



THE MARYLAND WING SAFETY MONTHLY



APRIL 2023

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The Safety Way

Our aircraft are certainly eye-catching. Literally. As beautiful as they are in their paint scheme, there are a number of eye-level hazards to be cautious of when inspecting or working on or around them. In addition to wing tips, there are pitot tubes, drain tubes, static wicks, unguarded edges, and so on.



We need to be particularly cautious of where we are going. Take a good look at what lies not only at your feet but also at face level in the direction you are walking. Be conscious of that area from the top of your head to the bottom of your chin. Don't let your



eyes suffer because you did not put them to good use by pointing them in the direction of motion. That is the **Safety Way**.

PROTECTIVE GEAR



The importance protective gear appropriate to the mission or task cannot be overemphasized. Mission readiness depends on the availability and viability of CAP personnel. Wear protective gear for your own health and safety and for ensuring the successful completion of every mission.

IT WON'T HURT YOU TO ASK FOR HELP. IT MAY HURT YOU IF YOU DON'T...



THE SAFETY DICTIONARY

HAZARD—an unavoidable danger, risk, peril, or difficulty, even though often foreseeable.



WISDOM

A major mission of CAP is to save lives. It is a noble task. But we need to save ourselves in order to save others. Put clearly, we need to make sure we are prepared through personal care and study in order to be ready to help. For example, the airlines tell us to put our oxygen mask on before we attempt to put one on someone else. That one act can not only save you but everyone around you.



COPY, PASTE, & CLICK

Our Wing monthly safety newsletter can now be accessed on the Maryland Wing website.

<https://mdwg.cap.gov/safety-newsletters>

THE CADET CORNER



Your physical safety is not the only thing your senior members, or you, need to be concerned about. Since we live in the age of the internet, we need to understand that it is not only a great tool for learning, but there are plenty of unscrupulous people hiding behind the screen that want to steal from you or take advantage of you in various ways. Good general rules are be very careful what you download, use all privacy settings, limit personal information, practice safe browsing, only buy online from secure and reliable retailers, use antivirus, VPNs can offer extra protection, and don't post images or information that could some day destroy your chance for a good career.

When you sit down in front of the computer, have a personal safety and risk analysis mindset.

Serving safely may get old, but so do those who practice it.

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EYES WIDE OPEN



Hazard Recognition

HAZARDS ARE EVERYWHERE.

WHAT RISKS AREN'T YOU SEEING?

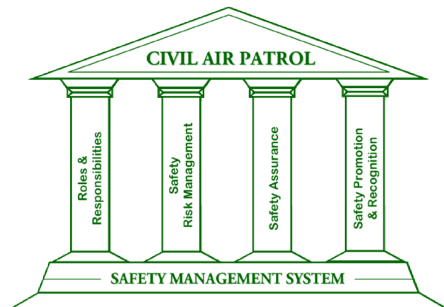


AIRMAN SAFETY ACTION PROGRAM
www.safety.af.mil/home/asap

As the above Air Force poster tells us, hazards are everywhere. Watch, look and listen. And don't settle for thinking, "Well, it was okay before." Assuming is not verifying. It is not safe.



ABOUT THE PILLARS



We said that in future publications of this newsletter we will be reviewing each pillar in the SMS and our responsibility toward them. So let's look at the first one: **ROLES AND RESPONSIBILITIES**. In a broad sense, each of us—from the newest cadet to the most experienced senior—is a safety officer. We all need to be constantly alert to all possible safety hazards at all times. In safety we are all each other's wingman.

A "Wingman" refers to a flight pattern. There is a lead aircraft and another which flies to the right and behind the lead. He or she is called the "Wingman" because they primarily protect the lead by "watching their back...or belly in this case."

CAP SAFETY PRINCIPLES

Learning – more than just the acquisition of knowledge, true learning takes place when knowledge becomes a change in behavior – when we know better, we do better.

Fairness - impartial and just treatment or behavior without favoritism or discrimination.

Accountability – a willingness to accept responsibility or to account for one's actions.

Flexibility – the capability to adapt effectively when faced with change.



TEN TIPS FOR FIRE SAFETY

1. Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
2. Test smoke alarms monthly. Replace batteries at least once a year.
3. Have a family fire escape plan and practice the plan twice a year.
4. If there's a fire in your home, get out, dial 911 and don't go back inside.
5. Keep matches and lighters out of children's reach.
6. Use flashlights during power outages, not candles.
7. Never leave a burning candle unattended.
8. Turn off space heaters when you leave the room and don't leave them unattended.
9. Only use smoking materials outside.
10. Keep flammable items away from anything that can get hot, such as space heaters.

KITCHEN SAFETY

For an organization or unit that operates airplanes, performs close order drill, and sends out ground teams, it is easy to lose sight of safety hazards at home base. Case in point: many squadrons have kitchens.

"Yes Sir, we do, but it is just a kitchen. Why do I need to be concerned?" We all need to be concerned because in a kitchen we can be cut, burned, made sick, or get a concussion (from slipping and falling). To avoid these possibilities we should do the following while engaging in food service:

◆ Look at kitchen duty with the same risk analysis you would use in any other CAP activity.

