



# THE MARYLAND WING SAFETY MONTHLY



OCTOBER 2025

PAGE 1 OF 3



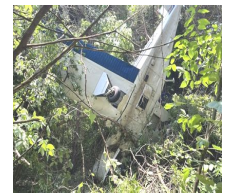
## CAPR 160-1 (1) IN FOCUS



## THE PILOT'S CORNER

Welcome to our new feature: CAPR 160-1 3 JUNE 2013 Operation of the CAP HEALTH SERVICE PROGRAM with Interim Change Letter 18 August 2025 incorporated. This regulation provides (1) philosophy and policy for the organization and operation of the CAP Health Service program, (2) requirements for health service personnel, (3) guidance and procedures for all CAP members having contact with Civil Air Patrol member health information, (4) requirements for handling cadet medication and (5) guidance for use of the CAP 160 series forms.

In 2023 a Beechcraft Bonanza with two souls on board crashed on takeoff from a small airport in California. I didn't bury the lead here— but the aircraft did bury itself in the trees. The accident appeared to be a combination of small decisions. Small decisions, taken in aggregate, can equal a *LARGE* decision. Please consider the following: they made an intersection takeoff on a short runway with a near gross weight aircraft at 3500' density altitude and no wind with obstructions (a hill and trees), at the end of the runway. All they had to do is takeoff in the opposite direction to avoid the accident. Risk assessment =your best friend.



## CAPR 160-1 IN FOCUS

160-1 2.5 Member Responsibilities. Proper application of RM requires the understanding and commitment of all participants. Member participation in the planning and execution of CAP missions and activities carries with it a command expectation that the member will actively participate in RM through the course of those events.

## THE SAFETY DICTIONARY



**Cost**—the price paid to acquire, produce, accomplish, or maintain anything. A sacrifice, loss, or penalty.

A friendly reminder to Squadron Safety Officers: **STAY ALERT AND ENGAGED.**



## CADET CORNER



The first goal when physically demanding cadet practice or testing events are conducted, is not what one can learn or what one can achieve...it is safety. If safety is compromised, then success in said event is doubtful and could become quite costly to the individuals involved. Please ensure a risk analysis is performed and continuous safety monitoring is observed throughout the exercise.



## CAPR 160-2 IN FOCUS

160-2 6.8.3. (SSO not required) Government Inquiries. Anytime there is a non-routine safety-related inquiry from a Federal, state, or local government official regarding a specific CAP activity or occurrence.

### NOTICE

“Every accident is a notice that something is wrong with men, methods, or material — investigate — then act.”

## WISDOM

Wisdom is counting the cost and exercising prevention before beginning something.



Your Director of Safety receives phone calls, text messages, emails. You can contact Lt Col Ray Phillips at: [rphillips@md.cap.gov](mailto:rphillips@md.cap.gov) / 301-667-9652

## The Safety Way

### Power Strip Safety

Power strips can be used for energizing multiple devices. But like any electrical appliance, they can be dangerous if not used correctly. Practicing power strip safety helps prevent electrical hazards, such as fires and shocks, and protects your electronic devices from damage caused by power surges. I have often seen them employed in squadron spaces, so we should take a closer look:

#### Best Practices

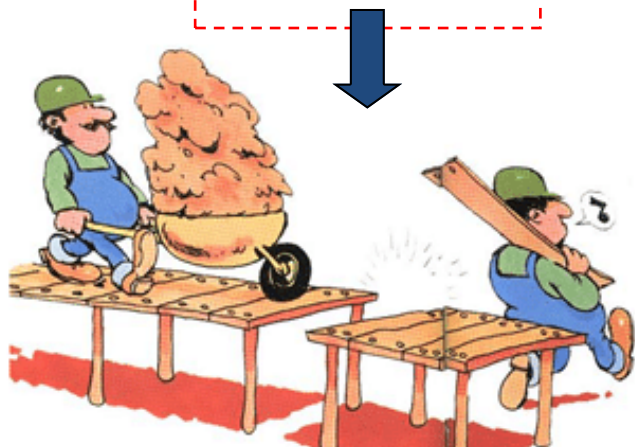
- Keep power strips out of reach of visiting children.
- Avoid overloading by plugging in only a few devices.
- Regularly inspect the power strip for any damage.
- Select power strips with built-in surge protection to safeguard the attached electronics. They should have short circuit protection and be UL Certified.
- Never use power strips in damp locations to prevent electrical shock.
- Do Not Overload: Plugging in too many high-power devices can lead to overheating and fire.
- Use indoor power strips only indoors.



Underwriters Laboratories Inc. was founded in 1894 by William Henry Merrill. The UL symbol indicates that a product has been tested and meets specific safety, quality, or security standards set by UL Solutions, a global safety certification organization. This mark helps consumers identify products that are safe to use.

And all the above steps? They are **The Safety Way**

THIS IS **NOT** THE SAFETY WAY. LOOK FIRST, THEN PROCEED.



## PERSONAL HEALTH & SAFETY

**R**esistance/strength training is valuable for increasing muscle strength, improving endurance, and enhancing overall physical health. It helps with weight management, boosts metabolism, and can reduce the risk of injuries and falls, especially as you age. Always warm up properly, use correct form to avoid injuries, and start with manageable weights. It's also important to listen to your body and allow adequate recovery time between workouts to prevent overtraining and injuries.

