



THE MARYLAND WING SAFETY MONTHLY



JULY 2025

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TAKING AIM

Aiming for safety can be interpreted from two different points of view. We can either say, "I just want to make sure no one gets hurt.", or we can say, "We will perform continuous risk analysis and mitigation techniques to build a robust safety net for all members."

Obviously, the complete and proactive approach as indicated in the second statement above is the one we want to aim for. So please evaluate your approach to safety before you begin putting controls in to place.



WISDOM

Wisdom is being prepared for eventualities and possible hazards. Plan ahead.



THE SAFETY DICTIONARY

Preparedness—the state of being prepared. Readiness. Covering the bases.



Your Director of Safety receives phone calls, text messages, emails. You can contact

Lt Col Ray Phillips at:
rphillips@md.cap.gov /
301-667-9652



The Safety Way

We are not fish.

It is July! People are on their way to the beach! The municipal swimming pool is open! Friends and neighbors are having pool parties! But wait...We are not fish. We need to remember that water is not our natural environment. A careful risk assessment must be accomplished prior to engaging in water activities. And, since you have been trained in risk analysis and mitigation, you are in the best position to protect yourself, family, and friends by not rushing into an activity without using the CAP risk management tools.

That is The Safety Way.



CAPR 160-1 IN FOCUS

160-1 2.4.5. **Flight Commanders.** Flight commanders are expected to follow the guidelines for Squadron Commanders as outlined in paragraph 2.4.4.

CAPR 160-2 IN FOCUS

160-2 6.8. **Other Notifications.** The following safety-related notifications should be made by a commander via phone call to CAP's National Operations Center (1-888-211-1812) but should not be recorded in CAPSIS unless they also meet the criteria in Section 6.1 of this regulation.



EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

During an emergency, you may have to leave home, or even the local area, in a hurry. Hurricanes, tornadoes, earthquakes, fires, blizzards, and social unrest are just some of the reasons that may make it necessary to leave. Since there is no guarantee that your immediate necessities will be available where you land, it is advisable to have a "go bag" or kit ready to throw in the car (which you also keep ready for a quick escape). So lets look at the recommended contents for your kit.

EMERGENCY GO BAG

Prepare the following supplies in a bag



FIRST AID KIT
Band-aid, alcohol, personal medicines, paracetamol ointment, betadine, sterile gauze, medical tape



FOOD
Bottled water, canned goods, biscuits, eating utensils



CLOTHING
Clothes (good for 2-3 days), slippers, blankets, jacket, underwear



TECH EQUIPMENT
Flashlight, powerbank, extra batteries, extension cord, charger



IDENTIFICATION
ID and important documents



TOILETRIES
Soap, shampoo, toothbrush, toothpaste, tissue paper

The National Operations Center (NOC) coordinates CAP's support for civil authorities and military commanders.

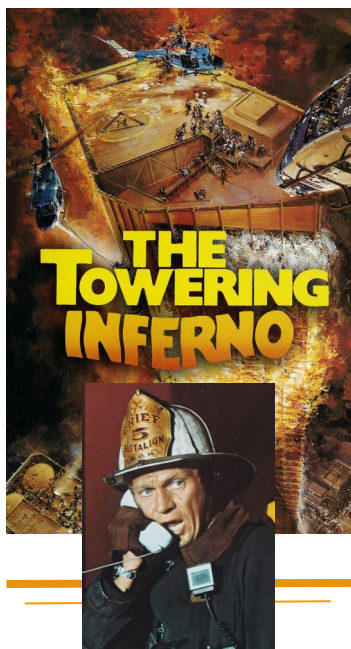
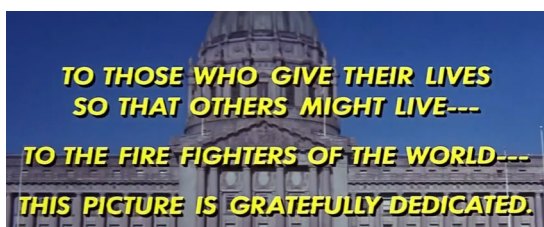


The NOC is available 24/7 and can be reached via phone at 888-211-1812. During regular hours (7:30 a.m. to 4:30 p.m. Central Time, Monday through Friday), the NOC is fully staffed. After hours, calls are forwarded to a duty officer to ensure continuous support.



SAFETY IN THE MOVIES

This 1974 film was one of a string of disaster movies of that period that captured audiences. Unfortunately, the movies goers came to see the danger and not the many safety measures employed to stop the fire and save lives. Primarily, the safety measures involved strategies and the fire fighters. This included the employment of their people and equipment to meet the enormous challenges that they faced. In the beginning of the movie the following graphic was displayed:



As Civil Air Patrol members and volunteers, we also employ people and equipment as we design strategies to not only complete the mission but remain safe in the process. Risk Management is not something we have to do, but is essential that we do for the benefit of all involved.

