



DOGHOUSE SENTINEL

USMC INSTALLATION SAFETY PRESS

HAPPY NEW YEAR, Marines!



WELCOME TO 2024! Each of you played a part in the progress we've made to improve Safety across the Corps. Thank you for your ceaseless efforts to protect each other and achieve the critical mission entrusted to Marines. As we begin the new year, "keep Safety in your sights." 🎯 Take care of yourself and each other. Happy New Year from all of us at MCICOM Safety! As always, don't drink or text and drive!

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Unit Safety Inspections

Start the new year right with *effective* safety inspections. They are a crucial tool to prevent mishaps and injuries. No one knows the job better than the folks who are making-it-happen every day! Supervisors and employees should review areas to include:

- Review your Emergency Action Plan, evacuation map and fire bottle locations.
- Post your safety notices; OSHA poster, shop discrepancies pending resolution, exit map.
- Review your Hazard Communication (HAZCOM) program for chemicals you use in the workspace. Review your Safety Data Sheet (SDS) Binder. Make sure chemicals used are properly stored and labeled.
- Verify that exterior pathways and interior hallways are clear of walking hazards and not used as storage areas.
- Ensure emergency exit doors are operational, properly marked and are not blocked.
- Make sure extension cords or power adapters are rated for the items connected. Do not connect multiple cords to each other ("daisy-chained").
- Discard electrical items with broken or exposed wires or patched with electrical tape.

- Ensure proper machine guards/latches are in place.
- Discard electrical items with broken or exposed wires or patched with electrical tape.
- Document inspections of items such as fire extinguishers, eyewash stations, PPE etc.
- This is not intended to be a complete list. Know the hazards and safety requirements in your working area. Contact the Safety office if you have any questions. Safety starts with you! Let's work together to ensure work areas are safe.
- Email the Safety Office at:

mcicom_safety@usmc.mil

National Radon Action Month

Protect Your Family from Radon

Radon is a gas that you can't see, smell, or taste — but it can be dangerous. It's the second leading cause of lung cancer in the U.S.

Radon is in the ground naturally. But sometimes it gets into homes through cracks in the floors or walls.

Figure 1 <https://www.cdc.gov/radon/communications/index.htm>

Radon is a naturally occurring, odorless and invisible radioactive gas that is slowly generated in rock and soil. It is found at low levels in all indoor and outdoor environments, yes maybe even your home! In some cases, Radon can accumulate to dangerous concentrations. On the bright side, it can easily be blocked with a plastic or vapor barrier.

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The Environmental Protection Agency (EPA) estimates that radon kills 21,000 people annually! (<https://www.epa.gov/radon/health-risk-radon>) Some areas pose a higher risk, but radon can be found in any soil. In the US, the highest potential is in the Northeast and Midwest. (Yes, including Maryland, Virginia, and DC.)

Radon levels are measured in picoCuries per liter of air (pCi/L). Since there is no “safe” level of radon, you should seek to have the lowest level reasonably achievable. The EPA recommends levels below 4pCi/L. Testing devices are inexpensive and easy to obtain online or from hardware stores. The best time to test is during the winter, so January is Radon Action Month.

To find out more about radon test kits and how to use them, visit Radon Hotlines and Information Resources at <https://www.epa.gov/radon/radon-hotlines-and-information-resources>.

Did you get your Flu Shot?



Figure 2
<https://www.cdc.gov/fightflu>

“Don’t let the flu keep you SIQ!”

The viruses that cause influenza (flu) are most common between December and February. Yes, that is NOW, and the DC area is currently “ground zero”!

You can protect yourself and those around you with an annual flu vaccine. The Centers for Disease Control and Prevention estimate that 27 - 54 million fell ill from flue during the 2022-2023 U.S. flu season, with between 19,000 to 58,000 flu-related deaths.

This year you can receive vaccines for all three of the major fall and winter respiratory viruses – flu, COVID-19, and RSV at the same time.