### BENEFITS FROM RESISTANCE TRAINING

**2-3**

RESISTANCE TRAINING PER WEEK



#### STRENGTH

INCREASED STRENGTH  
INCREASED DYNAMIC BALANCE



#### BODY COMPOSITION

INCREASED LEAN MUSCLE MASS  
DECREASED FAT MASS



#### WEIGHT MANAGEMENT

INCREASED METABOLISM POST-TRAINING  
IMPROVED MUSCLE PROTEIN SYNTHESIS



#### BLOOD SUGAR

INCREASE IN INSULIN SENSITIVITY  
DECREASE IN GLUCOSE SENSITIVITY  
\*RECOMMENDED FOR DIABETES PATIENTS



#### BONE HEALTH

INCREASED BONE MINERAL DENSITY  
SLOWS DOWN OSTEOPOROSIS

**8-12**

WEEKS OF RESISTANCE TRAINING TWICE PER WEEK

1.4KG

#### LEAN BODY MASS

1.8KG

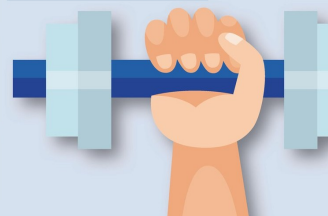
#### REDUCED FAT MASS

79%

IMPROVED METABOLIC RATE

1-3%

BONE MINERAL DENSITY



### Safety Education

Education Validation  
Log Safety Education  
Online Education  
FAA Courses  
AOPA Courses

All SE's—please remember to log your safety education/briefings in a timely manner. Thank you. 🙌

## USE COMMON SENSE

It is amazing how much a little common sense will make life safer and easier. Wash your hands before eating, drive the speed limit, train yourself to recognize danger, make risk management a habit, use complex passwords and antivirus, get adequate rest, eat moderately and wisely, and refrain from consuming liquids and drugs that can impair your abilities. I challenge you to add to this list keep yourself and CAP operations safe.





## SAFETY IN THE MOVIES

### Destination Moon



The fascinating thing about this 1950 science fiction classic is that it does not contain aliens, light sabers, ray guns, or space battles. The real challenge was not defeating Martians, but to overcome the natural obstacles man faces when wanting to venture into space. The greatest value of this film is its study in vision, coordination, calculations, and preparations to make the mission safe and successful. The movie was

not “spectacular” in the typical Hollywood fashion, but merits a careful review by any student of safe operations. CAP does not launch rockets to the moon (yet), but the principles displayed here are worth taking note of, for everything we do.



## NAVIGATING CAPSIS

**Chapter 3:** Picking up from where we were last month, once the SSO is open you are going to see the following on the upper part of the page:

**MANAGE OCCURENCE**

[Home](#)

Need Help? [Click here for CAPSIS Guidance](#)  
Region Guidance Documents: [Click here to view.](#)

**FY25-5289**  
Current Status: Verification

Submitted By: Capt [REDACTED]  
Submitter's Email: [REDACTED]  
Submitter's Phone: [REDACTED]

Review Officer/s [REDACTED] (Primary)  
[Assign Review Officer](#)

**AMRAD WOCN's**  
250916-004

Although this is just the heading, there is valuable information. As a review officer, you may very well want to interview the submitter for clarification or additional information. Also, [Click here for CAPSIS Guidance](#) opens a virtual library of documents, reporting forms, and Safety Specialty Track checklists. That library is located at <https://www.caphq.gov/CAP.Safety.Web/SSO/Guidance>. Next month we will tackle the bottom half. See you then.



## LIGHTNING RISKS


*Editor's Note: The seasons are in transition again which means thunderstorms will be prevalent. One common risk is lightning. The below guidance comes from NOAA/NWS.*

There is no safe place outside when thunderstorms are in the area. If you hear thunder, you are likely within striking distance of the storm. Just remember, “**When Thunder Roars, Go Indoors!**” Too many people wait far too long to get to a safe place when



If someone is struck by lightning, they may need immediate medical attention. Lightning victims do not carry an electrical charge and are safe to touch. Call 911 and monitor the victim. Start CPR or use an Automated External Defibrillator if needed.

thunderstorms approach. These delayed actions lead to many of the lightning deaths and injuries in the U.S. The best way for you to protect yourself from lightning is to avoid the threat. Don't be caught outside in a storm. Have a lightning safety plan, and cancel or postpone activities early if thunderstorms are expected. Monitor weather conditions and get to a safe place before the weather becomes threatening. Substantial buildings and hard-topped vehicles are safe options. *Rain shelters, small sheds, and open vehicles are not safe.* Once inside, avoid contact with corded phones, electrical equipment, plumbing, and windows and doors. Keep away from outside doors and windows and do not lie on a garage floor. Finally, wait 30 minutes after the last lightning or thunder before going back outside.

The Schumann resonance (normally around 7.83 Hz), is created by lightning and plays a role in maintaining the Earth's electromagnetic environment, which is crucial for the stability of life. It is linked to various health benefits in humans, such as improved cognitive function\* and reduced stress, suggesting its importance for our overall well-being. 

\*Personally, I am still waiting for this one.