



Safety Brief Bulletin



August 2018 **BLUF:** Provide Unit Command Teams with Safety Brief Talking points relevant to Fort Drum's high risk trend areas.

For the complete Fort Drum Child Supervision Age Matrix, contact **ACS** at 315-772-5914

IMPORTANT - Child Supervision

- Children 3 years or younger, **CANNOT** play outside unattended
- Children 4-6 y/o must have immediate access to adult supervision
- Children 7-9 y/o, when playing outside, must have access to supervision and the sponsor must know the location of the child when playing outside
- Children 0-9 y/o, **CANNOT** be left alone without a sitter
- Children 10-14 y/o must have access to adult supervision and can only be left without a sitter for 3 hours
- Children under the age of 8 y/o **CANNOT** be left unattended in a motor vehicle with anyone under the age of 12

Additional Information:

Register your child with CYSS - Clark Hall 315-772-8675. It is FREE. Without being registered, you are not able to use CYSS facilities.

Army Community Service (ACS)

Financial tips for traveling

- Protect credit cards as if they are cash. Do not leave them unattended anywhere.
- Do not give account numbers over the phone unless you have initiated the call. Most companies will only ask you to verify a portion of your personal information.
- Most fraudulent activity occurs within the first few days after a card is lost or stolen. If your card is lost or stolen, immediately report it to the financial institution

Behavioral Health (BH)

Are you concerned about alcohol or drug use? Afraid that you're going to get into trouble over your drinking? Summer months are a time for increased DWI's & other alcohol & drug related incidents

- You can now self-refer to SUDCC for a confidential assessment. You don't need a signed DA8003, just come to the SUDCC clinic (T-26) & schedule an intake appointment. Following this appointment you & your provider will decide upon a treatment plan that will best address your needs.
- **Don't let substance misuse end your military career.**

Army Wellness Center

- **Heat Exhaustion - Symptoms:** Headache, nausea, dizziness, weakness, & cool clammy skin. **Treatment:** - Stop & rest * Hydrate & get into a cool room or shade * Loosen clothing & apply cool wet towels or pour cool water over the head.
- **Heat Stroke:** A serious condition when the body's cooling system stops working & core temperature rises to dangerous levels. If ignored, heat stroke can lead to death. **Symptoms:** * Red, hot & dry skin * Rapid but weak pulse * Rapid but shallow breathing * Confusion, faintness, staggering, hallucinations * Unusual agitation or coma **Treatment:** Reduce body temperature by cooling the body * Remove unnecessary clothing * Apply water, cool air, wet sheets or ice on the neck, groin & armpits to accelerate cooling * Seek medical attention immediately

Drunk Driver Prevention Program (DDPP)

- Explain that DDPP will drive DoD ID Card holders and their vehicle home. This service is free and confidential.

****Make all SM put the DDPP Program phone number into their phones 315-775-8813 Friday & Saturdays 2000-0600**

Army Substance Abuse Program (ASAP)

Leandra's Law - Individuals charged with driving with a BAC of .08 or greater & have a child under the age of 16 in the vehicle, automatically have their license suspended, a fine of up to \$5,000 & may be charged with a Class E felony punishable by up to 4 years in state prison.

- Drivers who cause serious physical injury to a child in the vehicle may be charged with a Class C felony, punishable by up to 15 years in state prison.
- Drivers who cause the death of a child younger than 16 in the car may be charged with a Class B felony, punishable by up to 25 years in state prison.

DES

FD DES responded to over 650 Traffic Accidents in FY17 & are on a current glide path to surpass 800 for FY18. Contributing factors are:

- Exceeding posted speed limit signs & speed too fast for road conditions
- Distracted driving, i.e. texting while driving
- Following too close

DES Fire Prevention - Summertime Burn Safety

- Wear short sleeves or roll them up when cooking on the grill
- Use long-handled barbecue tools
- Keep a 3-foot safe zone around grills, fire pits and campfires
- Attend public fireworks displays; leave it to the professionals

First aid for burns:

- Place the burn in cool water for three to five minutes
- Cover the burn with a clean, dry cloth
- See your doctor if the burn is larger than your palm

Sexual Harassment Assault Response Program

Talk to your Soldier about SHARP during the duty day. Quiz them or have a conversation about a SHARP issue. Show Soldiers that leaders are concerned about this issue all the time and not just for mandatory training or the required weekend safety brief. Honest, candid conversations with Soldiers have the most memorable impact.

Remember the Hotline number is: (315) 767-6128

MEDDAC Preventive Medicine

Food Safety on the Go!!! Prevent food poisoning during those summertime road trips.

- Wash your hands before & after handling food. Soap & water is best; hand sanitizer will do if no water is available.
- Keep the cooler in the air conditioning area of the car not in the hot trunk. Food in a cooler is only safe if the cooler still has ice.
- Perishable food should not be out of refrigeration for more than 2 hours-reduce that time to 1 hour if it's a hot day (temps are greater than 90 degrees).

'Off-Limits' Locations (IAW- Policy Memorandum #17-20)

Existing Off-Limits due to activity

- The High Life Novelty Shop, 22220 US Rte. 11, Watertown, NY 13601
- Trip on the Wild Side, 671 Mill St., Watertown, NY 13601
- Zone Limited, 6717 Old Collamer Rd., East Syracuse, NY 13057
- Husky Property Management, 700 Mill St., Watertown, NY 13601

Existing Off-Limits due to safety concerns

- All water areas within and adjacent to Fort Drum are off-limits for swimming, except Remington Park and approved public swimming areas, which have lifeguards on duty.
- The portion of the Black River that borders Fort Drum is off-limits for all recreational activity, except fishing from the banks of the river.
- "Kings Falls/High Gorge" is off-limits for all recreational activity.



