Winter Recreation/Off-Duty Safety
How to Prevent Mishaps
Risk Management - Five Step Process

- Hazard Identification
- Assess Hazards
- Make Risk Decisions
- Implement Controls
- Supervise/Evaluate
In October Navy Family Housing occupants experienced first really cold day. Occupants shifted from a/c to heating system. The next day at 0750, wife’s co-worker became concerned when she hadn’t arrived at work. Co-worker made several unanswered calls and at 0900, drove to residence. There was no response to knocks despite both cars being in the driveway. At 1200, co-worker called base security, who entered residence with a key. A Sailor and his four dependents died from Carbon Monoxide poisoning.
1. Hazard Identification

Hazards

• Missing Co Alarm
• Faulty Furnace
• Closed Fresh Air Make-up Vents
• Dirty/Clogged Filters
• Air Register Obstructed
• Blocked Chimney Flue
• Fuel Space Heaters
2. Assess Hazards

<table>
<thead>
<tr>
<th>Hazards</th>
<th>Severity/Probability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Faulty Furnace</td>
<td>Catastrophic/Likely To Occur</td>
</tr>
<tr>
<td>Fresh Make-up Air Vent Closed</td>
<td>Catastrophic/Likely To Occur</td>
</tr>
<tr>
<td>Dirty/Clogged Air Filters</td>
<td>Marginal/May Occur</td>
</tr>
<tr>
<td>Return Air Vent Obstructed</td>
<td>Marginal/May Occur</td>
</tr>
<tr>
<td>Blocked Chimney Flue</td>
<td>Catastrophic/Likely To Occur</td>
</tr>
<tr>
<td>Defective Fuel Space Heaters</td>
<td>Catastrophic/Likely To Occur</td>
</tr>
<tr>
<td>Missing CO Alarm</td>
<td>Catastrophic/Likely To Occur</td>
</tr>
</tbody>
</table>
3. Make Risk Decisions

Hazards

• Missing CO Alarm
• Fresh Make-up Air Vent Closed
• Faulty Furnace
• Blocked Chimney Flue
• Defective Fuel Space Heaters
• Dirty/Clogged Air Filters
• Return Air Vent Obstructed
## 4. Implement Controls

### Hazards
- Missing Co Alarm
- Fresh Make-up Air Vent Closed
- Faulty Furnace
- Blocked Chimney Flue
- Fuel Space Heaters
- Dirty/Clogged Air Filters
- Return Air Vent Obstructed

### Controls
- Install Alarm
- Establish Appropriate PM Schedule - QA Work
- Disallow Use In Quarters
- Change Filters Quarterly (Monthly For Pets)
- Keep Furniture Away From Vents
5. Supervise

- Housing inspector verifies alarm operation during occupant check-in/check-out - ensure return air duct not blocked - inform occupants on their responsibility to change air filters.

- Implement policy to ensure that CO awareness is publicized prior to and during each heating system.

- Annual fire department inspection of housing units to include proper maintenance and operation of CO alarms.
Eliminating Falls Around The Home

• Light Stairways
• Non-Skid Backing On Rugs
• Trip Hazards Off Stairways
• Ladders Not Chairs For Reaching Objects
Fire Safety In The Home

• Practice Exit Drills
• Be Attentive When Cooking
• Keep Matches And Lighters Out Of The Reach Of Children
• Don’t Overload Electrical Outlets
Fireplace Safety

• Get A Professional Check
• Do Not Use Flammable Liquids On The Fire
• Keep The Damper Open
• Use A Screen
• Make Sure Smoke And Co Alarms Are Working
Kerosene Heater And Coal Stove Safety

• Check With Your Housing Office
• Follow The Owner’s Manual Guidelines
• Use Fuel Appliances In Well Ventilated Areas
Christmas Tree Safety

- Check For Freshness
- Place It Away From Fireplaces And Radiators
- Before Mounting, Cut Its Base So It Can Absorb Water
- Check The Water Level Daily
Decorations Need Extra Care

• Approved Lights Only
• Frayed Wires And Broken Bulbs
• Flame-resistant Trimmings
• Going To Bed Or Leaving The House - Lights Off
Keep The Magic In Holiday Parties

• Snacks And Non Alcoholic Drinks
• Large Ashtrays For Smokers
• Provide Rides Home
Hypothermia Kills

- Head
- Lower Torso
- Under Arms
Snow Skiing Safety

- Training
- Safety Equipment
- Layers Of Clothing
- Ski Regulations
- Stay On Marked Trails
- Ski Within Your Limits
- Alcohol And Skiing Don’t Mix
Snowmobile Safety

- Training
- Follow Owners Manual Guidelines
- Safety Helmet With Chin Strap
- Eye Protection
- Thin Layers Of Clothing, Boots And Gloves
- No Alcohol
Skating On Ice Can Be Fatal

- Skate at commercial rinks, if possible
- Use supervised areas with ice four inches thick
- Ensure rescue ropes and ladders are available
- Skate with a friend

Skating on ice can be fatal.
Clearing Snow Safely

• Use A Snow Shovel With A Long Handle
• Lift With Leg Muscles, Not The Back
• Know Your Limits
• Do Not Smoke Or Drink Alcohol
Chainsaw Safety

• Follow Manufacturer’s Recommendations
• Training
• PPE
• Anti-Kickback Devices
• Cut Between Knee And Waist
• Safe Refueling
How To Jump-Start A Vehicle

1. Connect the positive terminal of the booster battery to the positive terminal of the dead battery.
2. Connect the negative terminal of the booster battery to the negative terminal of the dead battery. Do not connect it to the engine block or any metal part of the vehicle.
3. Connect the negative terminal of the booster battery to a metal part of the vehicle that is not the engine block, to avoid creating a short circuit.
4. Start the engine of the vehicle with the booster battery and then start your vehicle with the booster battery, releasing it when the engine of your vehicle starts.
The End