



# Marine Aircraft Group 26

## Safety Bulletin

09 JULY 2004

No. 46



### Photo of the Week... Heck of a Blind Spot

### Safety Summary



It's a common problem. You go to the hardware store and buy some lumber, or sheet rock, or plywood. Then you realize, *Shucks, all I've got is a small car, how am I gonna get this stuff home?* Well, most

people find a way to do it with minimal risk to those around them. This fella, however, seems to be a few links short of a chain-link fence. After tying this limpy lattice to his Le Baron, he drove off. Just like this. Window blocked and everything. I'm guessing he popped his head out the window like a dog to see where he was going, cuz there's no way he could see through his windshield. Crazy, huh? Well, remember this the next time you're going to get some big items at the store. Don't block your view, make sure it's not too heavy for your car, ensure it's secure, and never, ever, rely on your own strength to hold something down while you're driving.

DURING MAY, **FOUR** MARINES DIED IN OPERATIONAL MISHAPS AND **NINE** MARINES DIED IN NON-OPERATIONAL MISHAPS. THERE WERE NO REPORTED AVIATION MISHAPS.

#### - OPERATIONAL

(1) A LCPL DIED IN A HMMWV MISHAP. THE LCPL WAS RIDING IN THE RIGHT REAR PASSENGER POSITION DURING REHEARSALS FOR LIVE FIRE EXERCISES WHEN THE DRIVER LOST CONTROL. THE LCPL WAS EJECTED FROM THE VEHICLE, AND THE VEHICLE ROLLED OVER TRAPPING HIM UNDER THE HMMWV.

(2) A PFC COMPLETED A PFT AND HAD TROUBLE BREATHING. HE WAS TREATED AT THE BAS, LOST CONSCIOUSNESS, AND WAS TRANSPORTED TO THE EMERGENCY ROOM WHERE HE DIED THE NEXT DAY FROM CARDIAC ARREST.

(3) A PFC WAS FOUND LYING UNCONSCIOUS OUTSIDE HIS BILLETING TENT BESIDE AN OPEN ELECTRICAL JUNCTION BOX IN AL ASAD. HE WAS TAKEN TO THE SURGICAL COMPANY WHERE HE WAS PRONOUNCED DEAD.

(4) A CPL RIDING AS A PASSENGER WAS KILLED WHEN THE LVS HE WAS IN WAS INVOLVED IN A VEHICLE CRASH.

#### - NON-OPERATIONAL

(1) TWO LCPLS WERE KILLED IN A SINGLE VEHICLE ACCIDENT WHERE THE VEHICLE LEFT THE ROAD AND STRUCK A TREE DURING WET CONDITIONS.

(2) A PFC WAS PRONOUNCED DEAD AT THE SCENE WHEN THE VEHICLE IN WHICH SEVERAL MARINES WERE RIDING COLLIDED WITH ANOTHER VEHICLE AND ROLLED SEVERAL TIMES.

(3) A LCPL, RIDING AS A PASSENGER, DIED OF SEVERE HEAD TRAUMA SUSTAINED IN A PMV ACCIDENT THAT OCCURRED ON 24 APRIL 04; THE LCPL WAS TAKEN OFF LIFE SUPPORT ON 3 MAY 04.

(4) A CPL WAS KILLED IN A MOTORCYCLE ACCIDENT. NO ALCOHOL WAS INVOLVED. THE ACCIDENT IS CURRENTLY UNDER INVESTIGATION.

(5) A SGT, RIDING AS A PASSENGER, WAS KILLED IN A PMV ACCIDENT THAT IS CURRENTLY UNDER INVESTIGATION.

(6) A LCPL WAS STRUCK BY A VAN IN TRAFFIC IN OKINAWA AFTER EXITING A TAXI AND ATTEMPTING TO CROSS THE STREET. THE REPORT INDICATED ALCOHOL INVOLVEMENT BY THE DRIVER OF THE VAN.

