

Inside this
issue:

Safety Focus 2014	1
Photo Contest	2
Accident Reporting	2
Avoid Fitness Injury	2
Safety Awards	3
US Army Safety Guardian Award	3-4
New Safety Regula- tion 385-10	4
Motorcycle Training	5



Safety Manager
LTC Edward Mikula
614-336-7292
edward.l.mikula.mil@mail.mil



Safety Specialist
CW3 Annet Hix
614-336-7448
annet.l.hix.mil@mail.mil



Safety Specialist
ILT Kristin Cruikshank
614-336-7443
kristin.l.cruikshank.mil@mail.mil



Safety Specialist
CW4 David McDaniels
614-336-7483
david.j.mcdaniels.mil@mail.mil

Safety Office Internal Email:

Distro name:
[NG OH OHARNG List](#)
[NGOH J3 SSO](#)

Distro email:
ng.oh.oharng.list.ngoh-j3-sso@mail.mil

Safety Stand Down

State Safety Office Biannual Newsletter—January 2014 Issue

Mission Statement of the State Safety Office:

“To preserve the resources of the OHARNG by ultimately eliminating losses due to injury or illness to personnel or damaged equipment, through the prevention of accidents.”

Safety Focus 2014

LTC Edward Mikula

Happy New Year! I hope that all of you have safe and happy 2014. Here's what's going on in safety for this coming year:

New Staff Members. Since our last newsletter, we have had some personnel changes in the Safety Office. SFC Gary Boyd deployed with the 371st SUS BDE, leaving his position open. We were able to hire ILT Kristin Cruikshank, as the permanent fill for his vacated spot. Additionally, we now have CW4 David (Jim) McDaniels in the office to assist with our facility inspection program. In regards to the inspection program, we will accelerate our annual cycle somewhat this year. This is due to Mr. McDaniels ability to focus on this program exclusively over the next six months. Our goal is to have them all completed by July 1, 2014. If you are a facility owner, you will hear from Mr. McDaniels in the next few months to coordinate a date and time for your facility inspection that works well with both the Safety Office and your operational needs.

TY-2014 Annual Training Safety Video and Force Safety Guides. The Annual Training video was completed in mid-December. Once it is edited and ready for distribution, a FRAGO will be sent as a notification that the video has been posted to TAGNet. I am expecting it to be no later than mid-January. The Force Safety Guides are completed and ready for distribution. We will issue these at the MSC ADSO safety training beginning in February.

Compliance Programs: In 2014, we will publish our Accident Compliance Program which will reflect

the changes published in new AR 385-10 (please see Mr. McDaniels' article on page four for a preview of the changes to the Army Safety Program). This Compliance Program will streamline the requirement to notify the safety office of an accident within 24 hours by having all accidents and injuries reported through the JOC. Reporting through the JOC will eliminate duplication and will increase efficiency in communication among leadership. We will also launch our Explosive Safety Compliance Program. This will explain how ammunition is to be transported and stored, in addition to addressing required training for Soldiers who handle, store, and manage ammunition and explosives.

Motorcycle Training: On February 14, 2014, Motorcycle Ohio will open their registration page so new and experienced riders can sign up for their required safe riders course. Army Safety is putting a full court press on Motorcycle Training. As you will see in the new AR 385-10, there is a whole section devoted to training requirements. So instead of falling out of compliance with the regulations, why don't you decrease your insurance rates and increase your odds of survival in the event of a crash? You can do this by signing up for your required course through Motorcycle Ohio. For more information regarding this and other training opportunities, please refer to the article on the last page.

Once again, I hope everyone has a **Happy and Safe 2014!**

Safety Photo Contest

LTC Edward Mikula

The Safety Office is kicking off our 2nd Annual State Safety Office Photo Contest on 2 January 2014. We will award winners for the three best photos. The top eight photos will be featured in the Safety Stand Down July 2014 issue. A full list of all the contest rules can be found on the TAGNet Safety Page under "Document Library". If you don't

have access to TAGNet, please request a copy of the contest rules by e-mailing the Safety Office (email distro information is to the left). Finally, please keep the CRM process in mind while taking photos. We wouldn't want anyone to create an unsafe situation by taking a photo when attention should be focused on other tasks.

The How's and Why's of Accident Reporting

ILT Kristin Cruikshank

Accidents are costly, which means Leaders and Soldiers cannot and should not be willing to pay the price. Lost lives, decreased mission readiness, millions of dollars worth of medical treatments, worker's compensation benefits, and equipment repair costs vastly reduce the Army's already diminishing resources. By accurately reporting accidents in a timely manner, safety professionals are able to identify trends and take action to help prevent future occurrences. If your unit experiences an accident, please take the time to investigate the circumstances and report it to the Safety Office. Like the old adage goes, "prevention is better than a cure."

