



# READY NOW

## Prevention Bulletin



August  
2019

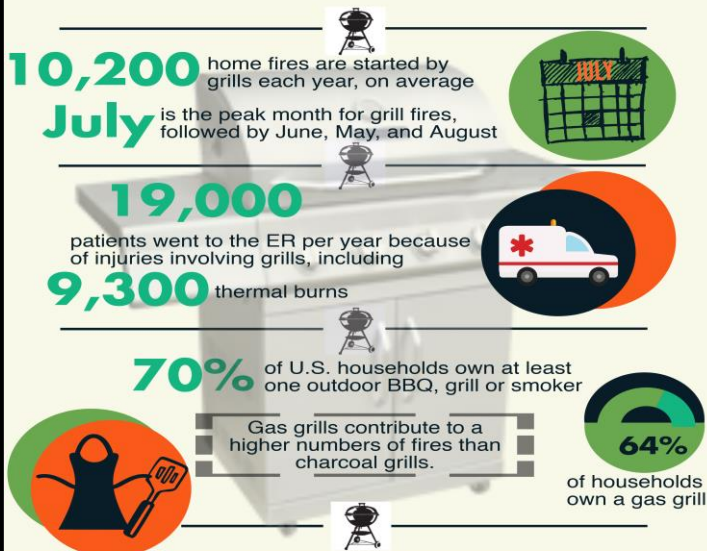
**BLUF:** Provide Leaders with talking points relevant to Fort Drum's high risk trend areas.

### August Safety Tips

Summer is a great time to be outside and grill, make sure you follow these safety tips!

## GRILLING STATISTICS

from **NFPA**



Sources:  
HPBA's "State of the Barbecue Industry" consumer survey  
NFPA's 2019 "Research Fact Sheet"

### Army Community Service (ACS)

(315) 772-6556/6557

### Family Advocacy Program (FAP)

#### Family Fire Safety

It is important that your family has an emergency plan in place for different types of emergencies. Establish a fire escape plan so everyone knows the safest way to escape from every room and where to meet once they are safely outside. In both instances, be sure to get the family outside immediately. Your children may know the number for 911, but do they know the number for the MPs? Do they know who to call if they can't get ahold of you first?

- ✓ Make sure your family knows the difference between the chirping and beeping of smoke and CO2 alarms
- ✓ Make sure your family has a plan in case of an emergency
  - \* Who to contact
  - \* Designate a meeting place and make sure they know where it is
- ✓ Make sure everyone in the house knows where the fire extinguisher is and how to use it
- ✓ Make sure your children understand the dangers of fire and they should never play with matches or lighters

### Army Substance Abuse Program (ASAP)

(315) 772-6704

#### DoD Prohibited Substances

It is **YOUR** responsibility to know & understand what you are putting into your body, as a Soldier and Federal Employee there are some substances that you are banned from using.

#### Criminal Alert Notice 00086-2019-CID101

AFOSI was notified by the U.S. Food and Drug Administration (FDA), Office of Criminal Investigations (FDA/OCI) that nutrition supplements sold by 5 Star Nutrition (aka Total Nutrition and Brick & Mortar Distributing, LLC) may contain illegal Schedule III ingredients including anabolic steroids. Following a December 2018 Health and Wellness inspection at Moody Air Force Base (AFB), suspected illicit drugs (or) narcotics were seized and submitted for testing. At least two independent crime laboratory tests confirmed the presence of androsterone and androstenediol in 5 Star Nutrition products, such as "Alpha Shredded" and "Trenatestin."



#### Army CBD Policy

**ALARACT 029/2018 – April 2018** – It is critical for users of E-Cigarettes and/or vaporizer pens to ensure that the products they purchase DO NOT contain cannabinoids (CBD) oil, CBD in ANY FORM or synthetic cannabinoids (CBD) of any kind.

Per Reference 1.a., Soldiers **AND** DoD Civilians are prohibited from using hemp or products containing hemp oil (CBD oils included)

### Garrison Safety

(315) 772-3022



## Grilling Fire Safety

Stay fire safe this summer! Follow these grilling safety tips.



Only use your grill outside. Keep it at least 3 feet from siding, deck rails and eaves.



Clean your grill after each use. This will remove grease that can start a fire.



Open your gas grill before lighting.



Keep a 3-foot safe zone around your grill. This will keep kids and pets safe.



Place the coals from your grill in a metal can with a lid once they have cooled.



Keep an eye on your grill, fire pit or patio torches. Don't walk away from them when they are lit.



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## MEDDAC Preventive Medicine (315) 772-6404



### OPERATION SUPPLEMENT SAFETY

The DoD Resource for Dietary Supplements – Operation Supplement Safety (OPSS) provides resources to help consumers within the DoD community make informed decisions on dietary supplements.