(7) A CPL, RIDING AS A PASSENGER, WAS KILLED IN A SINGLE VEHICLE ACCIDENT IN MARYLAND. ALCOHOL INVOLVEMENT WAS INDICATED.

(8) A PVT WAS THE DRIVER OF A VEHICLE WITH THREE OTHER MARINES AS PASSENGERS. THE PVT LOST CONTROL OF THE VEHICLE, ROLLED IT, AND LATER DIED FROM MAJOR HEAD TRAUMA AND INTERNAL BLEEDING.

### What's PMO been up to...

30 June– 06 July 2004

- Speeding in a school/housing zone: 3
- Driving without a valid registration in possession: 4
- Speeding : 4
- Expired state inspection: 2
- No state inspection: 2



## MOTOR VEHICLE SAFETY COURSES

### DRIVER IMPROVEMENT COURSE

Date: 14 July

Place: AS-212, Room 121A

Time: 0730-1600 (first 25 Marines, so be early)

For planning purposes, we try to schedule the DIC class on the second Wednesday of each month. You will be notified of any change.

Driver's Improvement Class is required for all military personnel under the age of 26 - and must be completed within 90 days of arrival to their first duty station.

AS-212 is located on Bancroft St, next to the Station Headquarters, Pass & ID Building.

### REMEDIAL DRIVER IMPROVEMENT COURSE

Date: 9 Jul

Place: AS-212, Room 121A

Time: 0730-1130

Personnel who have been identified as exhibiting bad driving habits on and off base, or personnel who have been sentenced by the MCAS Traffic Court Judge to attend a Remedial DIC are required to attend this class.

### Motorcycle BASIC RIDER COURSE

Date: 21-22 July, 11-12 Aug, 25-26 Aug, 8-9 Sep, 22-23 Sep

Place: AS-320, Rm. 104

Time: 0800

#### REQUIREMENTS

Active Duty (Retired military welcome on space available basis)

Own Motorcycle

Motorcycle Learner's Permit or Endorsement

PPE requirements as addressed in MCO 5100.19E

Helmet (SNELL/ANSI/DOT Certified)

Impact/shatter resistant goggles or full faced shield attached to helmet

Reflective vest or brightly colored outer garment (for daytime use)

Hard sole shoes with heels (Leather boots or over the ankle encouraged)

Long sleeve shirt or jacket

Long legged trousers

Full fingered gloves or mittens

Classes are held at MCAS New River, for details and registration call , (910) 449-5440/6143.

### Motorcycle EXPERIENCED RIDER COURSE (11 hours)

Offered by Coastal Carolina Community College

Call 910-938-6294 Information and registration.

Course cost \$40.00.

### MOTOCROSS SAFETY TRAINING

1/2 day class (\$35.00 per student)

Starting and stopping motorcycle, emergency stopping, swerves, tight turns, jumping techniques, body position.

Full day class (\$70.00 per student)

Same for 1/2 day class, plus motorcycle maintenance up keep, track conditions, safety awareness, more in depth riding techniques.

Classes are held at Half Moon Mx Park 1037 Ramsey Rd. Jacksonville, NC 28546.

Phone 910-938-1346/910-577-5850 Instructor Donnie Davis.

## "Drive as if Your Life Depends on It"

Did you know 116 of our fellow citizens, almost all of whom are someone's friend, family and most beloved become a statistic each day? They are dying in tragic, and what are most often preventable accidents on our nation's roadways.

### What is a life worth?

Every twelve minutes a person dies on our roads; 42,815 people died in 2002. Our goal is to reduce the death toll on our roadways.

### You Can "Put the Brakes on Fatalities!"

The emphasis this year is "Slow Down, Buckle Up, & Drive Sober". There are three primary components to highway safety:

1. Driver behavior, (see list below)
2. Vehicle equipment, design and maintenance
3. Roadway design, signage and road improvements

Reducing our nation's unacceptable highway death toll will require continued improvements to all three areas.

