

SAFETY MEETING ALABAMA WING 08 JUL 06

FLIGHT SAFETY

SUBJECT: OPERATION CAPSAFE

There is a new National Safety Officer, an extremely well qualified pilot (ATP/Gulfstream, etc), and he has instituted a new safety program to encourage all CAP members to come up with new and interesting ideas about safety prevention and risk mitigation. The best part is that not only you have a chance to get your ideas heard (at the national level), you might win a prize if your idea is selected! The following is the letter sent by him:

“As your CAP National Safety Officer, I am looking forward to the challenge of working with each of you to make The Civil Air Patrol, as well as your everyday life, a safer environment. As such it is my desire to enlist the help of every CAP member from our youngest Cadet to our beloved Charter Members.

I cannot be everywhere and see everything. For this, I am going to enlist **YOU**. As you well know, we consider everyone is a Safety Officer. Everyone makes Risk Management decisions everyday. When you go to cross the street, you look and see a truck coming. The decision is then made, do I step out into the street to cross and get hit by the truck, or should I wait until it passes and cross safely.

Everything we do in CAP and our everyday lives entail Risk Management decisions. Are we absolving ourselves of some of these decisions or are we purposely making decisions that will lead to the serious injury of a CAP member, permanent or temporary loss of a CAP asset, even the injury or death of a friend? I do not believe that any one of us would consciously make such a decision. However, take this possible scenario.

During a mission at a local VFR only airport, the local weather is stated to be below VFR minimums. Upon looking at the sky and surrounding area, the IC thinks that the weather report is wrong and decides that he should send up a pilot to see if they might just be able to get flights launched due to the having minimums. Now you have a Risk Management decision. If the pilot takes off and finds himself in the clouds, what is his decision now? Should he go below VFR minimums to get below the clouds or should he file IFR and try to go somewhere else. Any way you look at this situation, it spells trouble. He took off when the reported weather was below VFR minimums and he flew into IFR conditions without a clearance. Should he drop down below the clouds to return to the departure field? How about the antenna that is within the airport operations area? What is his location? Where is the antenna?

I need your eyes and ears to help me keep The Civil Air Patrol safe. That is why I am implementing **OPERATION CAPSAFE**. This program will only work if I enlist the help of every member of the Civil Air Patrol.

OPERATION CAPSAFE

1. **PURPOSE** – To have every Civil Air Patrol member think about safety at least once a month. By doing this, we have the capability to foster a habit pattern of Risk Management and Safety consideration.
2. **APPLICABILITY** – This program applies to all Cadet as well as Senior Member CAP personnel.
3. **RESPONSIBILITY** – Every CAP member has the responsibility of making his surrounding environment safe for the performance of their duties. Whether it be the Mission Pilot deciding on aircraft and crew capabilities, the Cadet in the drill or mission environment, or the Aerospace Education instructor determining on where to place the extension cord for the projector so as personnel will not trip over the cord.
4. **DESCRIPTION OF THE PROGRAM** – **EVERY** CAP member, CADET and Senior Member, is requested to accomplish at least one of the following.
 - a. Once a month, submit a suggestion to the National Safety Officer on how to make **CAP Air Operations** safer.
 - and/or**
 - b. Once a month, submit a suggestion to the National Safety Officer on how to make **CAP Ground Operations** safer.
 - c. Each month, there will be a selection made from the **Air Ops submissions** and a selection made from the **Ground Ops** submissions.
 - d. Every month, each winning submission will be awarded an OPERATION CAPSAFE coffee mug and MAGLite as a token of our appreciation.
5. These submissions may either be emailed to LLetteer@cap.gov or mailed to:
CAP National Safety Officer
P.O. Box 1010
Locust Grove, GA 30248-1010

I want to receive an idea from each one of the 60,000 CAP members every month. If each of you think of safety at least once a month we cannot help but improve our safety record. I will guarantee that your suggestion will be read by someone on my staff. Just consider this, it may be your suggestion that has eluded everyone. It also may be your suggestion that will be published in the Civil Air Patrol News that saves a CAP asset or a CAP member from injury or death”.

You heard it here first! Avoiding accidents preserves resources!

Let's be safe out there!

GROUND SAFETY

SUBJECT: SUN PROTECTION BRIEFING July 2006-By Lt. Cathy Carter

Ground Team Briefing- Sun Protection: The best protection a ground team member has against most skin damage caused by the sun is the **CAP** uniform. Normally, if an article of clothing is thick enough that when held up you cannot see through it the cloth protects the skin. The **BDU's** have the added protection provided by the t-shirt underneath. The **BDU** cap serves as protection for the head, face and to some extent the eyes. There are some laundry additives on the market that contain chemicals, which absorb certain wavelengths (*ultraviolet radiation*), preventing them from reaching the skin. A certain Central American plant is sold in a pill form that may possibly reduce damage to the skin from sun exposure. There is also a food supplement, heliicare, which is not classified by the **FDA** as a drug and has been used in Europe for over three decades safely by people of all ages. These substances intrigue American dermatologists because the use of an oral agent to prevent skin care damage may be the solution to the near epidemic numbers of skin cancer deaths. There are 500,000 new cases of skin cancer diagnosed yearly with an average of one death per hour in America from melanoma. Topical sunscreens are rarely applied as thoroughly or often as recommended. There really is no such thing as a "waterproof" or all day skin protection. We perspire, we rub against our clothing or other objects, or we use towels. It is questionable to use the word "sunblock" in products because no sunscreen alone totally protects you from all damaging rays. There are basically two main types of sunscreens, physical or chemical, with the physical being a blocking/reflecting agent like zinc oxide or the chemical agents, which absorb the ultraviolet rays. Most products on the market today have some of both agents. The best sunscreens will have both **UVA/UVB** protections that are fragrance free (*why attract bugs or irritate the skin?*) and oil-free (*why block the pores of the skin?*). All products used by **CAP** members should be in a pump, crème or lotion form because aerosols are potentially dangerous in heat. It is the **UVB** light, which causes the immediate burn, but it is the **UVA** light which causes the premature aging and the deeper skin damage (*cellular damage*). Keep in mind the **SPF** (*sun protection factor*) only protects you from the **UVB**. So, find a product that protects both **UVB** and **UVA**. The **UVA** protection should include titanium dioxide (*zinc oxide*), or possibly avobenzone (*however this substance sometimes is irritating to children's skin*). There are also some very good lip care products on the market which will provide the lips with amino proteins, anti-oxidants, and moisture preserving ingredients with an **SPF** of 30 and advanced **UVA** sunscreens that have special wear-off resistant chemicals to prevent possible skin cancer around the mouth area. Extended exposure to sun can cause sun-related eye disorders and these effects from the **UV** radiation are accumulative. Two of the main causes of reduced vision in America, cataracts and macular degeneration, come from not only the **UV** damage from the sun above us but also from any reflecting surface such as water, snow, sand, pavement, or metal surfaces. Sitting in the shade is not enough. The use of appropriate uniforms, including caps, protective eyewear (*sun glasses or UV blocking contact lenses*), sunscreens for **UVA/UVB** protection, lip balms/crèmes/sticks all play a major benefit in keeping the **CAP Ground Teams** healthy. Many times the eyes need a little extra moisture too so using sterile eye drops (*artificial tears*) can be relieving. Dryness in the eyes increases with age. There are many single use dosages, preservative-free eye drops that contain a lubricating fluid for good eye health.

Remember, we can get killed just as easily on the ground as on the air! Be safe!