so in order to mitigate the risk to an acceptable level, you apply the seatbelt “control measure” to reduce the risk and minimize the consequences in a hazardous environment.

By putting on your seatbelt, you applied the “five-step” of the risk management process. Nice job! What are those five steps?

1. **Identify Hazards** – Know and constantly look for hazards that are dangerous to you or those around you. Be situationally aware. Hazards often lie in plain sight or are not ‘noticed’.
2. **Assess Hazards** -- Determine the probability and severity of the hazard you have identified. Knowing the hazard, is it worth the risk to continue? If not, take the next step.
3. **Develop Controls** -- Eliminate or reduce the hazard by doing or using something to protect yourself. In priority order consider ways to **eliminate, substitute, engineer**, follow **administrative** steps or use **personal protective equipment (PPE)**. The airbags in your car are engineering controls and your seatbelt is PPE because you must “put it on” for it to be effective.
4. **Implement Controls** – If the controls you developed or have available will reduce the risk to an acceptable level for you, go forth.
5. **Supervise/Evaluate** – Let's face it, none of us are perfect. Just because you have your seatbelt on and airbags activated, you are still operating in a hazardous environment, and you must continue to apply the five-steps of Risk Management especially rule #1: **Identify Hazards**.

- Is your cell phone ringing? Is answering the phone a hazard that you should assess?
- Wet and icy roads are hazards. What controls can you put in place to reduce those hazards to an acceptable level?
- You have passengers in your car. Evaluate their risk in your vehicle. Do they need to use the seatbelts or a car seat?

Risk Management does not mean attempting to avoid *all* risk. That is impractical in life on or off the job. RM is your tool to eliminate unnecessary risk to you and those you care for.

RM will help you:

Stay Alert and Stay Alive.