### Safe Driving Behaviors

- Be Physically Sound & Mentally Sharp
- Always Buckle UP
- Pay Complete Attention on Driving
- Follow Posted Signs & Striping
- Maintain Safe Speed for Conditions
- Maintain Safe Following Distance
- Maintain Clear Sight Picture
- Be a Courteous & Conscientious Driver
- Be a Defensive Driver

Please share this important safety initiative throughout your circle of influence and with the media. We need your help to "PUT THE BRAKES ON FATALITIES."

For more information, go to <http://www.brakesonfatalities.org/>

### STUPID HUMAN TRICKS...

- In San Jose, California, Herman, an avid hunter, used the butt of his shotgun to bash his girlfriend's windshield during an argument. But his loaded gun accidentally discharged into his stomach, killing him and ending the argument.
- Iraqi terrorist Khay Rahnajet, didn't put enough postage on a letter bomb, and it came back marked "return to sender." He opened the package and was blown away.
- Two animal rights activists were protesting the cruelty of sending pigs to a slaughterhouse in Bonn by freeing a captive herd. Suddenly, all two thousand pigs stampeded through the gate they were opening, and trampled the hapless protesters to death.

# Post 4<sup>th</sup> of July Thoughts

An Editorial By: SSgt Edw. S. Heyward

So as far as I can tell, HQ MAG-26 did not have any “incidents” reported over the 4<sup>th</sup> of July weekend. So let me be the first to say congratulations, and I am proud of all of you for not getting caught, or blown up to the point of needing medical attention.

I woke up sometime in the early evening of the 5<sup>th</sup> and looked out over my yard. WOW!! Come to find out that the only thing in this world that can completely trash any given area faster than my 3 year old is 25 drunken patriots in a proverbial feeding frenzy of beer and roasted chickens. In any case I realized that there was absolutely no way I had the energy to do any type of cleaning on Monday, so I shut the blinds, hoped the neighbors didn't mind and took my butt to the couch. I figured I was pretty dehydrated considering the fact that I could not remember lemon Jell-O on the hydration chart we all miss so much from boot camp, so I started drinking water, and a lot of water, because I had a lot to in the yard the next day and come to find out North Carolina is actually closer to the sun than any other state except Arizona, so it was going to be just this side of hotter than hell...literally.

So morning rolls around and it's time to get to work, so off I go. I get outside and realize that it is hot out I mean HOT. No big deal though, I was hydrating last night, right? Oh man was I wrong. I bet you are waiting to hear about how I passed out, and my wife had to fireman's carry me into the house and all that other household heroic bull, but I didn't. What did happen though, were one heck of a headache, some serious fatigue, and some confusion on why I was feeling so poorly.

Now I was absolutely certain that the bottle of tequila I drank with my friends and the 12 or 15 beers I drank through the course of the evening had absolutely nothing to do with it. I must have eaten something or been fighting a cold or something right? Wrong. The heat index for the 6<sup>th</sup> of July was around 105 degrees, and I did spend the previous day hung over, but I was hydrating, and that is what keeps the body cool and functioning in the heat right? Well yes and no.

Yes, hydration does aid in keeping the body cool, and running smoothly. However, I was not as hydrated as I thought. You see boys and girls; it takes around 72 hours to hydrate yourself, yeah that long. Now am I saying that after a night of drinking, you need to spend 3 days taking it easy and drinking nothing but water? No, what I am saying is, you should be mindful of your hydration level at all times, especially when you know you will be partaking in activities that may dehydrate you, like drinking or being outdoors in the heat we have recently been blessed with. Now before I go I need to cover some things for “that guy” the following things, although made with water, do not hydrate you: Coffee, Soda, Juices, Milk, ect. I hope that was simple enough. Sports drinks are all right, they replace electrolytes and that is good, but NOTHING IS AS GOOD AS WATER, so drink plenty of it, and drink it often.

O.K. summary time, in short, stay hydrated it's healthy and will keep you in t he game we all call life a bit longer when exerting yourself in various activities this summer. I am glad to hear everyone made it back safe and sound, we must be doing something right. Have fun and stay safe.

SSgt Heyward