

Critical Days of Summer Safety Campaign 2020



Week 16 of 16

Summer Safety Wrap-up

This is the final newsletter in our summer series. Even though most of the summer was spent under a lock-down, which curtailed many of our leisure activities, the Air Station still lost a member of our team to drowning at Hamada Beach. This week we re-cap some of the highlights from the previous 15 weeks.

Hiking

- Plan the hike from start to finish. Don't plan a hike that is beyond your comfort or fitness level.
- Respect wildlife. Attach a bell to your pack to alert animals so they can hear and avoid you.
- Tell someone where you are going.
- Check the weather and daylight hours.
- Know how to get help in an emergency.
- Never hike alone, never hike in the dark.
- Wear comfortable, rugged shoes and suitable clothing. Layered clothing is preferable.
- Travel light, but bring an emergency survival kit.
- If you become lost:

Remain calm and avoid panic.

Don't change direction unless you're sure of what you're doing. Leave a note for rescuers.

Attract attention with shouts, whistle, or flash-light. Or make a fire with green wood which makes a lot of smoke.

Try to keep, warm, dry, sheltered, and supplied with water.



Typhoons

- A typhoon is a large tropical cyclone, a meteorological phenomenon also known as a hurricane. These storms, accompanied by heavy rainfall, can cover areas of up to 500 miles (800 km) in diameter and generate winds up to 180 miles (290 km) an hour.
- The Weather Service Branch will determine when destructive winds will affect the air station and create a recommended TCCOR timeline. TCCOR 5, 4, 3, 2, 1, 1C, 1E, 1R, Storm Watch, All Clear.
- MCAS Iwakuni will establish a seasonal TCCOR 5 for the period of 1 June through 30 November.

Don't take chances with head injuries. After a hit; loss of consciousness, amnesia, confusion, headache, or vomiting are some signs of a concussion. However, the injury could be much worse. When in doubt, go to the hospital!



Cycling and Running

Cycling and running are popular activities and are a great way to keep yourself in shape. However both of these activities can be dangerous, even deadly, if the proper precautions are not taken.

- Watch out for traffic. Roads are narrow and many electric and hybrid cars cannot be heard. When jogging, pay attention, especially when crossing the road.
- Always ride your bike on the left hand side of the road and follow the flow of the traffic.
- Obey the same road rules as cars when riding your bike on the streets.
- Situational awareness. You will notice, when cycling around the local area, that the descents are steep and road surface is often poor. Do not get so engrossed in chasing Strava segments that you fail to notice a change in road surface, or the small white truck coming the opposite way.

Drinking and Driving in Japan

- Not One Drop! The limit is 0.03 which means you could be above the limit after a couple of sips of your drink.
- Passengers will be prosecuted as well as the driver.
- Rules are the same for bicycles. You will get a DUI.

Open Water Safety

- Learn to swim and avoid alcohol.
- Open water is much colder than a pool, so don't swim out too far. You may be too cold and tired to swim back. Instead, swim parallel to the shore and take frequent breaks.
- Stay clear of boats, piers, or breakwaters. Watch for rip currents.
- Don't swim at closed beaches or coastal areas. If posted, don't swim in that location.
- Stay away from coastal areas during and after typhoons, storms, and other inclement weather.
- Do not swim in the rivers during or after rains. Rivers are known to swell quickly from rainfalls. Even if the water looks calm on the surface, underlying currents can be very strong.
- Be familiar with the waters before you go in. Don't dive or jump without checking for underwater hazards first. Never jump from anything higher than 6 feet.
- Stay out of deep areas and outgoing tides at the beach. If you get caught in a rip current swim to the side until you're out of the current, then swim for the shore.
- Always swim with a buddy, never alone.
- Have a way of contacting help if needed.

IIIMEF_MCIPAC-MCBBO 5101.1A 'Recreational Open Water Activities' provides guidance which applies to SOFA status personnel throughout Japan.

If you are off-base, be aware that lighting fireworks can be disturbing to your surroundings. Follow local examples and be a good neighbor.

This year, due to COVID-19, many of the fireworks displays in the local area are cancelled.

Tips for Sun Exposure and Sunburns

- Sunburn should be avoided because it damages the skin. Although the discomfort is usually minor and healing often occurs in about a week, a more severe sunburn may require medical attention.
- Symptoms of sunburn are well known: The skin becomes red, painful, and abnormally warm after sun exposure.
- Avoid repeated sun exposure.
- Apply cold compresses or immerse the sunburned area in cool water.
- Apply moisturizing lotion to affected areas. Do not use salve, butter, or ointment.



Stay Hydrated!

- Drink plenty of water. Don't wait until you're thirsty to drink.
- Stay away from alcohol, sugary, and carbonated drinks.
- Replace salt and minerals lost from sweating with an occasional sports drink.
- Monitor children and make sure they hydrate. They often don't remember to drink fluids when absorbed in play.
- Make sure your pets have access to fresh, cool water.

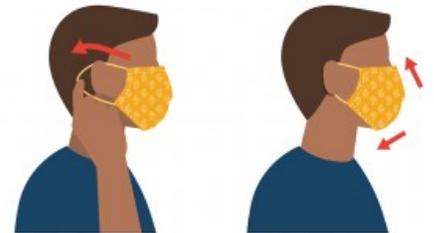
Preventing Heatstroke when

Wearing a Face Mask

- **Avoid going out or exercising for extended periods** while wearing a mask.
- In hot environments, **temporarily remove** masks while taking note of ventilation in the vicinity and implementing social distancing. **Do not speak or cough** on such occasions.
- **Wash your hands** after touching the surface of a mask when putting it on or taking it off.
- **Continue to ventilate rooms** even when using air conditioning. Make adaptations such as using an air conditioner along with an electric fan, etc.

Wear your Mask Correctly

- **Wash your hands** before putting on your mask
 - Put it over your nose and mouth and secure it under your chin.
 - **Try to fit** it snugly against the sides of your face.
 - Make sure you can breathe easily
- CDC does not recommend use of masks or cloth masks for source control if they have an exhalation valve or vent.



Further Reading

Centers for Disease Control and Prevention is a great resource for information pertaining to COVID-19.

For tips for prevention, signs and symptoms, cleaning and disinfecting, and how to make your own cloth face covering, visit: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>



Questions? Contact the MCAS Iwakuni Station Safety Center.