



# Newport News Composite Squadron

October 2012 Safety Briefing  
9 Oct 12





# Overview

- Safety Education Reminders
- October Safety Beacon
  - Real Learning through Flight Simulation
  - College Health and Safety
  - Safe America Kids
  - Car Fire Safety
  - Tire Safety
  - Halloween Health and Safety Tips
- Other Stuff



# Safety Education Reminders

- Active members are required to **complete safety education monthly and have it documented**. Documentation required for participation in activities. SAREX safety briefings **don't** count (ORM based).
- **Operational Risk Safety Briefings are mandatory**. Documentation not required (yet).
- **All current members** must complete, *Introduction to CAP Safety for New Members, ASAP (Prior to any other CAP activity)*.
- Online Safety Education
- Safety Alerts, Safety Suggestions – Online
- Improvement/Hazard Reports - CAP Form 26 has been phased out
- CAP Form 78 – Online Mishap Notification
- FAA Form 8740-5
- Pre-existing Conditions
- Cadet Medications
- **Individuals must be aware of their safety education currency.**



# CAP SMS Page

## CAP - Safety Management System(SMS)

eServices | Sign Out | Jeffrey A. Rowell

### About SMS

Overview

### Home

Home

### Education

Education Validation  
Log Safety Education  
Online Education

### Misc

Aircraft Ground Handling  
Check Safety Currency  
File Hazard Report  
Member Search  
Reports  
Safety Day/ORM Report

### Safety Mishap

File New Mishap(1)  
Manage Mishap Report  
Statement Entry  
Update New Mishap(2)

### Survey

Safety Survey

### References

Regulation(R62-1)  
Regulation(R62-2)  
Safety Alerts  
Safety Resources

### Documentation

Tutorials

## CAP - Safety Management System(SMS)



### SAFETY MANAGEMENT SYSTEM (SMS)



SAFETY  
RESOURCES



SAFETY  
REGULATION  
(R62-1)



SAFETY  
REGULATION  
(R62-2)



ONLINE SAFETY  
EDUCATION



EDUCATION  
VALIDATION



LOG SAFETY  
EDUCATION



FILE  
HAZARD REPORT



SAFETY SURVEY



STATEMENT  
ENTRY



FILE NEW  
MISHAP (1)



UPDATE NEW  
MISHAP (2)



MANAGE  
MISHAP REPORT



MAINTENANCE  
MANAGEMENT



REPORTS



SAFETY ALERTS



CHECK SAFETY  
CURRENCY



MISHAP/FORM 5  
HISTORY



AIRCRAFT  
GROUND  
HANDLING

**CIVIL AIR PATROL**  
UNITED STATES AIR FORCE AUXILIARY

**CITIZENS SERVING  
COMMUNITIES**



# Safety Courses

<b>Elective Monthly Education Courses</b>	<b>Passing Score</b>	<b>Status</b>	
<a href="#">Downed Power Lines</a>	80	PASSED	<a href="#">Certificate</a>
<a href="#">Hurricane Preparedness and Awareness</a>	80	PASSED	<a href="#">Certificate</a>
<a href="#">Flooding</a>	80	PASSED	<a href="#">Certificate</a>
<a href="#">Winter Driving Safety</a>	80	PASSED	<a href="#">Certificate</a>
<a href="#">Wind Chill Index</a>	80	NOT TAKEN	Certificate
<a href="#">Spatial Disorientation</a>	80	NOT TAKEN	Certificate
<a href="#">Fundamental of Fire Extinguisher Training</a>	80	NOT TAKEN	Certificate
<a href="#">Geotagging</a>	80	NOT TAKEN	Certificate
<a href="#">National Safety Officer Brief - Winter Board 2011</a>	80	NOT TAKEN	Certificate
<a href="#">Hydration</a>	80	PASSED	<a href="#">Certificate</a>
<a href="#">Lightning Safety</a>	80	NOT TAKEN	Certificate
<a href="#">Bird Strikes</a>	80	NOT TAKEN	Certificate
<a href="#">Axes, Knives, and Saws</a>	80	NOT TAKEN	Certificate
<a href="#">FY11 Analysis and Recommendations</a>	80	NOT TAKEN	Certificate



# Safety Beacon

## Real Learning through Flight Simulation

- Article discusses different types of flight training devices.
- Trainers are available even when the weather is bad.
- Teaching is more productive without noise/turbulence.
- Biggest take away is that even if you can't take credit for all the time toward various ratings, it is good training.