Safety Assurance and Continuous Improvement are part of that essential process for the benefit of all, just like firefighters protecting their community.

I recommend that we all reference on a regular basis the safety information made available to us by CAP, including the pamphlet depicted here.

You can find it at:

https://www.gocivilairpatrol.com/media/cms/CAPP_163_Sep_2019_C3F2550399594.pdf

CAPP 163
30 September 2019

Safety Assurance & Continuous Improvement

Third Pillar of the Safety Management System

CIVIL AIR PATROL

SAFETY MANAGEMENT SYSTEM



Our personal financial situation is part of our personal safety. It effects our thoughts, actions, and emotions. Currently, there has been a significant increase in banking scams. The following is recommended for bank account safety:

1. Use a strong, unique password.
2. Do not reply to text messages from your "bank" or "financial institution". Call them using a reliably published phone number.
3. Do not call the "bank" with the phone number supplied in the text or email.
4. Do not answer the text or email.
5. Do NOT reply STOP when requested by the text—just delete it.
6. Do not engage an unsolicited call. Hang up and call the person back using the bank's published phone number.
7. Change your password periodically. Use a combination of at least 12 letters (mix upper and lower case), numbers, and symbols.
8. Keep your financial information secret.
9. If at all possible do not use ATMs. If you have to, carefully assess your surroundings.
10. Do not use debit cards if at all possible. They are a direct link into your bank account.



In addition, we are stewards of Civil Air Patrol assets including funds. We need to take care to fulfill our part in CAP financial safety.



THE CADET CORNER

You may have heard it said that when a important steps to maintain a robust person is young and healthy they feel health. Do not waste what you at a young "bullet proof". We know that no person is age have started out with. Build upon that bullet proof, but good health does give us a healthy start with regular exercise and sense of great well-being that encourages good nutrition. Avoid chemicals and us to live an active life. But as you have activities that can destroy your body, and observed that as people get older that dedicate yourself to overall wise living. Be indestructible nature, or blessing of health, smart and keep what you have. That is does not last. However, you can take another form of personal safety.



PILOT'S CORNER

Uh oh...



USE IT—Part 2. In last month's column, we talked about using all sources of information that are available to the pilot, including all instruments. As we pursue this idea further, we discover that not only is it good to compare instruments against each other for confirmation (as was said before), but if you as the pilot are in the habit of using everything available it will be much easier to cope when one or more instruments fail.



REMEMBER PARTIAL PANEL FLYING?

Being fully prepared - that is well-versed in the use of all of that information in front of you - it will make an abnormal situation better since your knowledge will dispel panic and your acquired skill will help bring the flight to a safe conclusion.



WRONG! Don't be like this guy. Safety rules were written in blood. Don't add your blood to them by breaking the rules.



TAKING THINGS TO HEART

Apple says electromagnetic fields from its products can interfere with lifesaving implants. The list includes:

- iPads
- Apple Watches
- AirPods and Beats headphones
- HomePods
- MacBooks and iMacs



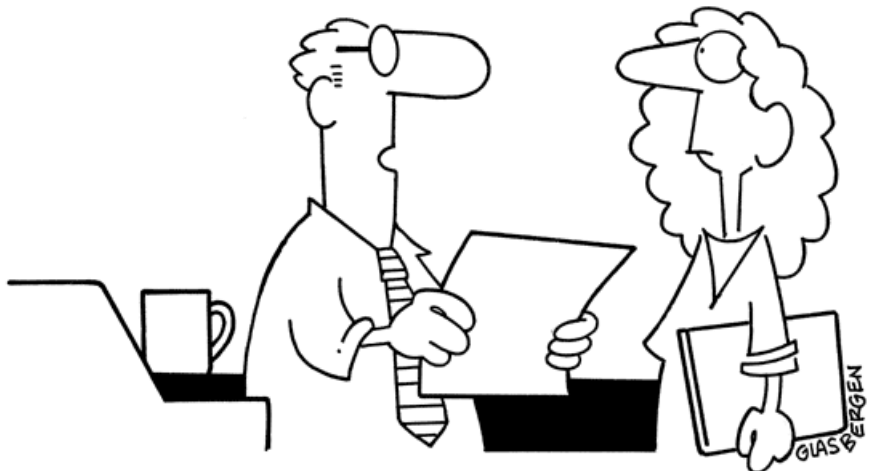
Also Samsung, Google Pixel, earbuds, smartwatches, laptops, any tech with magnets or wireless charging coils can cause interference.

What can happen: It has been documented that your pacemaker or defibrillator could interpret the magnetic field as a medical signal and stop working or send a shock when it shouldn't.

Follow the 6-inch rule: Keep your gadgets at least 6 inches away from your implant, 8 inches to be extra safe. That means no tucking your phone in your shirt pocket or dozing off with your iPad on your chest.

Ref: Kim Komando

THINK SAFETY



“New safety regulations won't allow us to think outside of the box anymore because boxes have sharp corners.”