◆ Wear proper protective clothing including gloves.

◆ Keep the kitchen clean and sanitary.

◆ Keep yourself—especially your hands—clean and sanitary.

◆ Follow food safety guidelines to prevent contamination and spoilage.

◆ Use caution when using appliances.

◆ Have proper lighting.

◆ Have proper ventilation.

◆ Have a fire extinguisher available and know how to use it.

◆ Members knowledgeable in first aid should be close and available.

◆ If it is a long event, take breaks and avoid fatigue.

Working in a kitchen and serving your fellow members can be very enjoyable. Much more so if done safely.





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GUEST CONTRIBUTOR

CAPT AMBER CRANFORD

“Death By A Thousand Cuts”

Mental and Emotional Safety

by Capt Amber Cranford

When someone thinks about safety, the thoughts of physical or environmental factors come to mind. But there are other areas that should be considered such as mental and emotional factors. This article is to cover those factors, talk about verbal and emotional abuse, bullying and how to guard against them. What is mental and emotional safety and how do we achieve it? First, we must recognize the hazards.

Verbal abuse. Verbal abuse is a type of emotional abuse. It is when someone uses their words to assault, dominate, ridicule, manipulate, and/or degrade another person and negatively impact that person's psychological health. Verbal abuse is a means of controlling and maintaining power over another person. “Verbal abuse can exist without physical abuse. The effects of verbal abuse can be just as damaging as those of physical abuse.”-verywellmind.com

Emotional abuse. Emotional abuse involves controlling another person by using emotions to criticize, embarrass, shame, blame, or otherwise manipulate them. While most common in dating and married relationships, mental or emotional abuse can occur in any relationship—including among friends, family members, and co-workers. “Research indicates that the consequences of emotional abuse are just as severe as those of physical abuse. Except, instead of physical marks and bruises, your wounds are invisible to others—hidden in the self-doubt, worthlessness, and self-loathing you may feel.” -verywellmind.com. Some forms of emotional abuse include manipulation, gaslighting, narcissism, controlling behavior, humiliation, passive aggression, disrespect, and degradation.

Bullying. CAP defines bullying as: “Unwanted, aggressive behavior among cadets that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes making threats, spreading rumors, and attacking someone physically or verbally.”

“Bullying can affect everyone—those who are bullied, those who bully, and those who witness bullying. Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide.”-stopbullying.gov

The words from the phrase we all heard growing up were: “sticks and stones may break my bones, but words will never hurt me”, just aren't true. Words can hurt, damage and even destroy. Proverbs 18:21a says: “Death and life are in the power of the tongue..”. The words we say can literally lift someone up or tear them down. Either can have a lasting affect whether positive or negative.

How do we protect ourselves against such abuse?

Recognize the abuse

Set boundaries

Avoid that person if possible

Seek help and support

Do not blame yourself

Take care of yourself by getting sufficient rest and eating healthy

Get counseling



Capt Amber Cranford holds the positions of Director of Emergency Services, Asst. Dir. of Cadet Programs, O-Flight Coordinator, and Air National Guard Cadet Squadron Commander for the CAP Delaware Wing.



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“Death By A Thousand Cuts”

(continued)

In conclusion, it is important to recognize the prevalence of and significance of these issues. Turning a blind eye is never the correct response. We must first face the reality of what is happening and then take the corrective actions to eliminate the problem. Once the problem is resolved, further steps to prevent future occurrences should be taken but also support given to all those involved. Civil Air Patrol can provide support through the Chaplaincy program as well as members trained in the Critical Incident Stress Management program (CISM). This is a way we can ensure resiliency in the lives of our members of all ages.

Helpful Resources:

Childhelp National Child Abuse Hotline: available by phone 24/7 at 1-800-4-A-CHILD (1-800-422-4453).

National Teen Dating Abuse Helpline: loveisrespect.org or 866-331-9474

National Child Traumatic Stress Network

Prevent Child Abuse America

Coalition for Children

www.stopbullying.gov

<https://www.nctsn.org/treatments-and-practices/psychological-first-aid-and-skills-for-psychological-recovery/about-pfa>

<https://www.redcross.org/take-a-class/coronavirus-information/psychological-first-aid-online-course>

<https://www.gocivilairpatrol.com/programs/emergency-services/critical-incident-stress-management-cism--resiliency>

<https://sprc.org/>



SQUADRON SAFETY OFFICERS

As squadron safety officers provide training and guidance, they should help the individual squadron members understand that they too are safety officers. We need to avoid the possible mindset among the general membership that says, “Ah, well, we have a safety officer. Everything will be okay.” Everything will be okay when all of us view activities with a risk management eye.



RM

TIMELINESS



Know when to use the brakes. An operation or activity must be stopped in a timely manner if any danger is suspected or detected.



Every person is capable of personal continuous improvement if they choose to learn from things that did not work out as intended.

- CAP Safety Review Guide



“Guess what you forgot to take with you this morning!”