



Safety Gram

Marine Corps Mishap Synopsis / & Lessons Learned

Safety Division's Monthly *Safety Gram* is provided to senior leaders to maintain awareness of mishap trends that directly affect the operational readiness of the Corps. This information should also be disseminated at every level of your command to assist high-risk Marines and Sailors in understanding the impact of the decisions they make every day both on and off-duty.

June 2012: Mishap Summary

The Mishaps below occurred throughout the Marine Corps from June 1st—June 30th, 2012 causing serious injury or death to Marines, and/or damage to equipment.

07 June 2012: A Corpsman lost control of his motorcycle while speeding around a corner causing the bike and the rider to slide into the median and hit two metal poles. He crossed over to the other side of the road where he was hit by oncoming traffic. The Corpsman was pronounced dead at the scene.



08 June 2012: A Marine during a dismounted night patrol was scaling a berm with a 10' whip radio antenna when it came into contact with a live power line. The Marine was pronounced dead at the scene.

29 June 2012: A Recruit finished running 1.5 miles and was taken to medical due to an increase core body temperature of 102 degrees and was also complaining of chest pains. The Recruit became unresponsive and after CPR and epinephrine were administered he was pronounced dead.

23 June 2012: A Marine was involved in a motorcycle accident on a highway on-ramp. He was found 15 feet from the pavement and pronounced dead at the scene.

23 June 2012: A CH-53D experienced a hard landing while on a night mission; two of the crewmembers sustained injuries



ELECTRICAL AWARENESS

5 Electrical mishaps have resulted in 6 deaths

November 26, 2011—(1 Fatal)

- Marine electrocuted while on dismounted patrol
- 3' whip antenna from man-packed AN/PRC 117G contacted drooping power line
- Original power line height at 20 feet; power line drooped to 7 feet due to inclement weather
- Route patrolled frequently
- Night time; wet/rainy conditions

January 14-15, 2012—(2 Fatal)

- Marine contacted live power line while conducting generator maintenance inside patrol base
- Previously, power line was not "live"; power line was 5 feet from ground
- Night time
- Following morning, another Marine contacted power line while attempting to aid the fallen Marine

March 1, 2012—(1 Fatal)

- As the driver of a HMMWV maneuvered to an over watch position on a hill outpost, Marine in turret of HMMWV comes in contact with a low power line
- Route consistently utilized by Afghan pickup trucks
- Daylight

March 14, 2012— (1 Fatal)

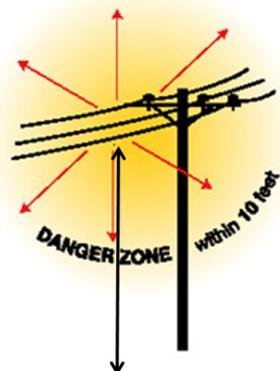
- As the MATV approached a power line, electricity arched through the MATV's antenna resulting in blow-out of 3 tires. Exploding tire rim strikes ANCOR Soldier.

June 8, 2012—(1 Fatal)

- During dismounted patrol, a Marine was scaling a 4' berm when his 10' whip antenna from his man-packed AN/PRC 117F contacted a power line
- Night time

Overhead Power Line Hazards

- Most people don't realize that **overhead power lines** are usually not insulated
- Beware of power lines in the vicinity when using ladders, erecting antennae, moving equipment, etc.
- **10 foot rule or more**
 - Arcing between the line and metal objects can occur within 3 meters
 - Man-packed radios, lower antenna to below head/shoulder level
 - Vehicle drivers should ensure there is proper clearance
- **Treat all power lines as "live" at all times.**



Average height of a man is 6ft, an extended whip antenna is 10ft. That puts the top of the antenna at 16ft, well within height to possibly arc with overhead power lines.

Distance from ground to power line. In the US 18-20 ft, in Afghanistan 6-18ft.

For more information on Electrical Safety check out the video on [CMC Safety Division Website](#).



Heat and Exercise: Keeping cool in hot weather

PT is part of all Marine's lifestyle. During the summer months extra caution needs to be taken to ensure a safe workout. Whether you're running, playing a pickup game of basketball or going for a hike take care of yourself when the temperatures rise. If you exercise outdoors in hot weather, use these common-sense precautions to prevent heat-related illnesses.

How heat affects your body

Exercising in hot weather puts extra stress on your body. If you don't take care when exercising in the heat, you risk serious illness. Both the exercise itself and the air temperature increase your core body temperature. To help cool itself, your body sends more blood to circulate through your skin. This leaves less blood for your muscles, which in turn increases your heart rate. If the humidity also is high, your body faces added stress because sweat doesn't readily evaporate from your skin. That pushes your body temperature even higher.

Heat-related illness

Under normal conditions, your skin, blood vessels and perspiration level adjust to the heat. But these natural cooling systems may fail if you're exposed to high temperatures and humidity for too long, you sweat heavily and you don't drink enough fluids. The result may be a heat-related illness. Heat-related illnesses occur along a spectrum, starting out mild but worsening if left untreated. Heat illnesses include:

- **Heat cramps.** Heat cramps are painful muscle contractions, mainly affecting the calves, quadriceps and abdominals. Affected muscles may feel firm to the touch. Your body temperature may be normal.
- **Heat exhaustion.** With heat exhaustion, your body temperature rises as high as 104 F (40 C) and you may experience nausea, vomiting, headache, fainting, weakness and cold, clammy skin. If left untreated, this can lead to heatstroke.
- **Heatstroke.** Heatstroke is a life-threatening emergency condition that occurs when your body temperature is greater than 104 F (40 C). Your skin may be hot, but your body may stop sweating to help cool itself. You may develop confusion and irritability. You need immediate medical attention to prevent brain damage, organ failure or even death.

Pay attention to warning signs

During hot-weather exercise, watch for signs and symptoms of heat-related illness. If you ignore these symptoms, your condition can worsen, resulting in a medical emergency. Signs and symptoms include:

- **Muscle cramps**
- **Nausea or vomiting**
- **Weakness**
- **Headache**
- **Dizziness**
- **Confusion**

If you develop any of these symptoms, you must lower your body temperature and get hydrated. Stop exercising immediately and get out of the heat. If possible, have someone stay with you who can help monitor your condition. Remove extra clothing or sports equipment. Drink fluids — water or a sports drink. If possible, fan your body or wet down your body with cool water. If you don't feel better within 30 minutes, contact your doctor. If you have signs of heatstroke, seek immediate medical help.

How to avoid heat-related illnesses

When you exercise in hot weather, keep these precautions in mind:

- **Watch the temperature.**
- **Get acclimated.**
- **Know your fitness level**
- **Drink plenty of fluids.**
- **Dress appropriately.**
- **Avoid midday sun.**
- **Wear sunscreen.**
- **Have a backup plan.**
- **Understand your medical risks.**

Once you've had heatstroke, you're at a higher risk of getting a heat illness again. Get cleared by your doctor before you return to exercise if you've had heatstroke.

