

Utah Wing Safety

Special Interest Articles:

- Cadet Safety during PT
- Situational Awareness and Pilot Judgment

Individual Highlights:

- Cadet Safety 2
- Hydration and SMS Reporting 3
- UT Safety Team 4
- FAA Safety 5

Utah Wing Safety Team

Filing a Mishap

Do you know how to file a Mishap? Do you know when to file a mishap?

Sometimes you may find yourself in the situation of needed to report something in SMS. Don't worry though because CAP has you covered.

CAPR62-2 covers everything you need

to know about filing a mishap in SMS.

According to 62-2:

“The online mishap management database documents all mishaps and is an important legal document that must be completed correctly. Failure to complete an online mishap notification

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could result in the member being held personally responsible for damages or medical expenses incurred, and loss of government or corporate provided insurance benefits.”

Please familiarize yourself with SMS. There are courses there to teach you how to file a mishap.

Current Safety Trends for 2014

For FY2014 to current time the Utah Wing has had 16 reported mishaps.

11 Mishaps are bodily injury

1 Mishap is a vehicle mishap

4 Mishaps are aircraft mishaps

Our bodily injury incidents have been due to weather and PT. **Remember to always prepare for a PT event.** Much of this was during encampment.



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Items for FY14:

- Remember to perform your Operational Risk Safety Briefing for activities (CAPR 62-1.2c)
- If you are putting together an activity remember to use your risk management training and identify and mitigate the risks.
- Visit CAPR 62-1 3.h for Activity Safety reqs.

Utah Wing Cadet Safety Officer Broc Hoggan

This is a repeat of the article from last quarter because this continues to be an issue in the Wing.

Let's stay hydrated and ready for the weather!

CAPR 62-1 Attachment 3 has the guidelines for hot environment activities. Be sure to review!



With the hot summer months approaching, we need to be safety conscience during physical fitness training. Become familiar with proper hydration, nutrition, how to judge if PT activities are safe, and safe exercising habits, all found in the Cadet Physical Fitness Program pamphlet: CAPP 52-18.

As for hydration, encourage cadets to begin hydrating several days before lengthy or high performance activities in hot weather. Also, encourage them to drink eight cups of water a day to keep them hydrated, and to drink soda sparingly. Make sure the cadet leadership is telling their cadets to drink water and supervising the intake of each cadet. Remember, it is better to drink smaller amounts of water more frequently than to drink larger amounts less frequently. It is critical that cadets do not over-exert themselves, even if they are drinking plenty of water.

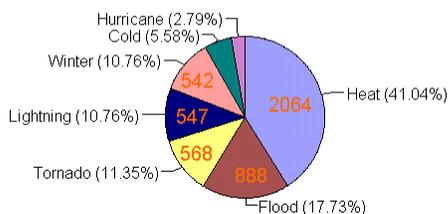
Another way to help ensure safety during PT is warming up and cooling down; before exercising, stretch. Stretching will prepare your muscles for physical exertion by warming them up, and reducing the chance of injuries. The purpose of cooling down is to slow down your heart rate and flow of blood. Nearing the end of your PT session, simply lower the intensity level of exercises. Examples are walking for a few minutes after running a mile until your heart rate is lowered to 100 BPM, and repeating stretches done during the warm up. Be careful not to over-stretch. It is more effective to do fewer, but proper repetitions of an exercise than more, improper repetitions. Remember: doing an exercise correctly not only reduces the effectiveness of the exercise, but also increases the chance of injury.

Safety is everyone's job. Commanders, trainers, and cadets alike should be taught how to recognize and initiate first aid treatment for when heat-related injuries might occur. If you feel extremely weak or dizzy, let someone know, take a break, and drink some water. Pay attention to your fellow cadets, and keep them safe!