# Safety Beacon

## College Health and Safety

- Get check-ups
- Get vaccinated – Boosters, meningitis, HPV, tetanus, flu
- Fight fatigue and sleep deprivation
- Get physical activity
- Eat a balanced diet
- Maintain mental health
- Avoid substance abuse
- Be informed of campus security
- Have healthy relationships



# Safety Beacon

## College Health and Safety

### Help Hotlines

- Emergency - 911
- CDC Health Topics – 800-CDC-INFO (232-4636)
- Drug and Alcohol Abuse – 800-662-HELP (4357)
- Mental Health Information Center – 800-789-2647
- National Domestic Violence Hotline – 800-799-SAFE (7233)
- National Suicide Prevention Lifeline – 800-273-TALK (8255)
- Rape, Abuse, and Incest National Network –  
800-656-HOPE (4673)



# Safety Beacon

## Safe America Kids

### Texting and Cell Phone Safety Tips

- Many cell phones access the internet – even more opportunities for hackers to create safety hazards
- Don't text and drive - Know the traffic laws concerning cell phones
- Pull over in a safe, lighted place to call for help
- Keep cell phone in pocket or purse
- Only use it in public when necessary – theft is a common crime
- Protect your privacy – never reply to text message from someone you don't know
- Be careful meeting someone in person you only met through texting
- Never give out personal information while using instant messaging
- Teach you parents to text



# Safety Beacon

## Car Fire Safety

- Pull over as quickly as it is safe to do so
- Once stopped, turn engine off
- Get everyone out of the car – never return to a burning car for anything
- Move at least 100 ft from burning car & away from traffic
- Call 911
- Have car serviced regularly
- Transport gasoline in small amount, in approved container
- Cracked/loose wiring or electrical problems
- Fluid leaks



# Safety Beacon

## Tire Safety

- Check tire pressure regularly (spare) – once/month
- Inspect tires for uneven wear, cracks
- Make sure tire valves have valve caps
- Check tire pressure before long trips
- Don't overload vehicle
- Know the recommended tire pressure
- Tires have built in tread wear indicators



# Safety Beacon

## Halloween Health & Safety Tips

- S – Swords, knives, etc should be short, soft, flexible
- A – Avoid trick-or-treating alone – walk in groups
- F – Fasten reflective tape to costumes
- E – Examine all treats for choking hazards
  
- H – Hold a flashlight while trick-or-treating
- A – Always test make-up in a small area first
- L – Look both ways before crossing the street
- L – Lower eye injury risk - don't wear decorative contacts
- O – Only walk on sidewalks whenever possible
- W – Wear well-fitting masks, costumes, and shoes
- E – Eat only factory-wrapped treats
- E – Enter homes only if with a trusted adult
- N – Never walk near lit candles or luminaries



# Extra Stuff

## AOPA Safety Seminar

- Monday, October 22, 2012
- 1900-2100
- Virginia Air & Space Center
- "Flying for a Lifetime"



# Extra Stuff

## Off Airport Landing

Lessons Reinforced  
By Mike Keefe

Two minutes  
20 seconds





# Until Next Month

- Discover, report, stop, share, listen, and learn. The things we have read about in this issue already have happened, so you are not allowed to experience these for yourself. **Remember to "Knock It Off" and slow down.** For streaming dialogues on some subjects, remember CAP Safety is on Facebook and Twitter. Have a good month.



# Lessons Reinforced

Sterile Cockpit

ORM

Situation Awareness





# Incident One

- On takeoff roll, pilot noticed right aileron not working
- Pulled tow release and stopped on runway





# Why?

- During assembly, pilot was interrupted with request for help on another aircraft.
- Aileron connection was last item on assembly
- Looked OK on “wipe the cockpit”
- Launch was hurried due to intense pace of operations. No positive control check.



# Old Lessons Relearned

- Do not interrupt critical functions .(Sterile Cockpit isn't just the cockpit)
- Don't let anything rush a critical function. (before takeoff checks-ORM)
- Use all your resources. (Wing runner, co-pilot, time.)



# Incident Two

- On takeoff, wind had changed direction
- Tow plane (Citabria) had new tow pilot, and instructor
- Long roll, crosswind on liftoff, poor tow plane control
- Tow rope became slack three times, pilot compensated twice
- Last time tow plane turned into glider resulting in horizontal yo-yo.