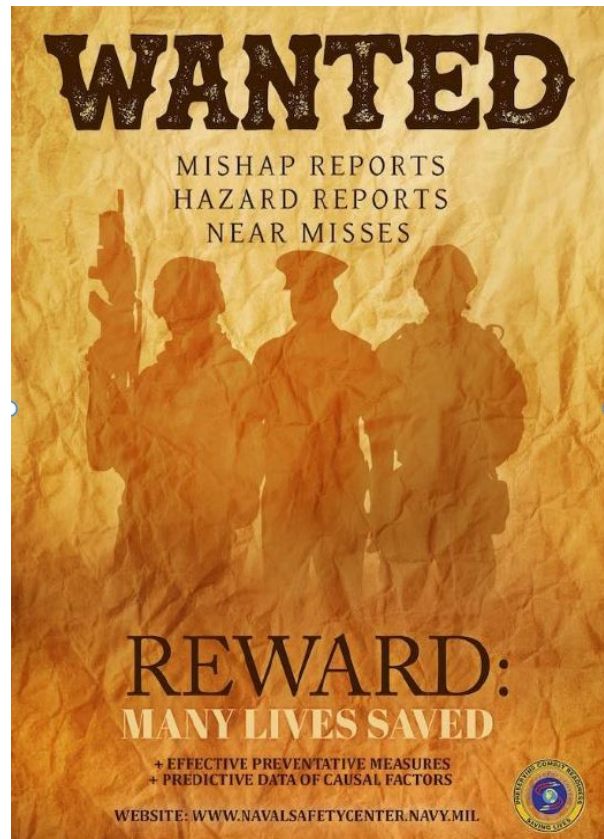
“Do your part – be flu smart!”

<https://www.cdc.gov/respiratory-viruses/whats-new/getting-vaccines-at-same-time.html>

Near Miss Reporting

YOU have the power to avoid or prevent a deadly or life-changing mishap.

Report near-misses!



Naval Safety Command defines near-miss as “An unplanned, unintended, unwanted, and unexpected, but controllable event which ... has the potential to cause material loss or damage, death, injury or occupational illness but was avoided merely by chance.”

You can also report hazards, mishaps or “near misses” to the Pentagon Safety, CNIC Safety (for the NSF facility) or MCICOM Safety Office (mcicom_safety@usmc.mil).

For more information see the mishap guide at https://navalsafetycommand.navy.mil/portals/29/documents/2022-Safety_Investigation_and_Reporting_Guide-221102.pdf

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Winter Weather Safety



Figure 3
<https://www.weather.gov/wrn/winter-storms-sm>

Winter brings unique challenges that we sometimes don't prepare for until "something happens". Plan-ahead, prepare for the worst and hope for the best. Risk Management (RM) is always your first step.



Figure 4 MCO 5100.29C Vol 2

Prevent Falls



Figure 5
<https://blogs.cdc.gov/yourhealthyenvironment>

OUCH!

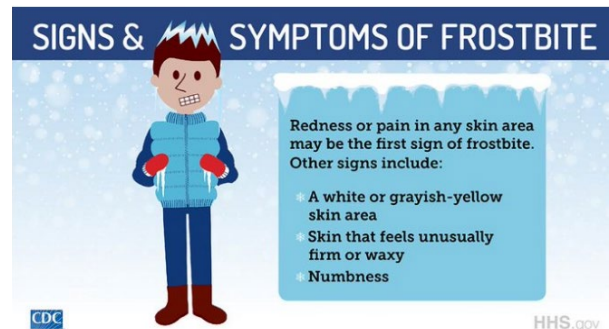
It isn't cold enough yet, but ground/black-ice will be here any day now. The risk of slips and falls are everywhere this time of year. If it's cold enough to freeze, it's cold enough to create ice in parking lots, roadways, sidewalks, and stairs. But that's not all: by tracking in that snow on boots or shoes, we create an indoor hazard as well. Ways to reduce risk include:

- Plan and give yourself time to prepare.
- Wear shoes that provide traction on snow or ice like rubber or neoprene composite. Avoid plastic or leather soles.

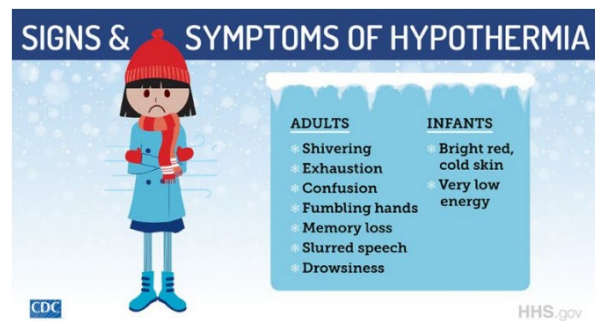
- As much as possible, keep to designated walkways which have been cleared and treated.
- If a walkway is completely covered with ice, try to travel along its grassy edge for traction.

Freeze Warning

You can suffer frostbite from exposure to cold temperatures especially if there is a wind chill or you are wet. Your extremities are the most at risk because your body will divert blood away from those extremities to protect your core temperature.



Hypothermia is a condition where your core body temperature drops. If outside in winter months, know the basics: dress in layers, stay hydrated, cover exposed skin, and take breaks.



Hypothermia is a medical emergency. If you notice any of the signs listed, act immediately! For more information visit: <https://www.cdc.gov/disasters/winter/staysafe/hypothermia.html>

STAY ALERT-STAY ALIVE!