



July 2019

The Safety Chain

Kentucky Wing CAP
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Summer has finally arrived. The days are longer, we are spending more time enjoying the outdoors, and with that I want to pass on some safety tips, both when involved in activities at CAP and at home as well. When spending time outdoors you will want to use a broad spectrum sunscreen with an SPF of at least 15 or greater. For maximum protection be sure to follow the directions on the sunscreen bottle, and don't forget to cover areas such as your nose, ears, your neck and so on. Reapply the sunscreen about every two hours. Also be sure to wear protective clothing.

This leads me to the topic; ticks and mosquitos. Use an insect repellent such as Permethrin for greater protection. Make sure you are wearing a hat with a wide brim to help protect your head. I know that not all CAP uniforms require a head cover, but wear one anyway. This will help keep ticks out of your hair. But ticks can attach themselves to your clothing, therefore wash and dry your uniform and other clothes in a hot dryer to kill any ticks present. Learn the symptoms of tick-borne diseases. Check your skin and clothes for ticks every day. The immature forms of these ticks are very small and may be hard to see. If you develop symptoms of a tick-borne disease seek medical attention promptly. Be sure to tell your health care provider that you were in an outdoor area where ticks may be present.

Mosquitos are also a problem. Don't leave pools of standing water around where mosquitos can breed. To prevent mosquito bites, use EPA registered insect repellent with DEET and wear long-sleeve shirts and long pants. Be sure to read product labels when using insect repellent and apply as directed for maximum protection.

And last, summer is grilling out time. Check gas grills for leaks or breaks in the hose and make sure that all fittings are tight. Be sure to clean the grill before each use to eliminate fire hazards posed by heavy grease buildup. A clean grill is a safe grill. Never grill indoors your house or other lodging, on a balcony, or in the garage. Grill only in the open outdoors. Keep a fire extinguisher nearby for safety as well. Also keep a spray bottle with water nearby to douse any small fire startups that may occur before the flames get out of hand.

When lighting a charcoal grill and you are using lighter fluid never spray more starting fluid into the grill to get the charcoal briquettes burning faster once the fire has started. You may suffer a flashback where the fire in the grill travels up the lighter fluid toward your hand and body. And never use gasoline to start the fire in a grill.

One additional item. Don't horseplay. Although I could not find data on mishaps caused by horseplay, horseplay, although may be fun in the moment can ruin a person's enjoyment for days and weeks after the mishap. Let's make a pledge to have no horseplay.

By now you probably have heard about the eight-year old Girl Scout who was killed by a falling tree. I don't know if the tree was rotted out or was dead timber. I don't know what caused the tree to fall at the time that it did. I know she was with other members of her troop. So be aware of your surroundings at all times. If in doubt, get assistance.

And, thanks to Maj Tony Riegling. He sent me the following link from the National Weather Service (NWS): <https://www.weather.gov/safety/heat-index> This webpage has a color-coded chart helping you to identify the heat index zones from caution to extreme danger. Again, thank you Maj Riegling for sending me the link.

Above all, have a safe and enjoyable summer.

Semper Vigilans