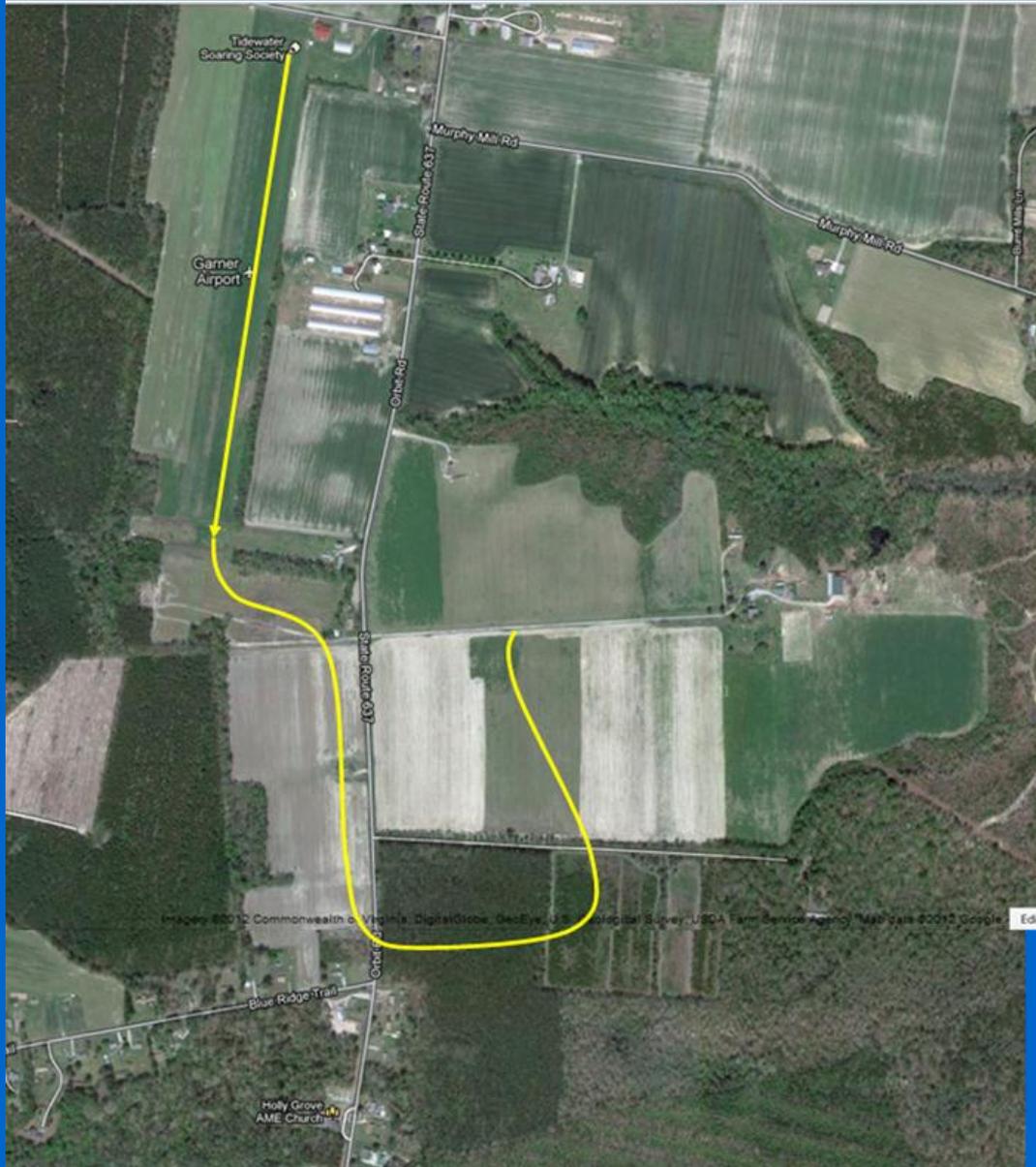


- Rope broke as pilot was about to release at about 200'
- Pilot turned to pre-selected abort landing field.
- Landing and recovery uneventful





# Route of Flight





# Plan for Emergencies

- Pilot had reviewed low altitude tow rope break before takeoff.
- Compensated for two slack rope issues
- Used velocity to gain altitude after rope break.
- Had plan and field for emergency



# Old Lessons Learned

- Practiced slack rope recoveries. (ORM)
- Knew altitude and airspeed at all times. (Situation Awareness)
- Made a decision and executed. (ORM)



# Safety Beacon



Official Safety Newsletter OF The Civil Air Patrol

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## BEACON NEWSLETTER TEAM

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**LT COL VAN DON WILLIAMS**  
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The dawn of flight training awakened more than pilots, instructors, and airplanes. It also brought to light a need for ground trainers that would enable the safe and effective practice of particular procedures. Industry has responded, and aviation ground trainers have evolved significantly over the years, along with their aerial counterparts.

The regulatory structure for aviation ground trainers has evolved as well. At present, the FAA assigns these devices into three main categories: *flight simulators, flight training devices, and aviation training devices*. From airline training and corporate flying to the private pilot in general aviation aircraft, almost every pilot will eventually use at least one of these devices to practice and improve pilot skills or to help transition to another aircraft. As most pilots will attest, flight simulation of any variety is often the quickest route for learning to fly.