#### Screen your supplement for safety

Read the label on your supplement 1 = "yes" & 0 = "no"

1. Is any one of these **third-party certification** seals on the product labels?



2. Are there **less than six ingredients** on the Supplement Facts panel?
3. Is the Supplement Facts panel free of the words **proprietary, blend, matrix, or complex**?
4. Can you **easily pronounce the name** of each ingredient on the Supplement Facts panel?
5. Is the amount of caffeine listed on the label **200mg or less per serving**?
6. Is the label free of **"quick fix"** claims?
7. Are all the % Daily Values (%DV) on the Supplement Facts panel **less than 200%**?

**Total: add up the "1s". 4 or more is okay.**

**Less than 4 is a "no-go".**

Visit [www.OPSS.org](http://www.OPSS.org) for more information

## Additional Safety Tips

### ATV Operations

- Take an ATV training course. Be thoroughly familiar with the machine and how to operate it properly.
- Check the weather prior to starting.
- Inspect the ATV prior to operating. Ensure it is mechanically sound.
- Familiarize yourself with the area and terrain. Travel in areas where ATVs are permitted.
- Don't travel alone let others know where you are going and when to expect your return. Have a map and GPS.
- Don't attempt wheelies, jumps, or stunts.
- Ensure Personal Protective Equipment is worn (helmet, goggles, boots, gloves, long sleeve shirt or jacket, and long pants).
- Use extreme care when fueling. Fuel in well-ventilated areas and take precautions against static discharge.
- Never consume alcohol or drugs before or while operating an ATV.

**HELMET: Most important piece of protective gear. Protects against head injury, windblast, cold, and flying objects.**

### Fort Drum Off Limits Locations

- High Life Novelty Shop, Watertown
- Trip on the Wild Side, Watertown
- Zoned Limited, East Syracuse
- Husky Property Management, Watertown
- **All water areas within & adjacent to Fort Drum are off-limits for swimming**
- 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



## Drunk Driving Prevention Program (DDPP) (315) 775-8813

**Friday & Saturdays 2000-0600**

DDPP will drive DoD ID Card holders and their vehicle home.

This service is free and confidential.

Pre-registration is required.

**\*\*Make all SM put the DDPP Program number into their phones**

# August 2019

For times and locations contact the programs listed

- 1 – Career Fair (ACS)
  - 3 – Tupper Lake Triad Hiking Trip (FMWR)
  - 7 – Army Ten-Miler Qualifier (FMWR)
  - 8 – ACS Summer Bash – Bowling Center (ACS)
  - 9 – BOSS Mudder (FMWR)**
  - 10 – Youth Center Water Safari Trip (FMWR)
  - 17 – Outdoor Adventure Day (FMWR)
  - 22 – LeRay Summer Concert Series (FMWR)
  - 23 – 10<sup>th</sup> MTN/FMWR Gold Challenge (FMWR)
  - 23 – BOSS Beach Bash & BBQ cook off (FMWR)
  - 26 – Free Zumba Class (FMWR)
  - 30 – EFMP Bowling (ACS)
- Tuesdays: BOSS Tae Kwon do (Free) 7-8pm @ Magrath**

## Recurring Classes

- |   |                                  |
|---|----------------------------------|
| • EFMP Playgroup (ACS)*                               | • Check on Checking (ACS)*       |
| • 1 <sup>st</sup> Term Financial TRG (ACS)*           | • Unit Prevention Leader (ASAP)  |
| • Little Eagles Playgroup (ACS)*                      | • Gatekeeper (ASAP)*             |
| • Prime for Life (ASAP)*                              | • Welcome Tour (ACS)             |
| • Tots Playgroup (ACS)*                               | • ESL (ACS)                      |
| • Stress Management (ACS) (AWC)*                      | • Upping Your Metabolism (AWC)*  |
| • Parenting After Separation/Divorce (ACS)*           | • Fueling For Health (AWC)*      |
| • Creating Calm/ Anger MGT (ACS)*                     | • Healthy Sleep Habits (AWC)*    |
| • Mountain Intervention Training (SHARP/ASAP/FAP/EO)* | • Meal in Minutes (AWC)*         |
| • Resume Start to Finish (ACS)                        | • Walking Group (ACS)            |
| • Sewing Class (ACS)*                                 | • Federal Employment Class (ACS) |
| • Active Parenting Teens (ACS)*                       |                                  |
| • Budgeting for Your Goals (ACS)*                     |                                  |

**\*Classes with an (\*) indicate Life Skills classes\***