Individual units, their higher headquarters, the Ohio Army National Guard, the National Guard Bureau, and the U.S. Army Combat Readiness/ Safety Center (CRC) gather accident information to track and analyze trends to identify means to keep our Soldiers safe. This information gathering is an effective technique for accident prevention. It is through investigations and reporting of accidents that leaders learn specific causes and/or broad problem areas that need attention to protect our ranks. Shared information regarding accidents have lead to improved policies, procedures, and equipment that protect the lives and limbs of Soldiers.

In Ohio, we initiate the accident notification process by forwarding a PANC (Preliminary Accident Notification Checklist), no matter how minor the incident, to the Safety Office via the JOC. If the Safety Office determines that the accident falls within the federal reporting laws and regulations, we will require the unit to complete an AGAR (Abbreviated Ground Accident Report). This report is sent straight to the unit's higher headquarters, on to the State Safety Office, through NGB and then to the CRC, giving each unit/agency an opportunity to collect and interpret trends. An accident could happen for many reasons and at the time of the incident, the factors or multiple influences which caused the occurrence might not be immediately evident. Reporting an accident using the PANC will equip the safety field to assist units with identifying causes and controlling future occurrences.

What Is An Army Accident?

What should you be reporting?

- * Occupational illness to Army military or civilian personnel
- * Injury to on-duty Army civilian personnel
- * Injury to Army military personnel (on or off duty)
- * Damage to Army property
- * Damage to public or private property, and/or injury or illness to non-Army personnel caused by Army operations

**"Learn from the mistakes of others.
You can never live long enough to
make them all yourself."**

- Groucho Marx
(US Staplehead Comedian/ Film Star)



Avoid Fitness Injuries in the New Year

ILT Kristin Cruikshank



A lot of injuries are a result of individuals not taking the time to loosen their muscles. A good warm up will last at least 5 minutes.

Listen to Your Body. Do not continue with your workout if you feel any uncomfortable popping, a tearing sensation, or an acute or sharp pain. You can always make simple modifications to your routine until you are healed.

Stay Well-Hydrated. It's recommended that you drink about a quart of water within two hours of a workout and then drink a cup every fifteen minutes during.

Rest and Recover. Exercising too hard for an extended period can lead to overtraining syndrome and possibly reduce your immunity.

Wear Your PPE. Helmets, protective pads, mouth guards, and other safety

gear are what smart athletes take advantage of to prevent common injuries.

Stay in Control. During strength training, remember to never hold your breath, don't lift weight that you are not strong enough for, and use a spotter for heavy sets.

Start Slow. Prepare your body properly to reach your fitness goals and don't expect to see results in the first week. You will achieve your goal if you stay focused and take your time.

Remain motivated to reach your fitness goals while keeping the basics in mind to avoid injury. Exercise keeps us healthy, as well as makes us look and feel better, so it's a great resolution to have. While working towards your goal, keep yourself safe and don't let any of these tips be an afterthought. Good luck this

For many people, "Getting Fit" will be their New Year's Resolution. Ever notice that gyms become unusually busy after the first of the year? Regular exercise has been associated with so many health benefits that it's hard to ignore. If you are embarking on a new exercise routine, keep the basics in mind to avoid injuries and to be successful.

Always Warm Up Before Exercising.

Safety Awards

CW3 Annet Hix

2014 Safety Impact Award State Winners

Quarterly Winners:

1st Quarter:

ISG Charles Nikic
STC
SPC Robert Betkowski
16th ENG BDE

2nd Quarter:

2LT David Croom
SGT Brendon Smith
73rd TRP CMD

3rd Quarter:

2LT Shane Leary
MSG Christopher Frantz
16th ENG BDE

4th Quarter:

CW2 Ronald Lozier
SGT Joseph Hernandez
73rd TRP CMD

Annual Winners:

CW2 Ronald Lozier
73rd TRP CMD
ISG Charles Nikic
STC

State Safety Impact Awards Program

The Safety Office would like leaders at all levels to reemphasize the State's Safety Impact Awards Program. This program provides units the ability to recognize safety achievements and accomplishments by rewarding individuals openly in front of their peers and ultimately enhancing their safety culture.