### Today's Training Devices

**Full Flight Simulators (FFS)\*:** The more capable (and most expensive) aviation training devices fall in to this category. FFSs must include motion and

visual capability, and it is possible to earn a type rating (e.g., MD-80, B-737-800, BE-500) in the more sophisticated simulators without flying the actual aircraft. All levels of FFSs are objectively evaluated against airplane specific validation data (typically aircraft flight test data) to ensure that the FFS's aerodynamics, flight controls characteristics, and ground handling characteristics represent a specific make, model, and series of aircraft. A type rating is required for operating aircraft that are turbo jet powered or over 12,500 pounds maximum certified takeoff weight. Many FAA-approved Part 142 schools use simulators to train professional pilots for type rating and to deliver the recurrency training required by regulation and insurance companies.

**Flight Training Devices (FTD)\*:** These devices are designed to represent a specific aircraft configuration and, depending upon the FTD's qualification level, may include an enclosed cockpit and realistic visual references. They are not always motion capable, but are sophisticated enough to provide training in preparation for commercial and airline transport pilot certificates, as well as other ratings. FTDs are extremely

popular with aviation-oriented universities and colleges. The airline industry also uses these devices extensively to train new hires or provide for upgrades (First Officer to Captain) and transition training (e.g., B-737 to B-747 aircraft), or for recurrency training.

*\*Note: Full Flight Simulators and FTDs (collectively called Flight Simulation Training Devices - FSTDs) come under the guidance, evaluation and approval of the FAA National Simulator Program in Atlanta and are regulated under 14 CFR part 60.*

### Aviation Training Devices (ATD)

ATDs are by far the most common option for general aviation flight training, and GA has benefited greatly from the development of these very capable devices. Many Part 141 and Part 61 flight schools use these devices to train students in preparation for private, multi-engine, instrument, and commercial certificates.

The FAA's General Aviation and Commercial Division (AFS-800) manages the evaluation and approval of ATDs, which are categorized into basic and advanced training devices. To do so, AFS-800 uses the requirements for performance and capability specified in Advisory Circular (AC) 61-136, which was published in July 2008. This document describes how the FAA approves ATDs, along with providing a summary of how pilots may use these devices. Let's take a look.

### Basic Aircraft Training Device (BATD)

A BATD generally has hardware and software features that allow the FAA to authorize it for certain training and proficiency credits. These credits include:

- Instrument rating - maximum of 10 hours under 14 CFR section 61.65(i) or 14 CFR part 141, appendix C
- Instrument Proficiency Check - per FAA-S-8081-4E (circle-to-land not authorized)
- Use in accomplishing instrument recency of experience requirements of 14 CFR section 61.57(c)(2)
- Not more than 2.5 hours of training under 14 CFR section 61.109(k)(1) on introduction to operation of flight instruments (except as limited by 14 CFR part 141 appendices)

### Advanced Aircraft Training Device (AATD)

An AATD must meet BATD-approval criteria, but it must also incorporate additional features and systems fidelity that provide ergonomics representa-

tive of a category and class of aircraft flight deck. The AATD does not need to replicate a specific aircraft make and model, although many devices do.

These features allow the FAA to authorize an AATD for the following training and proficiency credits.

- Private pilot certificate - maximum of 2.5 hours
- Instrument rating - maximum of 20 hours
- Instrument Proficiency Check - per FAA-S-8081-4E (circle-to-land not authorized)
- Commercial pilot certificate - maximum of 50 hours
- Airline Transport Pilot certificate - maximum of 25 hours
- 14 CFR part 141 as limited by the applicable appendices, or under a special curriculum approved under 14 CFR section 141.57

A quick way to remember the difference between *basic* and *advanced* is that the advanced version must be more representative of the aircraft cockpit design. It must also include a GPS and auto-pilot configuration.

### Real Training, Real Learning

If you are looking for a flight school, it might be worth your while to consider a flight school that has an FAA-approved aviation training device. Such a school will have an FAA letter of authorization (LOA) that accompanies the device. The FAA only allows credit for 2.5 hours towards the certification



minimum required for private pilot certification, but there is no prohibition on additional use of these devices in training. On the contrary! According to recent FAA records, the national average to complete the private pilot certificate is approximately 75 hours of flight time. Some flight schools use FTDs and ATDs to practice the maneuvers and procedures in advance of the flight training portion of their curriculum. Doing so allows students to graduate sooner with less total flight time needed to complete their training.

Here's the bottom line: Even if you can't log every hour spent in an ATD to count toward your certificate or rating, training in an ATD can maximize your training time and minimize the money you spend by enabling you to learn basic procedures in the ATD, and then master them in the actual aircraft. Another advantage is the ability to train when the weather is not cooperating or if an aircraft is not available. This advantage prevents

undesirable breaks that can hamper your ability to practice and retain certain skills. Teaching is also much more productive in an ATD, where distractions such as noise and turbulence can be kept to a minimum. The ability to hit the pause button and then explain or review a certain training skill on the spot is another huge advantage. Last but not least, ATDs permit practice of emergencies and other demanding skills with a level of safety that might not be possible in actual aircraft.

