



DOGHOUSE SENTINEL

USMC INSTALLATION SAFETY PRESS

June 2024



Sum- sum- summertime, here at last! Bring out the lawn chairs, the barbeques, and the bathing suits! With the warmer weather you'll also need sunscreen, bug spray and a close eye on folks near the water. Don't let your summer fun be ruined by a mishap or injury. Assess the risk, mitigate the hazard, and have fun!

STAY ALERT - STAY ALIVE!

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Critical Days of Summer

The summer safety campaign has begun! The 'Critical Days of Summer' begin Memorial Day weekend and continue through Labor Day weekend.



There are many reasons for this annual effort to re-emphasize basic safety concepts, but the Sergeant Major of the Marine Corps, Sgt. Maj. Ruiz, said it best in his recent message to all Marines: *"Here's the bottom line: I cannot accept losing people from preventable accidents and mishaps. You must be on the field to fight."* We must all maintain an active risk management mindset to help ensure an enjoyable and safe summer.

The full video from Sgt. Maj. Ruiz can be viewed at <https://www.safety.marines.mil/>. For the Summer 2024 Ground Warrior, see <https://www.dvidshub.net/publication/issues/71064>. The Navy Safety Command has more resources about summer safety at <https://navalsafetycommand.navy.mil/Stand-Down/101-Critical-Days-of-Summer/>

Prepare for Risk-Awareness Month

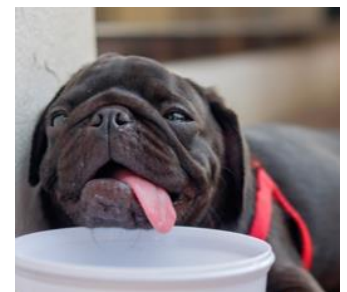
Across the Marine Corps, June will be Risk Awareness Month. This will be a multi-faceted, top-to-bottom campaign of helpful safety products, social media videos and posts. Many installations will be arranging their own mission-specific presentations. The focus will be to preserve our most valuable assets; YOU! CMC-Safety Division will soon be publishing an ALMAR with additional guidance.

Keep in mind, Risk Awareness doesn't end when you drive out the base gates. In 2023, the Department of the Navy lost 27 Sailors and Marines to preventable *off-duty* mishaps during the Critical Days of Summer. Most were from motor vehicle and motorcycle crashes. Marines and their families must remain ever vigilant to maintain situational awareness and apply active risk management to avoid preventable mishaps.

Bring the HEAT

Commandant of the Marine Corps General David H. Berger stated, "This is the force that will always adapt and overcome no matter what the circumstances are. We fight and win in any climate and place." That means the heat of jungles, deserts, and installations worldwide this summer. Get ready to sweat during PT, at work and during recreation.

The Centers for Disease Control and Prevention reported more than 1,700 deaths from heat-related causes in 2022. Reported fatalities have doubled over the past five years! Heat-related illness, or hyperthermia, is a condition resulting from exposure to extreme heat where the body becomes unable to



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properly cool, resulting in a rapid rise in body temperature. Heat-Related illnesses include Heat Cramps, Heat Exhaustion and Heat Stroke. Prompt treatment with fluid replacement and cooling is critical to reducing illness and preventing death.

The best prevention is acclimation and hydration. Thirst is a *late* indicator. Hydrate before the heat!

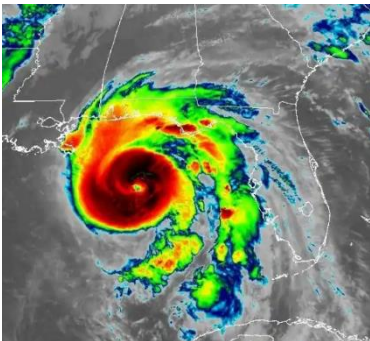
Tornado and Hurricane Preparedness

In addition to cookouts and camping, summer brings these dramatic and dangerous weather events.

What is a Tornado? A tornado is a narrow, violently rotating column of air that extends from the base of a thunderstorm to the ground. They are short-lived, typically lasting just a few minutes to several hours. Damaging winds are often limited to a path a few hundred yards wide, but in that zone nothing will remain intact. Extreme tornados may be a mile across but are (fortunately!) rare. Tornados are the most violent storms on Earth, with some producing wind speeds over 300 miles per hour... well above what an average home can survive.



What is a Hurricane? A hurricane is a very large, complex weather system organized around a central low pressure zone called the “eye” of the hurricane. Damaging winds and rain can extend for hundreds of miles from the center. Hurricanes produce flooding rain, storm surge (a wave of water pushed ashore by winds and low pressure) and long-duration winds up to 150 miles per hour. They can devastate large areas and last for several weeks.



Tornado Season:

More tornados strike the U.S. than anywhere else in the world; an average year sees 1,200 reported tornados. Peak “tornado season” is May to early July, but they can occur any time of the year and can be produced by tropical storms and hurricanes. They can happen anytime of day, but most occur between 4-9 PM.

‘Watch’ Vs ‘Warning’: Tornado Watch and Warnings are issued by the NOAA Storm Prediction Center. A **watch** means Tornados are ‘likely to occur’ in or near the watch area. Be ready to act quickly and take shelter, and monitor radio and weather stations for updates. A **warning** means ‘imminent threat’ -- a Tornado has been sighted in the area. Take shelter immediately in a basement, storm cellar or an interior room. Even with all the advances in storm forecasting, sometimes warnings are issued only minutes before the storm hits.

Storm Preparation: Don’t wait for the sirens to sound or the evacuation orders to begin developing your emergency plan. Think about shelter locations and evacuation routes now. Loss of power, blocked roads and fuel shortages are common after severe storms. Plan ahead! A basic disaster supplies kit includes:

- Water (one gallon per person per day for several days, for drinking and sanitation)
- Food (at least a three to five-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert.
- Flashlight.
- First aid kit.
- Extra batteries.
- Whistle (to signal for help)



Questions? Suggestions? Email the MCICOM Safety Division at: mcicom_safety@usmc.mil