

# The Northern Lights

MINNESOTA STATE SAFETY & OCCUPATIONAL HEALTH

Late Summer Transportation Edition

You drink.  
You ride.  
You crash.  
You die.  
Your wife's new "friend" gets your bike.  
Bummer.



**Think.** Ride Smart.

## Motorcycle Safety: Always Out Front

"If you haven't been in an accident yet, it's only a matter of time"  
"I don't think they saw me"  
"I didn't see him in my mirror"

All too often, these remarks follow a close call or an accident. As of 10 July, 2011, the Army has reported 32 motorcycle fatalities and a total of 89 motorcycle accidents. At the same time last year, the Army had experienced 22 motorcycle fatalities and a total of 179 motorcycle accidents. Throughout the Department of Defense, motorcycle accidents represent a significant and increasing source of accidental fatalities.



In his May memo to all personnel regarding motorcycle accident trends, MG Carpenter, acting director of the Army National Guard, stated, "...I asked for the involvement of every ARNG leader and supervisor to engage their formations to stem the alarming losses we have experienced on our highways over the past two years. For our ARNG motorcyclists, however, very little of what we have tried to date has dented our POM accident rate." "We owe it to ourselves and to one another, our Families, and our loved ones to arrive safely..."

There would be very few motorcycle accidents were it not for other drivers on the highway, high speed, wildlife, weather, complacency, and all the other road and driving hazards. The reality is that motorcyclists must protect themselves against these hazards and other drivers must see and avoid motorcycles.

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## Sensible Rules for ATVs Make Everyone Safer

Two of the worst-case scenarios for ATV riders are A: having an accident, or B: seeing your favorite riding areas get shut down. The first one leaves you, at best, with either your body and machine scraped up, while the other results in your beloved quad on the front lawn with a big "For Sale" sign on the handlebars. Some basic rules will minimize the chances of either.

Riding responsibly will dramatically decrease your chances of ever getting hurt or causing your favorite riding areas to close their gates. In many ways, responsible and ethical riders also have a higher quality ATVing experience knowing that other outdoor recreationalists are not bothered by your chosen activity.

So what does it really mean to be a responsible rider? It isn't simply a matter of using common sense and common courtesy. While crucial to good ATVing, there are many things we don't necessarily notice that could endanger ourselves and others, wildlife and the environment, or just plain tick off other outdoor recreationalists. Responsible riding is three-fold. It means being responsible for 1) your own safety, 2) the safety of other riders and trail users, and 3) the environment. Check out the Golden Rules of ATVing for a simple guideline:

### THE GOLDEN RULES OF SAFE ATVing

- **Always gear up for safety;** wear your helmet, eye-wear, pants, long sleeves, and over-the-ankle boots.
- **Take an approved training course.** Call toll-free (800) 887-2887.
- **Don't overload your ATV;** whether people or equipment. Either can alter the balance of the machine, causing a loss of control.
- **Ride an ATV that is the right size for you.** Children riding adult-sized ATVs are a recipe for disaster.
- **Supervise riders under 16;** ATVs aren't toys. Really.
- **Don't ride on the road.** Cars and ATVs don't mix.
- **Ride only on designated trails and at a safe speed.**
- **Never ride under the influence of alcohol or drugs.**
- **Always ride in control.** Ride within your abilities and your machine's capabilities. Never attempt anything that is beyond your skill level.

## 2011 Adjutant General Safety Award Nominations

Every year, Soldiers, Airmen and Civilian Employees make significant contributions to the overall Safety and wellbeing of the Minnesota National Guard.

The Adjutant General's Annual Safety Award recognizes outstanding individuals and organizations for their contributions to the overall Safety and wellbeing of the Minnesota National Guard. These awards are presented to Army and Air units, facilities, and military and civilian employees. Anyone can provide nominations for these awards. Additional information is available on the State Safety and Occupational Health SharePoint site: <http://ngmsharepoint/J3/sao/sso/awd/default.aspx> Nominations are due by 16 September, 2011.



