



DOGHOUSE SENTINEL

USMC INSTALLATION SAFETY PRESS

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Winter may be clinging on in some places, but Spring is on the way! The longer days bring spring flowers and the promise of warmer days to come. As we come out of hibernation and shake off our winter coats, keep Safety close for you and your family. Plant the seeds of safe practices on- and off-duty now, and watch the rewards grow in the months to come! **STAY ALERT-STAY ALIVE!**

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2023 Safety Summary

We took the training, read the newsletters, watched the videos, participated in the stand-downs. We did safety walk-arounds and listened to briefs from supervisors, invited speakers and commanders. We got reminders from friends, coworkers and family members. *Despite all that*, hundreds of Marines and civilians were hurt and many killed last year across the Corps. These are almost always preventable!

The Naval Safety Command Risk Management Information (RMI) database shows that in calendar year 2023, MCICOM installations recorded 672 non-aviation mishaps, including 167 Occupational and Industrial mishaps (-83 from CY2022) and 97 motor vehicle mishaps (+28 from CY2022).

The good news is workplace injuries in the occupational/ industrial category fell over 33% between CY22 and CY23. Following your SOPs, using the required PPE, and not taking shortcuts help keep Marines in the fight and on mission.

	Mishap Category					No Data	2023 Total
	A	B	C	D	E		
Combat Support and Training	9	2	114	108	28	35	296
Industrial and Occupational			64	86	5	12	167
Explosives			12	1		1	14
Small Arms	4		9		7	1	21
Miscellaneous		2	14	17	3	24	60
Government Motor Vehicle			13	10	21	1	45
Government Vehicle, Other		3	15	1	7	2	28
Private Motor Vehicle; PMV-2	1		9			5	15
Private Motor Vehicle; PMV-4			4			4	8
Private Motor Vehicle; PMV-Bicycle			1				1
Sports, Recreation, Fitness			5	2	1	9	17
Total	14	7	260	225	72	94	672

Don't Rely on Luck!

With St. Patrick's Day around the corner, it's a good time to ask: do you feel lucky today? Maybe you think your luck has held up just fine. "We've done it this way for years and never had an accident. Why change now?" Are you relying on chance, a roll of the figurative dice, whether you go home safely today? On the safety of your coworkers? On if your spouse or kids ever get to see you again? Luck *always* runs out -- and never warns you beforehand.

Do you work near edges without fall protection? Use tools without safety goggles? Grow complacent while using dangerous equipment? You may get away with it once... even several times... but each time you are taking an unacceptable risk your life and your future. Yes, sometimes we are lucky enough not to get hurt, even when we do things that we shouldn't do, like standing on the top rung of the ladder or trying to adjust a machine that hasn't been de-energized, let alone locked out.



It might take a little bit of extra effort, or take a little more time to do it the right way. Every single person who has ever hurt themselves or others by trying to save a minute, wishes they would have that minute back to do things differently. "Safety" is a way of thinking -- the realization that we are too valuable to leave our well-being to chance, that we must watch out for ourselves. Use pre-event planning, risk assessment, correct personal protective equipment, and procedures outlined in the USMC Safety Management System. Save the shamrocks for the St. Patrick's day party.

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E-bike Accident Prevention

The use of electric bicycles and scooters (E-bikes) has surged in recent years. Technically known as “motorized micro-mobility devices”, they are relatively low cost and helpful to the environment, but improper use has unfortunately resulted in thousands of hospital visits. New research shows that E-bike accidents fall particularly hard (pardon the pun) on riders who don’t wear helmets.

A recent article in the JAMA Surgery (Journal of the American Medical Association) indicates helmet use *declined* by almost 6 percent each year between 2017 and 2022. During the same time, E-bike riders with head trauma seeking hospital care shot up 49 fold to nearly 8,000 in 2022.

<https://jamanetwork.com/journals/jamasurgery/fullarticle/2815376>

The study found only 44% of injured e-bike riders wore helmets. It estimates that between 2017 and 2022, there were about 46,000 emergency department visits related to E-bikes, representing a 43-fold rise over those five years.

Traumatic brain injuries tend to be more severe in E-bikes than in traditional pedal-powered version. Electric bikes can travel much faster, up to 20 miles per hour, without being considered an ‘electric motorcycle’ by the Consumer Product Safety Commission and the National Highway Traffic Safety Administration. This makes the impact on an unprotected rider much more severe. Bottom Line: Use your head! Wear a helmet!

March is Ladder Safety Month



Studies show over 300 people die in ladder-related accidents each year, and 164,000 are treated for injuries related to falls. Ladder-related injuries and fatalities are preventable

with thorough safety planning, training, and proper inspection prior to use. OSHA recommends:

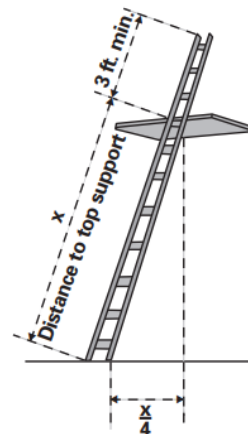
- Read and follow all labels/markings on the ladder.
- Avoid electrical hazards! – Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed energized electrical equipment.
- Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded.
- Always maintain 3-point contact (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing (see Figure 1).
- Only use approved accessories (ladder levelers, jacks or hooks).

Figure 1



3-Point Contact

Figure 2



- Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.
- When setting up a ladder, place its base a quarter of the ladder working length from the wall or other vertical surface (see Figure 2).
- Use a ladder only on a stable and level surface, unless it has been secured (top or bottom). Do not place a ladder on boxes, barrels or other unstable bases for additional height.
- Do not exceed the maximum load rating of a ladder. Be aware of the ladder’s load rating and of the weight it is supporting, including the weight of any tools or equipment.

<https://www.laddersafetymonth.com/About/National-Ladder-Safety-Month/>

https://www.osha.gov/sites/default/files/publications/portable_ladder_qc.pdf

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