



DOG HOUSE SENTINEL

USMC INSTALLATION WATCHDOG

JULY 2022



"May we think of freedom not as the right to do as we please, but as the opportunity to do what is right." — *Peter Marshall*

"America was not built on fear. America was built on courage, on imagination and an unbeatable determination to do the job at hand." — *Harry S. Truman*

RESOURCE LINKS

Library of Congress Independence Day History: <https://www.loc.gov/item/today-in-history/july-04/>

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

COVID Guide: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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)

Transportation Security Administration: <https://www.tsa.gov/precheck>

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

~ INDEPENDENCE DAY ~

On July 4, 1776, the *Declaration of Independence* was adopted by the Second Continental Congress. Observing Independence Day wasn't common until after the War of 1812. For 246 years, the day has marked the birth of a new nation and the belief that "all Men are created equal". Through struggle, conflict, peace and war, the United States has remained a beacon of hope to the world.

DID YOU KNOW? The first celebration of the young nations' independence took place in Philadelphia in 1777, one year after the Declaration was signed. The tradition of using fireworks began the same year when ships in the port fired a 13-cannon salute in honor of the 13 colonies. The Pennsylvania Evening Post reported at the time: "at night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets)... and the city was beautifully illuminated."

- ☞ Independence Day could have been on July 2, the day the Continental Congress declared freedom from Great Britain... but the official announcement wasn't published until two days later, July 4, 1776.
- ☞ Independence Day wasn't set as a federal holiday until almost 100 years later, on June 28, 1870.

FIREWORKS SAFETY: In 2021, 11,500 people were treated in emergency rooms for fireworks related injuries with nine resulting in a fatality.

Be Responsible – Supervise Children – Be Careful!

- ☞ <https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Fireworks>
- ☞ <https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Seasonal-fire-causes/Fireworks>



STAR SPANGLED BANNER: While watching fireworks, consider the lyrics of our national anthem. Imagine what Francis Scott Key witnessed as 16 British ships bombarded Fort McHenry for 25 hours. "And the rocket's red glare, the bombs bursting in air, gave proof through the night that our flag was still there."

- ☞ There are four verses to the Star-Spangled Banner.
- ☞ Originally titled "The Defense of Fort McHenry".
- ☞ Adopted as the national anthem on March 3, 1931.

10 FIREWORKS SAFETY TIPS:



Fireworks handled incorrectly can be fatal. All nine of the firework-related deaths in 2021 were from intentional misuse. Unfortunately, fireworks are often purchased for entertainment with no consideration to the life-altering potential hazards.

- ☞ Fireworks packaged in plain brown paper are intended for professional displays only – these can be extremely powerful and dangerous!
- ☞ Never use fireworks while impaired by drugs or alcohol.
- ☞ A responsible adult must supervise all fireworks activities and closely control the behavior of excited children.
- ☞ Never allow young children to ignite fireworks or “horse-play” with lighted fireworks. Keep in mind that even sparklers burn at over 1800 °F and were responsible for 1,100 ER visits last year.
- ☞ Quickly back to a safe distance immediately after lighting fireworks. Fuse timing is not precise.
- ☞ Never point, shoot or throw fireworks at people or animals.
- ☞ Keep a bucket of water or a garden hose handy in case of fire. Soak used fireworks in water before discarding in trash.
- ☞ Never try to re-light fireworks that have not ignited fully. Place in bucket of water and discard.
- ☞ Never place a part of your body directly over a firework device when lighting.
- ☞ Make sure fireworks are legal in your area before buying or using them.

PICNIC SAFETY: Gathering friends and family together for food and fun at home, a park or the beach is as American as apple pie. To avoid food poisoning and safety risks, keep these tips in mind:



- ☞ Don't leave food out in the hot sun. Keep perishable foods in a cooler with ice or freezer gel packs. Egg and mayonnaise-based food can become dangerous within an hour at 90 °F.
- ☞ Wash your hands before preparing the food.
- ☞ Always supervise the grill when in use. Don't add charcoal starter fluid when coals have already been ignited. Use the long-handled tools especially made for grill cooking to keep the chef safe!

OSHA SAFETY CORNER

Summer months bring the heat! Excessive heat can lead to sunburn, heat cramps, heat exhaustion and heat stroke. If someone is experiencing cramps in the legs or abdomen, get them to a cooler place, have them rest, lightly stretch the affected muscle, and replenish their fluids with a half a glass (about 4 ounces) of cool water every 15 minutes.

“Under the General Duty Clause, Section 5(a)(1) of the Occupational Safety and Health Act of 1970, employers are required to provide their employees with a place of employment that "is free from recognized hazards that are causing or likely to cause death or serious harm to employees." This includes heat-related hazards that are likely to cause death or serious bodily harm.”

Source: <https://www.osha.gov/heat-exposure/standards>

OSHA heat stress injury prevention recommendations:

- ✓ Implement a work/rest regimen in accordance with the American Conference of Governmental Industrial Hygienists (ACGIH) heat exposure Threshold Limit.
- ✓ Acclimatize new workers or returning workers by gradually increasing workloads and allowing more frequent breaks.
- ✓ Work during the cooler periods of the day when possible (e.g., early morning and/or in the evening).
- ✓ Encourage employees to drink small amounts of cool water (approximately 4 to 6 ounces) every 15 to 20 minutes, but no more than 1 quart/hr and 12 qts/24 hrs.
- ✓ Provide a training program for all employees regarding the health effects associated with heat stress, recognizing symptoms of heat-induced illnesses and methods of preventing such illnesses.

If you want to know more, or would like to have training or an assessment of your work area, please contact the MCICOM safety office.

Email: Safety.mcicom@usmc.mil

Web: <https://www.mcicom.marines.mil/Sections/Safety-Division/>

Stay Alert:

Stay Alive!