

Safety Stripes



Shipmates Helping Shipmates, the VP-8 Way!

Complacency Kills!

The Fighting Tiger Safety Department, has identified the following trends throughout the command:

- Sports and exercise related injuries. *In the time it took to route this newsletter we had TWO sports related ankle injuries!*
- Complacency: People starting to focus on the end of deployment.
- Heat related injuries associated with the rapidly increasing temperatures.



It is easy to go through the motions of work, especially for repetitive tasks. Prior to your next work center evolution or group sport activity, take a moment for some critical Operational Risk Management. Using the skills we learn from ORM can help mitigate the looming threat of injury. Maintain the positive attitude and safety practices we have had since we arrived on deployment. **KEEP YOUR HEAD ON A SWIVEL!**

By: AWF2(NAC/AW) Tosten

Heat Index and Hydration:

It's getting toasty out there! Let's be honest though – we are in the DESERT. We all knew it was going to be hot. How hot exactly you may ask? Well, let's take this month for example.

May has an average temperature of 96°F, not too bad. However, add in 50% humidity and, as we all know from living in Jacksonville, it's not going to feel like 96°. Add in a record high of 112°F and we have some pretty hot times up

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Assistant Safety/NATOPS
Officer
LT Marschall

Safety/NATOPS Chief Petty
Officer
AWFC Adkins

Aviation Safety Officer
LCDR Tharp

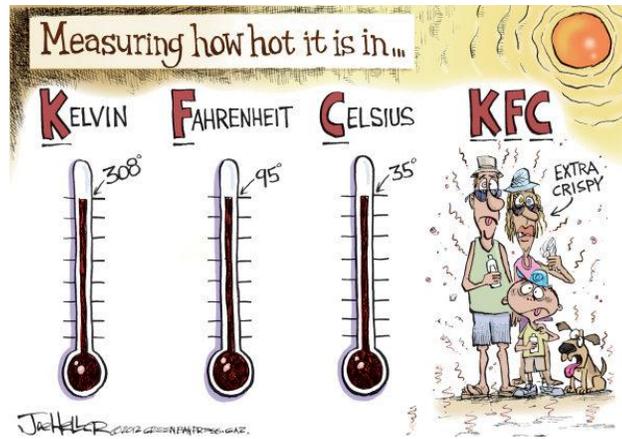
Ground Safety Officer
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Ground Safety Petty Officer
AWF1 Adair

Safety Petty Officer
AWF2 Tosten

ahead! June's average temperature is about 100°F, so it's time to take the threat of heat related injuries even more seriously than we already do.

We've all seen the graphic of the White / Green / Yellow / Red / Black Heat Index. The rule of thumb for this chart is that while wearing any sort of PPE (helmets, jersey, gloves, boots, etc.), you are supposed to add 5°F to the index. In other words, if it is a nice, mild, 95°F day outside, your body will feel like it's 100°F.



The other fact to consider is that this isn't your usual desert climate – we are literally within walking distance of the gulf and the humidity makes it 'feel' much hotter than it actually is. This is known as the 'heat index'. The thermometer may say 95, but the heat index may be 110 – this is what your body will feel while working outside.

We have been driving this topic home all deployment – it's going to get hot. Now that it's May, it's finally here. Realize that with the humidity, it can be much hotter than the thermometer reads, and wearing your PPE (which is always a MUST, even with the heat) will easily add 5°F to your body's temperature. Be sure you are drinking adequate amounts of water (about 1 bottle an hour while on the flight line) and stay cool in whatever ways possible. Heat injuries are serious and have taken lives in the past. Let's do everything we can to prevent them so we can all get home safely.

From VP-8 Medical, thank you for all you do! Stay safe, stay cool, stay hydrated, and stay MOTIVATED!

By: HM3 Purcell

Bravo Zulu:

- The Safety Department would like to thank all Presenters and Participants in the April Safety Stand Down. Without your efforts it would not have been possible!



Closing:



With the lack of shade on the flight line, sometimes to remain cool you need to improvise and be creative. Just remember, don't get too creative.