### NEW Safety of Use Messages:

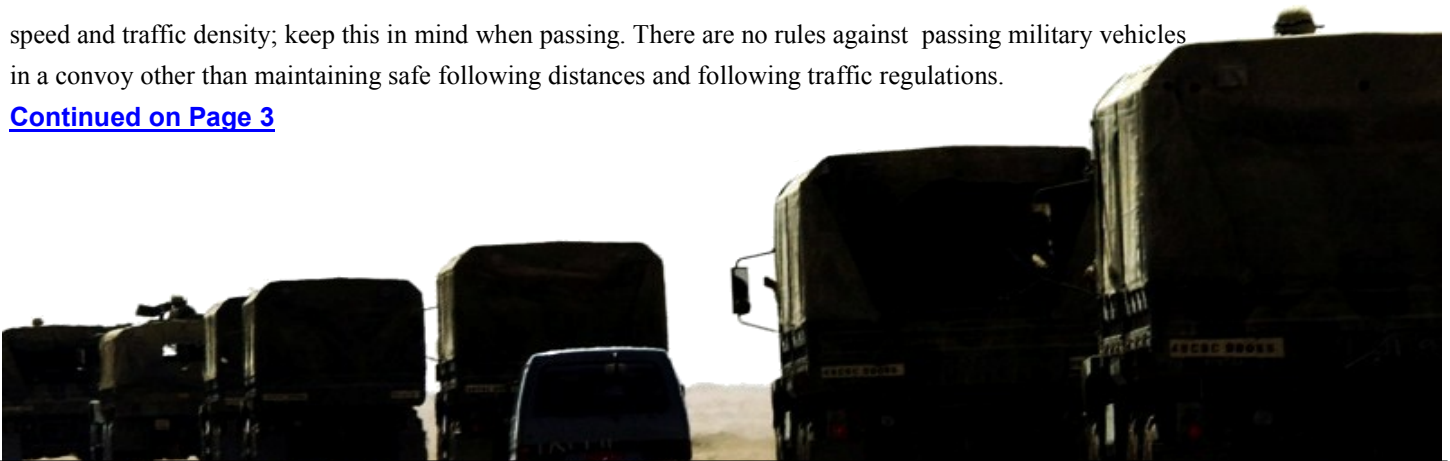
- #11-013 Family of Med Tactical Vehicles (FMTV) Long Term Armoring Strategy (LTAS) Hydraulic Brakes
- #11-012 Stryker RWS-M2 Inadvertent Trigger Activation
- #11-011 SATS Air Compressor Hose Bracket Causing Potential Injuries
- #11-010 MRAP RG31A2 Improper Rear Seatbelt Length

## Whatever the Season, Convoy Ops Have Some Basic Tenets You've Got to Follow

It's AT time again; all the signs are here— the bright sun, melting snow and ice, neighborhood cookouts, and yes— military convoys on the roads leading to and from Camp Ripley training area. In Minnesota, military convoys are concentrated in the spring and summer months in conjunction with unit annual training periods. Convoys operations are a departure from normal traffic conditions and present the public with unfamiliar driving conditions.

Every driver should adhere to the following safety points when encountering military vehicles on the road. Passing a convoy of up to 20 vehicles may be necessary since their maximum speed is between 45 mph and 50 mph. Multiple convoys may be encountered en route to Camp Ripley. When passing a convoy, be sure that you use the legal passing lane and confirm that you can safely pass or get back in between the vehicles. Convoy vehicles are spaced 50 to 100 meters apart, depending on travel speed and traffic density; keep this in mind when passing. There are no rules against passing military vehicles in a convoy other than maintaining safe following distances and following traffic regulations.

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## Convoy Ops, continued

Some of the biggest safety obstacles convoys encounter are wildlife, narrow roadways, and other drivers passing unsafely. Military vehicles are generally heavy. Speed is limited to 45-50mph in order to maintain safe braking distances

The convoy lead and trail vehicles display signs warning traffic of the convoy. Oversized vehicles will also display signs indicating that they are oversized. Convoy drivers and mobility officers work diligently to adhere to all safety guidelines. Convoys must follow the MDoT regulations to ensure maximum vehicle safety on Minnesota roads.

Drivers complete 40 hours of classroom training and 40 hours of driver training to ensure they have the skills and knowledge to maneuver a military vehicle. Additionally, more experienced trained drivers ride with to provide mentorship to new drivers.

When driving to Camp Ripley, convoy planners plan routes that use main thoroughfares, and avoid roads through housing areas or school zones. Safe driving techniques are the same whether the other vehicle is a civilian or military vehicle. Accidents involving civilian vehicles and military vehicles in convoy operations are very rare. The Minnesota National Guard takes every precaution to insure that all convoy operations are conducted safely and professionally. These precautions maintain public safety and posture the Minnesota National Guard to be "Always Ready".

### PERSONAL PROTECTIVE EQUIPMENT IS SELF-DEFENSE.

## Motorcycle Safety; Always Out Front, continued

Without the protective superstructure of other motor vehicles, motorcycle riders are much more prone to fatalities or significant injuries in the event of an accident. How can motorcyclists remain safe and still enjoy the ride? The first line of defense is personal responsibility. Be Alert and Be Seen! Attend motorcycle skill improvement classes, such as the National Motorcycle Safety Foundation's Basic Rider's Course (required for all NG motorcyclists) and the Advanced Rider's Course.

In Minnesota, Both Air Wings conduct Basic Rider courses at their facilities. The MNARNG has contracts with more than 40 MNSCU Colleges throughout Minnesota to conduct Basic Rider courses at no cost to Minnesota Army National Guard members. Instructions and details are available through the State Safety and Occupational Health SharePoint site via the following link: <http://ngmnsharepoint/J3/sao/sso/moto/default.aspx>.