Using aviation training devices will save time, money, and the environment, and allow everyone to fly more safely. ✈️

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*Marcel Bernard is an FAA Aviation Safety Inspector and the Aviation Training Device Manager with the General Aviation and Commercial Division in Washington, D.C. Marcel currently holds an ATP and Flight Instructor certificate with Multi-Engine and Instrument privileges. His experience includes managing an FAA-approved Part 141 flight school along with having conducted more than 20,000 hours of flight instruction.*

Photos (top 2) Courtesy of Frasca International, (bottom) Courtesy of Redbird Flight Simulations



**Full Flight Simulator (FFS)** – A replica of a specific type or make, model, and series aircraft cockpit. This includes the assemblage of equipment and computer programs necessary to represent aircraft operations in ground and flight conditions, a visual system providing an out-of-the-cockpit view, a system that provides cues at least equivalent to those of a three-degree-of-freedom motion system, and the full range of capabilities of the systems installed in the device as described in 14 CFR part 60 and the Qualification Performance Standards (QPS) for a specific FFS qualification level.



**Flight Training Device (FTD)** – A replica of aircraft instruments, equipment, panels, and controls in an open flight deck area or an enclosed aircraft cockpit. It includes the equipment and computer programs necessary to represent aircraft (or set of aircraft) operations in ground and flight conditions having the full range of capabilities of the systems installed in the device as described in 14 CFR part 60 and the Qualification Performance Standard (QPS) for a specific FTD qualification level.



**Aviation Training Device (ATD)** – A replica of aircraft instruments, equipment, panels, and controls in an open flight deck area or an enclosed aircraft cockpit. It includes the equipment and computer programs necessary to represent aircraft (or set of aircraft) operations in ground and flight conditions having the full range of capabilities of the systems installed in the device as described in AC 61-136 for a specific Basic or Advanced qualification level.



## **Family Health**

### **College Health and Safety**



### **Send a Health-e-Card to your college friends and family!**

College is full of exciting new experiences, from meeting people to living away from home. But, college can also be stressful as you try to develop new routines, maintain a healthy diet, and manage responsibilities on your own. Keep these tips and information in mind to stay safe and healthy in college.

### **Health and Safety Tips and Issues**

#### **Get Check-ups**

Check in with your school or local health clinic for routine check-ups and any health concerns you may have. Regular check-ups can help identify ways for you to stay healthy and may identify any health concerns early.

#### **Get Vaccinated**

As you get older, protection from some childhood vaccines begins to wear off. You can also develop risks for other diseases. Vaccinations help prevent diseases and save lives. Be sure to ask your health care provider about getting vaccinated for meningitis, human papillomavirus (HPV), tetanus, flu, and other diseases.

#### **Fight Fatigue and Sleep Deprivation**

Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular diseases, obesity, and depression. Students who are working or studying long hours may experience episodes of sleep deprivation. This can cause daytime sleepiness, sluggishness, and difficulty concentrating or making decisions. Moreover, insufficient sleep is responsible for motor vehicle and machinery-related crashes, causing substantial injury and disability each year. In short, drowsy driving can be as dangerous—and preventable—as driving while intoxicated.

## **Quick Tips:**

- Avoid stimulants like caffeine and nicotine.
- Have a good sleeping environment. Get rid of anything that might distract you from sleep, such as noises or bright lights.
- Stick to a sleep schedule. Go to bed and wake up at the same time each day, even on the weekends.
- See your health provider if you continue to have trouble sleeping.
- Avoid pulling an all-nighter to study.

## **Get Physical Activity**

Be active for at least 2½ hours a week. Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. Include activities that raise your breathing and heart rates and that strengthen your muscles. Find something you enjoy, such as jogging or running, dancing, or playing sports. To meet the guidelines for aerobic activity, basically anything counts, as long as it's done at a moderate- or vigorous-intensity for at least 10 minutes at a time.

## **Eat a Balanced Diet**

Fruits and vegetables are a natural source of energy and are the best eat-on-the-go foods. Be sure to eat regular healthy meals to help maintain your energy level. Eating habits may change once you're in college, and you may gain or lose weight. Cafeterias, buffets, and easy access to food 24 hours a day make it tempting to overeat or make unhealthy food choices. On the other hand, you may not eat enough because of stress or other reasons. If you are concerned about your weight, talk with your health care provider about how to lose or gain weight safely.

