



DOG HOUSE SENTINEL

USMC INSTALLATION WATCHDOG

MAY 2022



"We who have long enjoyed the privileges that we enjoy today, forget in time that others have died to win them." F.D.R.

Memorial Day is May 30th

RESOURCE LINKS

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>

VEHICLE SAFETY MONTH

This month is focused on motorcycle, bicycle and young driver safety. If you ride, know the risks, implement controls and ride like your life depends on it...because it does.

Help young drivers learn the rules and watch out for them on the road. There are many high school drivers who just received their licenses. They do not yet have the knowledge and experience to navigate as safely as veteran drivers. Let's face it, many of us learned "the hard way". Let's give the next generation some distance and lead by example.

Especially this month, share the road and watch out for motorcycles, bicycles and the young drivers.

For more information, go to nhtsa.org, bikeleague.org and noyos.org.

BIKE-TO-SCHOOL DAY MAY 4TH

If you live or drive by schools, be especially alert. Kids will be everywhere walking or riding their bicycles to school that day. Virginia does not

normally allow biking or walking to school, so this will be an unusually dangerous day. Be prepared.

WATER SAFETY MONTH

Most of us will swim or boat this summer season. It may be in a lake, river, pond, the ocean or a pool, but we will cool off or play in water that is over our head or in some other way dangerous. We could drown in as little as 40 seconds. Children can drown in as little as 20 seconds! Manage your risk...protect your family and friends.

For more information, go to watersafetymonth.org.



CINCO DE MAYO

Mexican Liberation Day is not the 5th of May, but the 16th of September. Five May is memorialized as the day the Mexican Army beat the much more powerful French army at the Battle of Puebla in 1862. Cinco de Mayo is much more popular in the USA to celebrate Mexican-American culture and of course Mexican alcoholic drinks! Beer, wine and tequila companies promoted this relatively minor holiday to make it internationally recognized. If you will be celebrating Cinco de Mayo, drink responsibly, have a sober driver and watch out for others less responsible on the roadways.



MOTHER'S DAY MAY 8TH

Ann Jarvis was a peace advocate who started Mother's Day Methodist Virginia in mothers of 7 to 10 Mothers were special day. your with your mouth full!



in America, at Andrews Episcopal Church in West 1907. In those days typically had an average children if they survived. and still are deserving of a So, **call your mother!** Eat vegetables and don't talk

Carnations have become a way to say, "I love you mom", because we sometimes forget.

SAVE-YOUR-HEARING DAY 31 MAY

Did you know that hearing loss was the number one cause of disability for military personnel? It also afflicts the majority of the population over time.

We use Personal Protective Equipment (PPE) at work but often fail to take the same precautions at home. If you push a gas lawn mower, play loud music, hunt without hearing protection or attend loud concerts and do not protect your ears you are damaging your hearing a little at a time. Especially on this day, give some thought to protecting your hearing. Once it is gone it is very unlikely that you

will get it back...."what?"...."were you saying something?"..."do you hear that ringing?"

FALL PROTECTION WEEK 2-6 MAY

Slips, trips and falls are the most common cause of injuries in administrative work places. Falls are the most preventable because we mostly fall from places that present too high a risk. Have you ever reached for something while standing on a rolling or wobbly chair? Have you ever jumped off of a desk or table and hurt your ankle or knee? During this week, do a self-assessment at work and at home. Do you have the right climbing equipment and do you use it properly? Check yourself and "Break a leg"...NO, NO! Don't do that!

OSHA SAFETY CORNER

No matter who you are or where you work, by public law (per 29 USC 654) in the USA:

"All employees have a right to a safe workplace"

Yes, Dept. of Defense personnel and active duty personnel are included (per DoDI 6055.01).

"Employers must provide a workplace free from recognized hazards, and shall not retaliate against employees who report hazards or injuries."

An "employer" is defined as a person who provides, directs or manages work. So if you are a supervisor that includes you. If you want to know more or would like to have training or an assessment of your work area to ensure the safety of YOUR employees, please contact the safety office. We are happy to help.

The OSHA poster provides a list of your rights and responsibilities in the workplace.
Contact the Safety Office if you need a copy.

**STAY ALERT,
STAY ALIVE**