The cost of the impact awards are covered by the State Safety Office! Submission are on a quarterly basis. All Brigade submissions must reach the State Safety Office no later than two weeks prior to each State Safety QIB which usually coincides with the Chief of Staff's quarterly meeting with his Administrative Officers. Submission are from the prior quarter. For example, the 16th Engineer Brigade is submitting their nominees to the State Safety Office on February 1st, two weeks prior to the 2nd Quarter State Safety QIB. Their two nominees will be one officer and one enlisted and are the BDE's top two picks from all the submissions received from their HHC and Battalions from the prior 1st quarter, October 1st through December 31st. Each Brigade has an established timeline in which subordinate unit submissions are to reach the Brigade once the prior quarter is closed, so their two nominee submissions can reach the State Safety Office by the deadline.

Federal Award Submissions

In addition to our State's Safety Impact Awards Program, units can also submit their unit and/or individuals for a federal award via the US Army Combat Readiness Center (CRC). SGT Brian Brewster, Safety Officer for the 73rd Troop Command, submitted two individuals for the United States Army Safety Guardian Award. See SGT Brewster's article below for details on these award submissions. He provides descriptions of these awards in order to assist other units with recognizing types of actions that warrant recognition. He also provides units with the regulation that governs the submission and awarding process along with a link to the CRC's website for additional information and guidance. Thank you SGT Brewster for your newsletter article. We are sure it will help many who would like to pursue these federal safety awards.

United States Army Safety Guardian Award

SGT Brian Brewster

Do you have a Soldier who, through extraordinary individual action in an emergency situation, prevented an imminently dangerous situation, prevented injury to personnel or to a civilian, and/or minimized or prevented damage to Army property? If so, you might want to consider nominating them for the Army Safety Guardian Award and getting them the recognition they deserve. This award is presented by the Office of the Director of Army Safety (ODASAF).

The process is pretty simple. You will need to create a THRU memorandum with supporting documentation. On the Army Combat Readiness Center website, you will find a word document template (Army Headquarters Safety Award Example) which can be accessed via the following link: <https://safety.army.mil/awardsprogram/PROGRAMSPOLICIES/tabid/343/Default.aspx>. Next, you will want to refer to DA PAM 385-10, para 6-3d. This paragraph will provide all the necessary requirements for submitting the nomination.

Recently I had the honor of submitting two nominees for this award. My first nominee was SGT Christopher Jurgens with the 135TH Military Police Company. On January 4, 2012, SGT Jurgens witnessed a vehicle swerving, eventually leaving the roadway and careening into the Great Miami River. He witnessed a lone female occupant freeing herself from the vehicle before it sank. The female was able to cling onto a log as it passed by. SGT Jurgens, judging the speed of the river and the female, dove into the water which was just above freezing temperatures along with an air temperature of 22 degrees. He was able to retrieve the woman and safety swim back to the bank with her in tow. Huber Heights Fire Chief characterized his act

(Continued on the page 4)



United States Army Safety Guardian Award—Con't

as a “swift water rescue”. The Mayor of Huber Heights presented SGT Jurgens with the Award of Valor, the highest award for a civilian.

My second nominee was SPC James Potteiger with the 323D Military Police Company. On June 22, 2012, SPC Potteiger observed a car in his rearview mirror leaving the road, hitting a ditch, and flipping over several times before eventually landing in the upright position. He immediately turned his car around and drove back to the accident. SPC Potteiger then valiantly exhibited the Army Value “selfless service” as he ran to the car which by this time had caught fire. The driver was unconscious and trapped by his seatbelt. Working with the assistance of bystanders, they were able to cut the driver from his seatbelt and free him from this burning vehicle. The man sustained multiple injuries from the crash including a severe cut to his arm that was bleeding profusely. SPC Potteiger utilized his Combat Life Saving training by evaluating the casualty and administering the proper treatment by applying pressure dressings and an improvised hasty tourniquet. Both doctors and EMS personnel credit SPC Potteiger’s quick, decisive, and accurate casualty assessment and treatment with saving the life of the motorist.



New Safety Regulation AR 385-10

CW4 David McDaniels

The Army Safety Program has an updated regulation. AR 385-10 is now available, effective 27 Dec 2013. The August 2007 version had a Rapid Action Revision that updated the regulation two years ago. So what has changed? Several items have changed and to see all the updates, I would recommend that you download the regulation from our State Safety website. However, let me briefly highlight the few that will affect Ohio Guardsmen.

First on Accident Reporting. The Army Regulation has updated the policy on accident reporting for Class D and E accidents. This is located in Chapter 3 para 3-4. Here’s is what we need to know.

Class D accident. An Army accident in which—

(1) The resulting total cost of property damage is \$20,000 or more but less than \$50,000;

(2) A nonfatal injury or illness results in restricted work, transfer to another job, medical treatment greater than first aid, needle stick injuries, and cuts from sharps that are contaminated from another person’s blood or other potentially infectious material, medical removal under medical surveillance requirements of an OSHA standard, occupational hearing loss; or

(3) A work-related tuberculosis case.

