



HAVE A HAPPY & SAFE NEW YEAR!

As we approach a time of year where heat is required a majority of the time, we must be prepared to mitigate against the danger of **Carbon Monoxide**, which is known as the “Silent Killer.”

More than 400 people in the U.S. die from unintentional carbon monoxide poisoning every year, according to the Centers for Disease Control and Prevention. More than 20,000 visit the emergency room, and more than 4,000 others are hospitalized.

SAFETY ALERT: A SILENT KILLER!



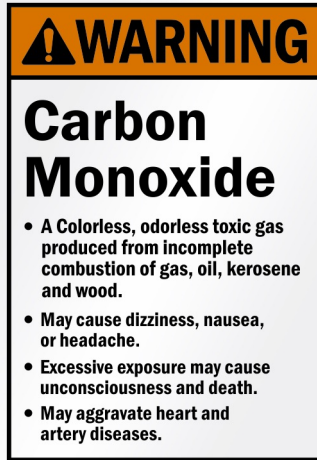
Carbon Monoxide: Signs, Symptoms, & What To Do

Low to moderate carbon monoxide poisoning is characterized by:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

High-level carbon monoxide poisoning results in:

- Mental confusion
- Vomiting
- Loss of muscular coordination
- Loss of consciousness
- Death



What to do if an alarm sounds:

- Immediately move outside to fresh air
- Call emergency services, fire department or 9-1-1
- Do a head count check for accountability
- Do not reenter the premises until emergency responders have given you permission to do so

Prevention Tips:

- Have carbon monoxide alarms, and regularly test them
- Have your furnace and other appliances serviced by a certified technician annually
- Do not use chemical heaters indoors
- Clean your chimney annually
- Never use your oven to heat your home

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](#)



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



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

Safety Joke of the Month

Although they say, “safety is no laughing matter,” with effective control measures implemented – it can be!

Three causes of a mishap are:

- I didn’t think
- I didn’t see
- I didn’t know

If you are interested having your Safety joke published, please submit your joke and contact information to LTC Alexander Prezioso at: alexander.prezioso.mil@army.mil

Surviving in the Cold



For information on preventing Cold Weather Injuries, see

- TB MED 508, Prevention and Management of Cold Weather Injuries, https://armypubs.army.mil/epubs/DR_pubs/DR_a/pdf/web/tbmed508.pdf
- TC 21-3, Soldier's Handbook for Individual Operations and Survival in Cold Weather Areas, https://armypubs.army.mil/epubs/DR_pubs/DR_b/pdf/web/tc21_3.pdf
- TC 4-02.3, Field Hygiene and Sanitation, https://armypubs.army.mil/epubs/DR_pubs/DR_a/pdf/web/tc4_02x3.pdf
- The Army Public Health Center's Cold Weather Casualties and Injuries webpage: <https://phc.amedd.army.mil/topics/discond/cip/Pages/Cold-Weather-Casualties-and-Injuries.aspx>

Winter Wipeouts

PROTECT YOURSELF



Wear your seatbelt at all times, and don't speed



Never place a rear-facing infant seat in front of an airbag



Children 12 and under are much safer in the backseat.

PREVENT CRASHES



Avoid Drugs & Alcohol



Increase Distance Between Vehicles



Watch For Pedestrians



Slow Down!
Avoid Speeding!



Never Drive Fatigued

State Safety Points of Contact

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