August 2018



*For times and locations contact the program listed

30 – Unit Prevention Leader Training (ASAP)
 1-2 – Scream Free Parenting (ACS)
 1 – EFMP Playgroup (ACS)
 1 – 1st Term Financial Training (ACS)
 1 – Fueling for Health (AWC)
 2 – Little Eagles Playgroup (ACS)
 2 – Upping your Metabolism (AWC)
 3 – Meals in Minutes (AWC)
 3 – Come Fish at Remington Park (ACS)
 4 – ATV Safety Class (FMWR)
 4 – Hiking Trip to Watkins Glen (FMWR)
 7-8 – Prime for Life (ASAP)
 7 – Upping your Metabolism (AWC)
 7 – Healthy Sleep Habits (AWC)
 7 – Welcome Tour (ACS)
 7 – Connect the Tots Playgroup (ACS)
 7 – Creating Calm (ACS)
 8 – Stress Management (AWC)
 8 – Parenting After Separation or Divorce (ACS)
 8 – Army Ten-Miler Qualifier (FMWR)
 8 – EFMP Playgroup (ACS)
 8 – 1st Term Financial Training (ACS)
 9 – Upping your Metabolism (AWC)
 9 – Blended Retirement (ACS)
 9 – Little Eagles Playgroup (ACS)
 9 – Power Pay: Improve Your Credit and Eliminate Debt (ACS)
 10 – Run Forrest Run 5K (FMWR)
 14-15 Gatekeeper Training (ASAP)
 14 – Meals in Minutes (AWC)
 14 – Upping your Metabolism (AWC)
 14 – Connect the Tots Playgroup (ACS)
 14 – Creating Calm (ACS)
 14 – Flag Football League Begins (FMWR)

15 – EFMP Playgroup (ACS)
 15 – Healthy Sleep Habits (AWC)
 15 – 1st Term Financial Training (ACS)
 16 – Upping your Metabolism (AWC)
 16 – Little Eagles Playgroup (ACS)
 16 – Stress Management (ACS)
 17 – Family Bowling (ACS)
 17 – Forrest Gump Movie Night (FMWR)
 18 – DPW Outdoor Adventure Day (FMWR)
 18 – Soccer Tournament (FMWR)
 21 – Upping your Metabolism (AWC)
 21 – Connect the Tots Playgroup (ACS)
 21 – Staying Fit Home & Away (AWC)
 21 – Creating Calm (ACS)
 21-22 – Prime for Life (ASAP)
 22 – EFMP Playgroup (ACS)
 22 – 1st Term Financial Training (ACS)
 22 – Fueling for Health (AWC)
 23 – Upping your Metabolism (AWC)
 23 – Little Eagles Playgroup (ACS)
 23 – Anger Management (ACS)
 23 – Women's Equality Day Observance (EO)
 24 – Lt. Dan Band Concert on Division Hill (FMWR)
 24 – Family Swim
 27-29 – Terrific Toddler (ACS)
 27 – Mountain Intervention Training SHARP/ASAP/FAP/EO)
 28 – Upping your Metabolism (AWC)
 28 – Connect the Tots Playgroup (ACS)
 28 – Creating Calm (ACS)
 29 – IMCOM Tier 1 ACE-SI Training (ASAP)
 29 – Stress Management (AWC)
 29 – EFMP Playgroup (ACS)

30 – Upping your Metabolism (AWC)
 30 – Little Eagles Playgroup (ACS)
 30 – Mountain Intervention Training SHARP/ASAP/FAP/EO)
 31 – Meals in Minutes (AWC)

101 Days of Summer (ASAP)
Whitewater Rafting Trips every Friday (FMWR)

Additional Safety Tips

Motorcycle Safety Tips (Safety Office)

- SPEED KILLS
- Wear your helmet
- See and be Seen
- Ride Defensively Always
- Attend Required Training * **Contact Garrison Safety office for DTG of trainings**

Off-Road Vehicle Safety

- Children & young people under the age of 16 should not ride adult ATVs (with engines bigger than 90 cubic centimeters).
- Take a hands on training course – offered through FMWR
- Always wear an approved helmet
- Never drive ATV while under the influence of drugs or alcohol

Bicycle Safety: Remember to use arm and hand signals; Ride with traffic, not against it; Always wear an approved bicycle helmet; Avoid riding at night if possible; If you must ride at night, install front and rear lights on your bicycle and wear reflective clothing.

Fort Drum Prevention Programs are here to support you!

Army Substance Abuse Program (ASAP)

Address: 10250 4th Armored Division Dr.
Phone: (315) 772-6704

Army Wellness Center (AWC)

Address: 10550 5th Armored Division Dr.
Phone: (315) 772-4608 or (315) 772-4528

Garrison Safety Office

Address: BLDG M-432A, Lewis Avenue
Phone: (315) 772-5352

Sexual Harassment Assault Response Program

Address: SHARP Resource Center Bldg 475A Tigris River Valley Road
Phone: (315) 774-2728 **Hotline:** (315) 767-6128

MEDDAC Preventive Medicine

Address: Building P-36, First Street
Phone: (315) 772-6404

Army Community Service (ACS)

Address: Main ACS Building 1780 Restore Hope
Phone: (315) 772-6556/6557

R2 Performance Center

Address: 10550 5th Armored Division Dr.
Phone: (315) 772-4928 or (315) 774-2321

Directorate of Emergency Services

Address: 10711 S Riva Ridge Loop
Phone: (315) 772-0565

Department of Behavioral Health (DBH) located at multiple sites throughout post. Contact DBH for locations.

Phone: (315) 772-2778

APHN's Sexual Health Clinic – Free & Confidential

Address: Bowe Troop Medical Clinic
 Tue, Wed, & Thurs 0900-1100