Eating disorders are serious medical problems. Anorexia nervosa, bulimia nervosa, and binge-eating disorder are all types of eating disorders. Eating disorders frequently develop during adolescence or early adulthood, but can occur during childhood or later in adulthood.

## **Quick Tips:**

- Talk with a nutritionist or dietician at a health clinic on campus or in the community about improving your diet.
- If you or someone you know is showing signs of an eating disorder, get help. Find a friend to go with you or offer to go with a friend to talk to a counselor or doctor who knows about eating disorders.

## **Maintain Mental Health**

Everybody has the blues, feels anxious, loses interest in enjoyable activities, or gets stressed sometimes, but when it continues for a long time or interferes with daily activities, it may be more serious. Stress is the body's response to any demand or pressure. These demands are called stressors. When stressors in your life are constant, it can take a toll on your mental and physical health. Anxiety is a normal reaction to stress. It helps you deal with a tense situation, study harder for an exam, or keep your focus during an important speech. However, if you cannot shake your worries and concerns, or if the feelings make you want to avoid everyday activities, you may have an anxiety disorder.

## **Quick Tips:**

- Develop a support network of friends. Campus and extracurricular activities such as playing in a college band, joining a student club, or writing for the school newspaper are great ways to meet new friends.
- If you have concerns over your study habits, ability to take tests, or managing your coursework, talk with teachers, counselors, family, and friends for advice and support.
- Stay active. Regular physical activity can help keep your thinking, learning, and judgment skills sharp. It can also reduce your risk of depression and may help you sleep better.
- Visit the health center, and discuss concerns with a health professional. If the health professional advises treatment, follow instructions. Watch out for side effects, and attend follow-up appointments to assess improvement.
- If you or someone you know is considering suicide, get help from a counselor or health provider. Call the suicide hotline at 1-800-273-TALK (8255).

## **Avoid Substance Abuse**

Some college students experience significant pressure to use alcohol, drugs and cigarettes, especially when trying to make friends and become part of a group. Drinking among college students and on college campuses is more pervasive and destructive than many people may realize. Studies show that four out of five college students drink alcohol. One in five students report three or more binge drinking episodes in the prior two weeks; binge drinking is defined as five or more drinks for men and four or more for women within a short period of time. Alcohol consumption among persons aged 12–20 years contributes to the three leading causes of death (unintentional injury, homicide, and suicide) in this age group in the United States. It is associated with other health-risk behaviors, including high-risk sexual behavior, smoking, and physical fighting.

## **Quick Tips**

- Work with campus leaders to increase the availability of healthy activities and safe places on campus to meet with friends.
- If you are concerned about your or someone else's use of alcohol or other drugs, seek assistance from your parents, resident advisor, faculty advisor, student health/counseling services, or health care provider.
- Avoid second-hand smoke. It is just as harmful as if you were smoking yourself.
- Don't drive after drinking or using drugs.

## **Be Informed of Campus Security**

Choosing a college or university is a major decision for students and their families. Along with academic, financial and geographic considerations, the issue of campus safety is a vital concern. Know how to contact security and call 9-1-1 if needed.

The Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act (Clery Act) is a federal mandate requiring all institutions of higher education (IHEs) that participate in the federal student financial aid program to disclose information about crime on their campuses and in the surrounding

## **Have Healthy Relationships**

Healthy relationships increase our self-esteem, improve mental and emotional health, and help us have fuller lives. Feeling scared, humiliated, pressured, or controlled are all signs of an unhealthy relationship. Instead, you should feel loved, respected, and free to be yourself. Friends are an important source of support and advice. They play a powerful role in shaping attitudes, beliefs, and behaviors.

Sexual violence is a serious problem that affects millions of people every year. Sexual violence can have very harmful and lasting effects on victims, families, and communities. Women are more likely to be victims of sexual violence than men. An estimated 20%-25% of women in college in the United States reported experiencing an attempted or a completed rape during college. The person responsible for the violence is typically male and usually someone known to the victim.

## **Quick Tips**

- Communication is essential in healthy relationships. Take time to talk with and listen to your friends and loved ones. Express your thoughts and feelings clearly and directly, without intentionally hurting or disrespecting others.
- Avoid relationships with those who drink heavily or use drugs, act aggressively, or treat you disrespectfully.
- Lower your risk for sexual violence by trusting your gut. If anything in your relationship makes you feel uncomfortable, talk to someone you can trust.
- If you or someone you know is a victim of sexual violence and needs help, contact the Rape, Abuse, and Incest National Network (RAINN) Hotline at 1-800-656-HOPE (4673) or your local emergency service at 911.

## **Help Hotlines**

Below is a selected listing of phone numbers you can call to get health and safety information.

