

Garrison Safety Newsletter

United States Army Garrison, NTC and Fort Irwin January 2018

NEW YEAR'S SAFETY RESOLUTIONS



As we enter 2018, many of us are thinking about New Year's resolutions. The most popular resolutions are to lose weight, stop smoking, or save money. But making New Year's resolutions is actually old news.

The tradition of making New Year's resolutions dates back to the ancient Babylonians who made promises to their gods at the start of each year to repay their debts and return borrowed items. The Romans made promises to their god, Janus, for whom the month of January is named.

Janus was a mythological god with two faces, one looking backward at the old year and one looking forward to the new. Janus is the patron god of doors, gates, passageways, endings, and new beginnings.

As the tradition carried forward, people continued to make New Year's pledges aimed at self-improvement. As you decide what resolutions you will make, remember to make a few safety resolutions. After all, losing weight, improving health and fitness, and saving money are terrific goals, but only if you are around to enjoy them. Setting a few safety goals can save your life and the lives of family members and loved ones. Here are some safety resolutions everyone should adopt this year:

1. Always wear your seatbelt.
2. Follow posted speed limits.
3. Never drink and drive.
4. Wear a motorcycle helmet.
5. Do not overload electrical circuits in your home.
6. Clean out the lint in your clothes dryer to prevent fires.
7. Develop a home emergency plan.
8. Check smoke detectors in your home.
9. Ensure fire extinguishers are operational and readily accessible.
10. Use principles of risk management in all you do.

Photo Credit: Google Images - 62 B.C. statue of Janus on the Ponte Fabricio bridge in Rome, Italy.

Please, Think Before You Drink

GARRISON SAFETY TEAM

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MOTORCYCLE SAFETY TRAINING

<https://imc.army.mil/airs/default.aspx>

Please call
380-7708 for
more
information

BLDG MGR TRAINING

17 Jan 18
21 Feb 18
21 Mar 18
18 Apr 18
16 May 18
20 Jun 18
15 Aug 18
19 Sep 18
17 Oct 18
21 Nov 18

Please call 380-
6845/6847 to
register

CDSO/ADSO TRAINING

6-8 Mar 18
26-28 Jun 18
25-27 Sep 18

Call 380-5053 to
register

The New Year is a time of celebration, but it can quickly turn tragic if you don't think before you drink and drive. Alcohol has a quick onset of effects. Long before you feel impaired, your driving-related skills and decision-making abilities are diminished.

Alcohol lowers your inhibitions and impairs your judgment, and this can cause you to make reckless decisions behind the wheel and in general. It increases sedation and slows your reaction time. Coffee does not help the situation. Driving skills may still be impaired the next morning.

If you plan on drinking, also make plans to get home safely using Uber, a cab, or a designated driver. If you host a party with alcohol, monitor your guests and don't let them drink and drive. It could save your life and lives of other's as well.