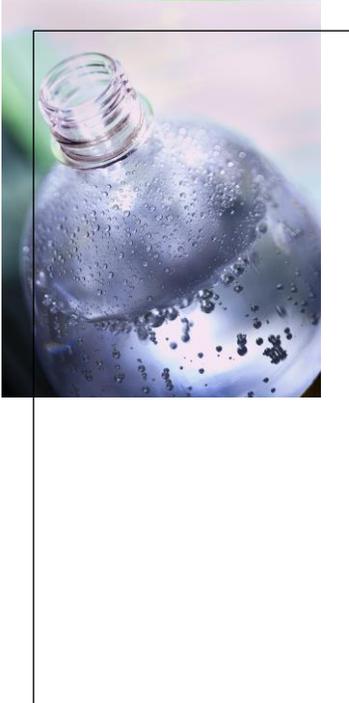
Stay sharp,

Broc Hoggan C/CMSgt. CAP
Cadet Safety Officer
Utah Wing

National Severe Weather Fatalities (1991 - 2000)



Hydration Quiz



T or F

1. In one hour of exercise, the body can lose more than a quart of water.
2. Dehydration leads to muscle fatigue, cramping, and loss of coordination.
3. A dehydrated body is unable to cool itself, leading to heat exhaustion and possibly heat stroke.
4. It is important to drink even before signs of thirst appear. Thirst is a signal that your body is already on the way to dehydration.
5. To prevent dehydration, you must drink before, during, and after physical activity.

1. T 2. T 3. T 4. T 5. T

SMS Mishap Reporting

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Safety Reporting is something which must be done in CAP. And not only must it be done, but it must be done correctly.

To learn how to file a mishap in CAP, go to SMS in eservices and click on Online Safety Education.

Here you will see the **Intro to CAP Safety (which you should have already taken as this is required!)**

and below that you will see the Safety Management System (SMS) Education Series. This has information on how to file a mishap, how to update a mishap, how to enter a statement, maintenance management and how to validate non-CAP safety education.

It is vitally important that members learn

how to file a mishap, how to update a mishap and how to enter a statement!

If you haven't done so already please accomplish these tasks!



Go to SMS. Click on Online Safety Education. And complete the SMS Education Series



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NEEDS YOU!**

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FAASTeam Mission Statement

Improve the Nation's aviation accident rate by conveying safety principles and practices through training, outreach, and education; while establishing partnerships and encouraging the continual growth of a positive safety culture within the aviation community.

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Want Specific Safety Articles?

JONATHAN TODD'S CELL
PHONE:
(801) 989-6249

SAFETY TEAM E-MAIL:
safety@cap.utah.gov

Direct EMAIL:
hopkins.todd84@yahoo.com

Capt. Jonathan Todd
Safety Director

Maj. Jason Mettman
Assist. Safety Director

Capt. Jon Hight
Safety Team Member

C/CMSgt. Broc Hoggan
Cadet Safety Officer

We're on the Web!

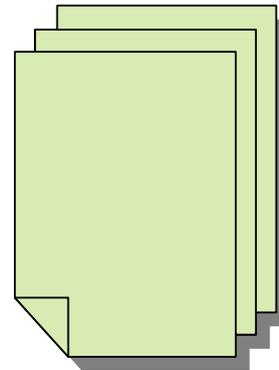
See us at:

<http://cap.utah.gov/Safety/default.html>

Thank you for reading this Quarters Safety Newsletter! If you would like the Safety Team to research anything for next quarter's newsletter let us know!

safety@cap.utah.gov

agencies throughout the State to provide a newsletter with beneficial information for CAP members.



We are looking forward to working with other

Need To Report A Safety Hazard?

Remember, if you ever have suggestions on ways to reduce operational risks to members fill out the online CAP Hazard Report. We will be sure to review the reports and implement any risk mitigation needed. Also,

feel free to contact any member of the Safety Team.

***If you see something unsafe at any time you should stop the activity until it can be performed in a safe manner.**

Action Items For Members This Quarter

Take time this quarter to familiarize yourself with the CAP Safety Program.

- Review CAPR 62-1 and CAPR 62-2.
- **Make sure you have taken intro to safety**

- *Are you safety current? Each month?*
- **Take "How to file a Mishap" on SMS**

- **Be safe during PT!**
- *Situational Awareness and Pilot Judgment!*

Take Time to Be Safe!