### **Emergency**

**911**

### **CDC Health Topics (Immunizations, STDs, and more)**

**800-CDC-INFO (232-4636)**

### **Drug and Alcohol Abuse**

**800-662-HELP (4357)**

### **Mental Health Information Center**

**800-789-2647**

### **National Domestic Violence Hotline**

**800-799-SAFE (7233)**

### **National Suicide Prevention Lifeline**

**800-273-TALK (8255)**

### **Rape, Abuse, and Incest National Network**

**800-656-HOPE (4673)**



## Welcome to Safe America Kids

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### ***Texting and Cell Phone Safety Tips:***

Instant messaging and texting on a cell phone is fun and easy, but can be dangerous if used by cyberbullies, spammers, and identity thieves. Because many cell phones access the internet, there are even more opportunities for hackers to create safety hazards.

Be sure you are smart and safe—

Know when and where to use a cell phone. Cell phones are a great way to notify the proper adult of an unsafe or dangerous situation, but using a cell phone for talking or texting while driving puts everyone on the road at risk.

Find out if your state has teen driving laws that prohibit teens from using a cell phone while driving. If you must make a call while driving, pull over in a safe, lighted place and call for help. Never text while driving.

Keep your cell phone in your pocket or your bag. Use it in public only when necessary. Cell phone theft is a common



crime and often, the thieves will attack and injure the owner of a phone.

Protect your privacy and only give your cell number to people you know and trust. Never reply to a text message from someone you don't know and make sure you know how to block others from calling your phone. It can be dangerous to let someone you don't know use your cell phone—be smart.

Be careful meeting someone in person you only met through texting. Text friends are still strangers and are not necessarily truthful. If you meet face to face, tell someone where you are going and meet during daylight in a public place where there are other people.

Remember your Netiquette and be nice! Be smart about how your text messages are written and check them before sending. Make sure it won't be taken the wrong way and create unintended feelings. Never provide phone numbers or pictures of others without permission. You never know where the image might end up! Keep your calls short and talk in normal or softer tones when in public. Consider texting instead of calling and set on vibrate or minimize the intensity of your ring.

Teach your parents to text. There may be times when you are in a dangerous situation where cannot speak or in an emergency situation where you are separated from your family. In a disaster, a flood of cell phone calls cannot get through, but texting can be stored and eventually forwarded to family members. Be sure your parents or responsible adult knows how to text in the event of such an emergency.

### Basic safety tips for instant messaging

- Choose a non-identifiable, non-gender screen name avoid suggestive or inappropriate names
- Never give out any personal information--that means your real name, telephone or cell phone number[s], mailing address, passwords, banking details etc.
- Never accept files or downloads from people you don't know or from people you do know, if you weren't expecting them. This includes URLs.

# Car Fire Safety

Cars can catch fire for many reasons. Mechanical or electrical issues are the most common cause. A car can also catch fire as the result of a bad crash. If you see smoke or flames or smell burning rubber or plastic, respond immediately.

## What to do if your car is on fire

- » Pull over as quickly as it is safe to do so, be sure to use your signal as you make your way to a safe location off the road such as the breakdown lane or rest stop.
- » Once you have stopped, TURN OFF the engine.
- » GET everyone out of the car. Never return to a burning car for anything.
- » MOVE everyone at least 100 feet from the burning car and well away from traffic.
- » CALL 9-1-1.

## How to prevent a car fire

- Have your car serviced regularly by a professionally trained mechanic. If you spot leaks, your car is not running properly, get it checked. A well-maintained car is less likely to have a fire.
- If you must transport gasoline, transport only a small amount in a certified gas can that is sealed. Keep a window open for ventilation.
- Gas cans and propane cylinders should never be transported in the passenger compartment.
- Never park a car where flammables, such as grass, are touching the catalytic converter.
- Drive safely to avoid an accident.

## Know the danger signs

- Cracked or loose wiring or electrical problems, including a fuse that blows more than once
- Oil or fluid leaks
- Oil cap not on securely
- Rapid changes in fuel or fluid level, or engine temperature

Most car fluids are flammable. Heat and electrical sparks plus leaking fluid are all it takes to start a car fire.



## FACT

Most crashes do NOT result in fire. In the event of any crash, call 9-1-1. If there is no sign of fire, wait for emergency assistance to help any injured individuals out of the car.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

[www.nfpa.org/education](http://www.nfpa.org/education)



U.S. Department of Transportation  
National Highway Traffic Safety  
Administration



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## **TIRE SAFETY**

### **Everything Rides On It**

Protection against avoidable breakdowns and crashes. Improved vehicle handling. Better fuel economy. Increased tire life. Just a few of the reasons to take five minutes every month to check your tires. Simply use the handy checklist below, and see the reverse side for more information on tire safety.