Class E ground accident. An Army ground accident in which the resulting total cost of property damage is \$5,000 or more but less than \$20,000.

Class E aviation accident. An Army avia-

tion accident in which the resulting total cost of property damage is \$5,000 or more but less than \$20,000.

The past Army Regulation 385-10 did not fully cover the cost of accidents, so



this has now been resolved.

Motorcycle Training. Second, if we look in Chapter 11, paragraph 9 of this regulation, there is a section on Motorcycle Safety. This too has been updated and provides for as well as defines what Motorcycle training and Progressive Motorcycle Programs are required for all Army Personnel.

If you are not familiar with the Progressive Training Program, it is designed to consistently keep MC operator training current and sustain or enrich rider skills. The program consists of the following courses: BRC, ERC/BRC-II, MSRC/ARC, MRT, and sustainment training. Currently, OHANG conducts training as a joint venture with the OHARNG. For more information on this program, please look at the State Safety website on TAGNet.

Lastly, this updated Army Safety

Regulation covers or addresses the following areas by chapter:

Army Safety Program
Strategic Planning, Army Safety Program Structure, Safety Program Evaluation, Councils, and Committees.
Accident Investigation and Reporting
Contracting Safety
Explosives Safety Management
Public, Family, Child, and Youth, Off-Duty Recreation, and Seasonal Safety
Radiation Safety Management
Safety Awards Program
System Safety Management
Training Requirements
Motor Vehicle Accident Prevention
Force Mobilization
Tactical Safety
Safe Cargo Operations
Aviation Safety Management
Occupational Safety and Health Program (Workplace Safety)
Workplace Inspections
Industrial Operational Safety
Emergency Planning and Response
Infectious Agents and Toxins
Chemical Agent Safety Management
Marine Activities
Medical Safety
Facility Reuse and Closure
Electrical Safety Program
In conclusion, as you can readily see by the many chapters that are listed above, safety covers many aspects to our everyday lives. So Commanders, Leaders, and Supervisors, please get involved with your safety program and make the Ohio Army National Guard the Standard for all others to follow.

Motorcycle Training—2014

LTC Edward Mikula

Motorcycle Ohio begins their **2014** registration process on **February 14th at 8:00 AM**. Students can enroll on-line at the following link: <http://www.motorcycle.ohio.gov>.

If you are unable to get registered, Motorcycle Ohio encourages you to keep checking the schedule for openings throughout the season as they update their site daily. You may also attempt to be a walk-in at a class that is scheduled and currently full. Motorcycle Ohio's walk-in policy is located at the following link: <http://www.motorcycle.ohio.gov/Walk-inPolicy.pdf>. If you continue to have trouble getting registered, contact the State Safety Office (SSO) for assistance.

From time to time, the Air National Guard sends us information on "military specific" training opportunities that will be conducted throughout various locations within the state. This training is free to all military members. The SSO

will communicate these classes through A-distribution e-mail once the details are announced. We will also place the dates on our TAGNet Safety page. This Motorcycle Training is affiliated and sanctioned through Motorcycle Ohio.

Currently, any Motorcycle Ohio class for minors or adults is \$50.00, and as long as you take and pass the Basic Rider Class, you may get your "M" Endorsement added on your license without any further exam. The cards are good for 60 days from the completion of the class. The class is mandatory for minors and a legal guardian must sign off on the class waiver prior to the minor participating in the training. You may take the class in any Ohio county that offers courses. There is no wait-list and you will need a valid permit when you register and show up for class.

Additionally, the SSO along with USPFO have established a reimbursement process. Once you successfully

complete the course, contact the Safety Office and we'll walk you through the process. Unfortunately, not a lot of people sought reimbursement last year. Also, we are still offering an additional incentive for the first five people who seek reimbursement. Those riders will receive a safety vest that is equipped with LED lights making them much more visible while riding especially at night. Below is a photo of the vest. Feel free to drop by the SSO anytime to see one of these vests first hand.

NIGHT SAFETY™



ANSI Approved Model



Online Resources



Army Knowledge Online
www.us.army.mil/



US Army CRC
<https://crc.army.mil/home/>



TAGNet
<http://oh-tagnet/default.aspx>



The Ohio National Guard Website
<http://ong.ohio.gov>



Army Learning Management System
<https://www.lms.army.mil>



Digital Training Management System
<https://dtms.army.mil>



Motorcycle Ohio
www.motorcycle.ohio.gov