



# THE MARYLAND WING SAFETY MONTHLY

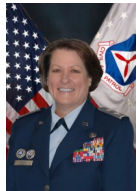


MAY 2025

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## THE "WHY" ANCHOR



**"In everything you do**—whether in life, family, work, or service—your "why" is your anchor. It's what gives meaning to the long hours, the sacrifices, and the challenges. When you have a strong purpose, obstacles can become steppingstones instead of roadblocks. Your "why" is the reason you keep striving for excellence even when things get tough, the reason you have integrity even when no one is watching. It's what transforms our efforts into passion and a duty into dedication. Without a clear sense of purpose, even the most important tasks can feel like burdens. But when you remember *why* you started, you'll find the strength to keep going."

Thank you, Colonel Reed. That works well for safety too.

## SAFETY IN THE MOVIES



**Along with the various movies about the Titanic**, this 1958 offering stands out for its portrayal of professionalism among the ship's officers of crew, and the sacrifice and honor of some of the others. We can be sure that the hard work of the crew under extreme conditions saved many lives, along with the sacrifices of those that did not try to take precious seats in the lifeboats. These two factors contributed greatly to the safety of those that survived the disaster.



## CADET MEDICAL SAFETY



The Civil Air Patrol has released the CAPP 79-10 Cadet Medication Management Best Practices pamphlet. This pamphlet, created through a collaboration between Health Services, Safety, Cadet Programs, and Cadet Protection, provides guidelines for cadets to manage their medications with senior members' support and reduces the risk of medication mismanagement. For additional details, please refer to the memo from Maj. Gen. Regena Aye on the Cadet Medication Management Best Practices. Ref: PROPS 15 April 2025 and CAP publications at [gocivilairpatrol.com/members](http://gocivilairpatrol.com/members).

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

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## THE SAFETY DICTIONARY



**Anchor**—a rigid point of support. A source of security and stability. A heavy object dropped into the water to keep a vessel in place.

## THE SAFETY INSTRUCTOR

**An important tip** on safety training. The focus needs to be on the transfer of essential information to the trainee and not on the expertise or superior knowledge of the instructor. For example, do not ask questions like "What part of the below picture don't you understand?"



Instead, guide the recipient through the steps to gain the understanding to make this apparently complex system usable... and therefore safe.

## CADET CORNER



### BIG PROBLEMS START SMALL

**As you gain experience** in Civil Air Patrol, you are able to contribute more and more. Being an observer is a developed skill that serves safety well. Since big problems often do start small, your ability to see unsafe situations developing can do much to prevent disasters in the future. Watch carefully.



## WISDOM

**Wisdom is equipping yourself to be an anchor to those who need one.**





## PILOT'S CORNER

**One day** I was performing the duties of a check airman as I sat in the cockpit jumpseat observing a crew. We had departed Washington Dulles with the destination of Syracuse, New York.

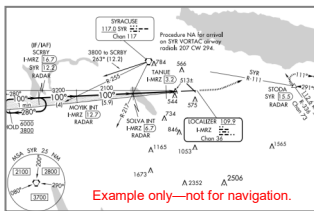
We called Syracuse "Siberacuse" because of its characteristically poor winter weather that made airline operations quite difficult. After we had traveled approximately two-thirds the distance to said winter destination, I realized the crew had not yet sought an update to the weather at...the alternate airport.

"The alternate? You mean the destination airport."

"No, I actually meant the alternate."

"Why?", you might inquire.

"Because we already know Syracuse is marginal. If it gets worse, or there is some other reason we cannot land, that is not the time to find out the alternate airport is also unavailable. Fuel is time (and life). The next available airport may be too far for the fuel remaining after being unsuccessful at the destination. Therefore we need to know the situation at the destination, the planned alternate, and the surrounding area. Maybe the weather will be such that we will need to cancel our plans to land at destination, go to the alternate, or find somewhere else to land before fuel (and life), becomes critical."



We all know how important planning is prior to departure.

However, planning is also very important as a continual process during the flight. Don't get caught between weather and fuel. Without proper planning and execution, weather will always win.



## CAP HEALTH

**CAP Member** health history must be reviewed and included with all risk management deliberations.



## CAPR 160-1 IN FOCUS

160-1 2.4.4.1. **RM tasks** may be delegated, but the commander is personally responsible for ensuring RM is utilized in the planning, execution and after-action assessment of all squadron missions, activities and events, IAW guidance in chapters 3 and 4 of this regulation and all other applicable mission-specific directives (i.e., Operations, Cadet Programs, etc.).

## CAPR 160-2 IN FOCUS

160-2 6.7. **Non-SSO Hazard Reporting.** Members are encouraged to record non-SSO hazards or make safety suggestions in the "Make a Suggestion / Report a Hazard" menu item in CAPSIS.

## CAPF 161

**For our own personal safety**, each of us is required to have on our person a completed CAPF 161 Emergency Information when attending any CAP activity except regular squadron meetings. The information contained therein can significantly assist communication with loved ones and provide vital information to medical care givers. Help yourself out and make sure you have the form and it is up to date.

## FROM OUR CAP OATH

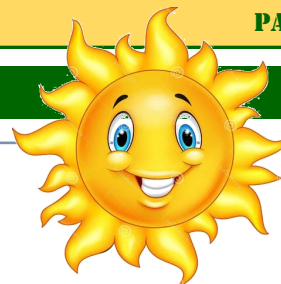


**I do solemnly swear** (or affirm) that: I understand membership in the Civil Air Patrol is a privilege, not a right, and that membership is on a year-to-year basis subject to recurring renewal by CAP. I voluntarily subscribe to the objectives and purposes of the Civil Air Patrol and agree to be guided by CAP

Core Values, Ethics Policies, Constitution & Bylaws, Regulations and all applicable Federal, State, and Local Laws...**I further understand that safety is critical for the protection of all members and protection of CAP resources. I will at all times follow safe practices and take an active role in safety for myself and others...**



## HERE COMES SUMMER!



### #3. Heat-Related Illness

#### Dehydration

- Create awareness of effects of dehydration
- Water provision/availability
- Regular breaks and reminders to hydrate
- Pre-existing conditions, medications can exacerbate effects
- Clothing and equipment should match conditions

#### Loss of Consciousness

- Inadequate hydration/nutrition
- Standing for long periods
- Pre-existing conditions, medications (blood pressure, diabetes, etc.)
- Can result in serious injuries (concussion, other head wounds)

#### Other things to consider

- Schedule outdoor / high-exertion activities in the cooler parts of the day
- Encourage participants to speak up sooner if they experience early signs of illness



### Heat-Related Illness Mitigations

- Monitor the weather and adjust the activity accordingly
- Check the temperature, humidity and heat index before and during the activity and modify the intensity, duration, frequency, and rest breaks as needed.
- Educate the youth and their parents or guardians about heat illness. Encourage them to report any signs of heat illness to an adult immediately.
- Provide adequate hydration and cooling facilities: Ensure that there is enough potable water available for the youth to drink before, during and after the activity.
- Provide access to ice packs, fans, misters, wet towels or other cooling devices in case of overheating.
- Have an emergency plan in place: Know how to recognize and treat heat illness and have a first aid kit ready.
- Have a phone or radio to contact emergency services if needed. Know the location of the nearest hospital or clinic.
- Have a transportation plan for moving the youth to a cooler place or a medical facility if necessary.