#### **Safety Checklist**

- Check tire pressure regularly (at least once a month), including the spare.
- Inspect tires for uneven wear patterns on the tread, cracks, foreign objects, or other signs of wear or trauma. Remove bits of glass and other foreign objects wedged in the tread.
- Make sure your tire valves have valve caps.
- Check tire pressure before going on a long trip.
- Do not overload your vehicle. Check the tire information placard or owner's manual for the maximum recommended load for the vehicle.
- If you are towing a trailer, remember that some of the weight of the loaded trailer is transferred to the towing vehicle.

#### **Safety Tips**

- Slow down if you have to go over a pothole or other object in the road.
- Do not run over curbs, and try not to strike the curb when parking.

Remember to check your tires once a month!

#### **There's Safety In Numbers**

You can find the numbers for recommended tire pressure and vehicle load limit on the tire information placard and in the vehicle owner's manual. Tire placards are permanent labels attached to the vehicle door edge, doorpost, glove-box door, or inside of the trunk lid. Once you've located this information, use it to check your tire pressure and to make sure your vehicle is not overloaded—especially when you head out for vacation.

#### **Checking Tire Pressure**

Because tires may naturally lose air over time, it is important to check your tire pressure at least once a month. For convenience, purchase a tire pressure gauge to keep in your vehicle. Gauges can be purchased at tire dealerships, auto supply stores, and other retail outlets.

Remember, the tire inflation number that vehicle manufacturers provide reflects the proper pounds per square inch (psi) when a tire is cold. To get an accurate tire pressure reading, measure tire pressure when the car has been unused for at least three hours.

**Step 1:** Locate the correct tire pressure on the tire information placard or in the owner's manual.

**Step 2:** Record the tire pressure of all tires.

**Step 3:** If the tire pressure is too high in any of the tires, slowly release air by gently pressing on the tire valve with the edge of your tire gauge until you get to the correct pressure.

**Step 4:** If the tire pressure is too low, note the difference between the measured tire pressure and the correct tire pressure. These "missing" pounds of pressure are what you will need to add.

**Step 5:** At a service station, add the missing pounds of air pressure to each tire that is underinflated.

**Step 6:** Check all the tires to make sure they have the same air pressure (except in cases in which the front and rear tires are supposed to have different amounts of pressure).

### **Checking Tire Tread**

Tires have built-in treadwear indicators that let you know when it is time to replace your tires. These indicators are raised sections spaced intermittently in the bottom of the tread grooves. When they appear even with the outside of the tread, it is time to replace your tires. You can also test your tread with a Lincoln penny. Simply turn the penny so Lincoln's head is pointing down and insert it into the tread. If the tread doesn't cover Lincoln's head, it's time to replace your tires.

For a free brochure visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov) or call 1-888-327-4236.

# Halloween Health and Safety Tips

**S**

Swords, knives, and similar costume accessories should be short, soft, and flexible.

**A**

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

**F**

Fasten reflective tape to costumes and bags to help drivers see you.

**E**

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

**H**

Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

**A**

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

**L**

Look both ways before crossing the street. Use established crosswalks wherever possible.

**L**

Lower your risk for serious eye injury by not wearing decorative contact lenses.

**O**

Only walk on sidewalks whenever possible or on the far edge of the road facing traffic to stay safe.

**W**

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

**E**

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

**E**

Enter homes only if you're with a trusted adult.

**N**

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

**For more information about these tips, visit: [www.cdc.gov/family/halloween](http://www.cdc.gov/family/halloween)  
Office of Women's Health • 770-488-8190 (phone) • [owh@cdc.gov](mailto:owh@cdc.gov) (e-mail)**

U. S. Department of Health and Human Services  
Centers for Disease Control and Prevention

CS2014-A



# The Official Safety Newsletter of the Civil Air Patrol-October 2012

VISIT US ON THE WEB  
[WWW.GOCIVILAIRPATROL.COM](http://WWW.GOCIVILAIRPATROL.COM)

Discover, report, stop, share, listen, and learn. The things we have read about in this issue already have happened, so you are not allowed to experience these for yourself.

Remember to "Knock It Off" and slow down. For streaming dialogues on some subjects, remember CAP Safety is on Facebook and Twitter.

## SUMMARY

CAP's safety awareness and program management has significantly improved with the addition of NHQ safety staff working in conjunction with the National Safety Team (NST). The NST is comprised of the National Safety Officer and volunteer assistants assigned as subject matter experts for flight and ground safety. Region and Wing Commanders are moving away from a punitive safety program towards a behavior-based safety program that has shown significant improvement in using safety mishaps as an educational opportunity to raise awareness and prevent risk exposure.

Got a great safety article that you would like to see in a future Beacon newsletter? Please send it to Lt Col Sharon Williams at [safetybeacon@capnhq.gov](mailto:safetybeacon@capnhq.gov).

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