



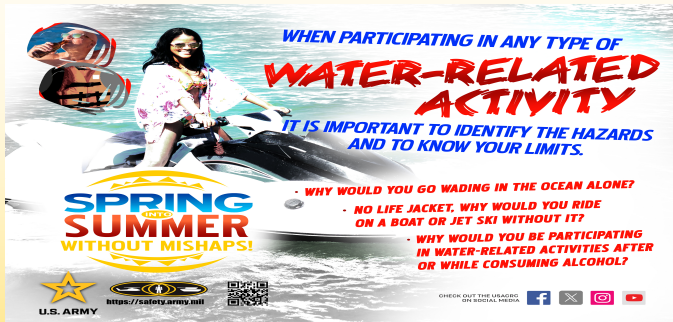
# NEW YORK ARMY NATIONAL GUARD SAFETY OFFICE RISK MANAGEMENT MONTHLY

Apr  
2025



## SPRING / SUMMER SAFETY CAMPAIGN 2025 - BE AWARE. PREPARE. TAKE CARE.

### WATER SAFETY



#### Did You Know?

The greatest safety precaution to take is to recognize the danger of rip currents and always remember to swim at beaches with lifeguards. The United States Lifesaving Association has calculated the chance that a person will drown while attending a beach protected by USLA-affiliated lifeguards at 1 in 18 million. (Continued on Page 2)

### HIKING SAFETY



Your safety is your responsibility and depends on your own good judgment, adequate preparation and constant attention. Backcountry hikers should be in good physical condition and able to survive on their own. Proper equipment and knowing how to use it are essential for a safe trip. Here are a few basics to help you get started: (CONTINUED ON PAGE 2)



### HELMET SAFETY

NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION  
<https://www.nhtsa.gov/>

It's clear motorcycle helmets save lives. To help protect the lives of riders, the U.S. Department of Transportation (DOT) requires all motorcycle helmets sold in the United States meet Federal Motor Vehicle Safety Standard (FMVSS) 218. This standard defines minimum levels of performance that helmets must meet to protect the head and brain in the event of a crash. (Continued on Page 2)



#### Did You Know?

Sparklers can reach temperatures up to 1,800 F. According to the National Council on Fireworks Safety ([www.fireworkssafety.org](http://www.fireworkssafety.org)), more than half the sparkler-related injuries happen to children under the age of 14. If sparklers are a part of your child's celebration, ensure they only handle the unit end. Also, remind them to keep sparklers away from their face, clothing and hair. (Continued on Page 2)

## Safety Tools & Resources

(Click a title to visit the website)



[The New York Army National Guard Safety Webpage](#)



[The Army National Guard Safety Website](#)



[Is your command compliant? Initiate a Command Safety Assessment](#)



[The United States Army Combat Readiness Center Website](#)



<https://nysmsp.org/> (copy and paste into browser)



[The future of Safety Reporting and Statistics for the Army](#)



[Create & Manage your deliberate risk management worksheets online](#)



<https://safety.army.mil/OFF-DUTY/PMV-2-Motorcycles> (copy and paste link into browser)



# SPRING / SUMMER SAFETY CAMPAIGN 2025 BE AWARE. PREPARE. TAKE CARE.

## WATER SAFETY (Continued from Page 1)

- **ALWAYS WEAR YOUR LIFE JACKET**
- **DON'T DRINK WHILE PADDLING**
- **STAY LOW** – Learn how to enter and exit your boat safely and stay low in your boat when possible.
- **KEEP YOUR BALANCE** – Don't overload your boat. Distribute passengers, secure gear evenly and low,
- **PRACTICE THE WET EXIT** – Learn how to get out of, hang on to, right, and re-enter your capsized boat.
- **DON'T GET LEFT IN THE COLD** – Dress for the weather conditions and be prepared for cold-water immersion.
- **PLAN AHEAD** – Know the water you're paddling, plan your day of paddling, and file a "float plan" so that someone knows where to find you and when you plan to return.
- **NEVER PADDLE ALONE** – Companions can come to your aid if you get into trouble.
- **BE IN COMMAND** – Know how to move your boat forward, back, and sideways, and how to stop using paddle strokes.
- **LEARN ABOUT YOUR BOAT** – Consider taking a canoe or kayak safety class. Call 1-800-929-5162 or visit [www.acanet.org](http://www.acanet.org) to learn about classes offered by the American Canoe Association.

## HELMET SAFETY- HOW TO IDENTIFY HELMETS THAT DO NOT MEET SAFETY STANDARDS (Continued from Page 1)

- **Thick inner liner** - Helmets meeting the minimum federal safety standard have an inner liner, usually about 1-inch thick, of firm polystyrene foam.
- **Sturdy chinstrap and rivets** - Helmets meeting the DOT safety standard have sturdy chinstraps with solid rivets.
- **Weight of the helmet** - Depending on design, unsafe helmets weigh only 1 pound or less. Helmets meeting FMVSS 218 generally weigh about 3 pounds.
- **Design/style of the helmet** - The DOT safety standard does not allow anything to extend further than two-tenths of an inch from the surface of a helmet.
- **DOT sticker** - Helmets that meet FMVSS 218 have certification labels on the back. Helmets manufactured on or after May 13, 2013, are required to have the new DOT certification label.
- **Snell or ANSI label** - In addition to the DOT sticker, labels located inside the helmet showing that a helmet meets the standards of private, non-profit organizations such as Snell or the American National Standards Institute (ansi).
- **Manufacturer's labeling** - Manufacturers are required under FMVSS 218 to place a label on or inside the helmet stating the manufacturer's name, model, size, month and year of manufacture, construction materials and owner's information.

## HIKING SAFETY (Continued from Page 1)

Let a responsible person know your route and return time. Always hike with a buddy?

- Carry a current park trail map and know how to read it.
- Carry two small flashlights or headlamps, even on a day hike.
- Take a minimum of two quarts of water per person per day. Bring some jerky or trail mix to snack on if you do become lost.
- Carry a small first aid kit designed for hikers and campers.
- Check the current weather forecast and be prepared for quickly changing conditions.
- Wear shoes or boots that provide good ankle support.
- Avoid cotton clothing. Dress in layers that can be easily removed or added as you heat up or cool down. Always carry a wind-resistant jacket and rain gear — even on sunny days.
- Don't attempt to cross rain-swollen streams. They will recede rapidly after precipitation stops, so waiting may save your life. When crossing any stream more than ankle deep, unbuckle the waist strap of your pack, wear shoes and use a staff to steady yourself.
- Familiarize yourself with the local wildlife and know how avoid confrontations with it.

## FIREWORKS SAFETY (Continued from Page 1)

- Read and follow the instructions on how to use the item.
- Keep a bucket of water or a garden hose handy in case of fires.
- Maintain adult supervision.
- Designate one person to shoot the fireworks.
- Do not drink alcoholic beverages while using fireworks.
- Use eye protection when shooting fireworks and do not let any part of your body cover the fireworks.
- Fireworks should only be used outdoors.
- Never throw or point fireworks at another person.
- Do not handle or try to relight duds. Wait 20-30 minutes, soak the duds in water and then properly dispose of them.

**NEXT MONTH IS MOTORCYCLE SAFETY- KEEP AN EYE OUT FOR UPCOMING MOTORCYCLE SAFETY COURSES AND DON'T FORGET TO CHECK OUT THE LINKS UNDER SAFETY TOOLS AND RESOURCES**

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