Motorcyclists must exercise risk management, utilize proper personal protective equipment (PPE), and always drive defensively. Even with every precaution, accidents still happen. Wearing PPE including helmets, boots, high vis long sleeve top, pants, and gloves significantly reduces injuries and fatalities. Prudent, safe riders always wear proper PPE and never have to ask whether Army regulations or state laws require a helmet or not.

## New Guidelines for CPR Established

New American Heart Association guidelines for administering cardiopulmonary resuscitation (CPR) were recently established. Gone is the old ABC training (airway-breathing-circulation) which has been replaced with CAB (compressions-airway-breathing). The emphasis is now on chest compressions for sudden cardiac arrest.

By immediately providing chest compressions, the rescuer begins providing oxygen to the brain and vital organs. The new guidelines for adults and children call for 30 chest compressions, followed by two breaths. For those uncomfortable with providing rescue breaths, an option called compression only (or hands only) CPR exists. Under this option, the rescuer provides continual chest compressions at the rate of 100 compressions per minute. One way to provide that rate is to push to the beat of the 70's disco hit "Stayin' Alive" by the Bee Gees.

### Here's the two step process for hands only CPR:

1. Call 911 and retrieve an AED (automated external defibrillator) if available, or ask someone else to.
2. Push hard and fast on the center of the chest until the victim is revived, an AED is activated or emergency medical assistance arrives.

According to Dr. Michael Sayre, chair of the American Heart Association's Emergency Cardiovascular Care Committee, the main concern people have about performing CPR is that they are afraid they will do the CPR wrong and hurt the person. Dr. Sayre's reply is, "If someone is in cardiac arrest, you can only help. It's really hard to make the situation worse."



According to the American Heart Association, more than 300,000 non-hospital cardiac arrests occur in the U.S. each year, with 80% of them occurring in the home. In other words, the life you save will likely be someone you love.

## Record Number of Minnesotans Sick from Tick-borne Diseases

Human anaplasmosis (HA) is one of several tick-borne diseases in Minnesota. Is alive and well.

HA is a bacterial disease transmitted to humans by *Ixodes scapularis* (blacklegged tick or deer tick), the same tick that transmits Lyme disease. The tick must be attached at least 12-24 hours to transmit the bacteria that cause HA. Not all ticks carry these bacteria.

The signs and symptoms of human anaplasmosis may include fever over 102 degrees, severe headache, muscle aches, and chills and shaking.

Less frequent symptoms of human anaplasmosis include nausea, vomiting, loss of appetite, weight loss, abdominal pain, cough, diarrhea, aching joints and change in mental status. Although people of any age can get human anaplasmosis, it tends to be most severe in the aging or immune-compromised. Severe complications can include respiratory failure, renal failure and secondary infections.

Human anaplasmosis is treated with antibiotics, so if you suspect HA, see your doctor immediately. Early diagnosis and treatment can reduce the time a person is ill and the severity of the disease.



2010 was a banner year for Anaplasmosis in MN.

### 1. Apples



Apples are a good source of dietary fiber. Dietary fiber not only contributes to a healthy digestive system and reduced cholesterol, but it also benefits smart eaters by yielding no calories while keeping them satisfied. And there's something else about the fruit that might help you feel full. A study in the journal "Appetite" found that when women added either three apples or three pears to their daily meals, they lost more weight than people who added three oat cookies to their diets — even though the fruit and the cookies contained the exact same amount of dietary fiber.

If you're looking for a tasty midday snack, a handful of almonds are a well-regarded option. One particular favorite among some nutritionists is almonds, says Aragon. One ounce of this food contains only 167 calories, plus it packs roughly 6 g of protein and 3 g of fiber, both nutrients that can make you feel full.

### 2. Almonds



### 3. Salmon



If you're uncertain about fish, there's no need to fear. Seafood can be part of a healthy diet. And there's some evidence that the fat in foods such as salmon can boost satiety levels, says Aragon. And in spite of the mention of salmon's fat content, the food is relatively low in calories. One 3-oz. serving has just 175 calories. Salmon is a good source of protein as well.

There's no doubt that protein, like fiber, has impressive satiating powers. And while eggs seem to have a bad reputation in some circles, there can be no contesting their ability to help keep your weight in check. Research has shown that eating eggs at breakfast can help you fight weight gain all day long. A study reported in 2008 in the "International Journal of Obesity" found that when dieters ate two eggs for breakfast for five days out of the week, they lost 65 percent more weight than dieters who consumed a bagel in the morning.

### 4. Eggs



### 5. Tomatoes



It's true that most veggies make for great diet fare. Non-starchy vegetables in particular, such as carrots, celery and spinach, are filled with fiber. Like other foods high in fiber, they can help keep you feeling satiated.

## 5 Foods That Keep You Healthy