

# Safety Briefing

*June 20, 2009*

Col James H. Kasler Senior Squadron

Civil Air Patrol

GLR-IN-069

# Safety Briefing Topics

1. Reminders about ORM and Aircraft Ground Handling
2. UV Light and Eye Damage
3. Driving Fatigue
4. *The Sentinel*

# Reminders

- **ORM:** Operational Risk Management course is now online. If you haven't already taken that, please do at:

<http://members.gocivilairpatrol.com/safety/orm.cfm>

- **Aircraft Ground Handling:** If you haven't already viewed the video and taken the on-line test, please do so at:

- [http://www.capchannel.com/ground\\_handling\\_video](http://www.capchannel.com/ground_handling_video)

Or

- Sign on to eServices, Select “CAP Multimedia”, “Video Courses”, then “View ..... Video”

# UV Light and Eye Damage

*This briefing topic is taken from the IA Wing Safety Manual, page 54*

- UV-A is largely filtered out by the ozone (O<sub>3</sub>) gas in the upper atmosphere.
- A great deal of the natural ozone shield has been depleted and much more of the harmful UV-A radiation now reaches the level of the biosphere where we live, work, and operate aircraft.
- The Environmental Protection Agency predicts 600,000 additional cases of cataracts annually due to the decrease in the ozone density.

# UV Light and Eye Damage

(continued)

- To filter out UV-A radiation and protect your eyes you need to wear proper sunglasses.
- Sunglasses are now on the market that will filter out 98% to 100% of this harmful radiation, many under \$20.
- Very dark glasses that are not designed to filter out UV-A are much more dangerous for your eyes than not wearing glasses at all. This is because the dark glasses will permit your pupils to dilate without providing the necessary protection.
- Pay attention to the kind of sunglasses you wear. Over the years you can damage your eyes profoundly by making the wrong choice.

# Driving Fatigue

*This briefing topic is taken from the IA Wing Safety Manual, page 36*

- The National Safety Council says that most people really do not realize that they are becoming too tired to continue driving.
- Fatigue leads to many injuries and deaths on our roads and highways.
- Fatigue causes judgment to be impaired, reaction time to be slowed, and reckless behavior.
- When you find yourself staring blankly, driving at varying speeds despite the conditions, or driving back and forth across lanes, it is time to stop and get some sleep.

# Driving Fatigue

(continued)

*Following are some tips to minimize the effects of fatigue on your driving.*

- When you feel the need for caffeinated drinks, or other stimulants to stay awake, you are too tired to continue driving.
- Avoid long drives at night. The glare of oncoming lights, plus the steady passing of dashed pavement marking, increases the danger of "highway hypnosis".

# Driving Fatigue

(continued)

- When drowsy, stop in a safe place and take a "cat nap". But do not stop on the shoulder of the road.
- Adjust your car temperature and ventilation so that it is not too comfortable. Keep it cool, turn up the radio volume, and avoid soft, relaxing music.
- Do not use cruise control when you are tired. Keep your body actively involved in the driving.

# Driving Fatigue

(continued)

- Watch your posture. Drive with your head up, shoulders back and legs flexed at about a 45-degree angle.
- Take a break at least every couple of hours, and move around enough to boost your heart rate. It will help improve your alertness.
- Do not let your eyes become fixed straight ahead. Scan the area ahead from side to side, and blink frequently.

# *The Sentinel*

## June Issue Topics

- Leadership in the Cockpit
- Doggie Door Hazards
- Bike Helmets
- Inanimate Objects and Backing Up Vehicles
- Vandalism Reports
- Form 78 Accidents & Incidents in April 2009

Please review the entire Sentinel.

May 2009 Code Word

Sunglasses