



MCIWEST-MCB CAMP PENDLETON



Critical Days of Summer Newsletter

August 2014

Home Safety



Each home presents different hazards. They can be mitigated by learning about the different hazards in each room. Whether it is about knife and kitchen safety or preventing slips, trips, and falls in the bathroom. Your entire home can be safer by learning how to make your kitchen, bathroom, bedroom and outside safe (NSC.org, 2014).



Kitchen Safety



A part of good kitchen organization is planning and preparing for kitchen safety (StraightenUpNow.com, 2014).

- Make sure all wires, cords and plugs on your appliances are not frayed and that the plugs have 3-prong grounded connections.
- Don't use extension cords. You can obtain a junction box that has built-in GFI (ground fault interrupters). This will allow you extra plug in space and the GFI will kick in if there is a power shortage. Helps avoid water/electrical shock accidents.
- Don't leave the kitchen with pots & pans cooking on the stove. Make sure to turn off burners as soon as you take the pot off.
- Scalding is one of the most common injuries in the kitchen. Make sure to turn pot handles away from the front of the stove and away from little curious hands.
- Clean up spills immediately – wet floors are slippery when wet.
- Use a frying screen over pans to prevent grease splattering. If grease catches fire, cover the pan with a lid.

Commanding General's Safety Hotline: (760)763-7233



Bed and Bath Safety

Bedrooms should be a safe place where one can go to relax and unwind. Data shows that bedrooms are the most common rooms in the home where electrical fires start. Electrical fires are a special concern during winter months which call for more indoor activities and increases in lighting, heating, and appliance use (usfa.fema.gov, 2014). Knowing the dangers and following safety precautions can help keep your bedroom a safe place.

- Carpets and rugs should be smooth so as to create a safe walking surface and minimize falls.
- Keep matches and lighters locked up and away from children. Check under beds and in closets for burnt matches, evidence your child may be playing with matches.
- Teach your child that fire is a tool, not a toy.
- Do not trap electric cords against walls where heat can build up.
- Take extra care when using portable heaters. Keep bedding, clothes, curtains and other combustible items at least three feet away from space heaters.
- Only use lab-approved electric blankets and warmers. Check to make sure the cords are not frayed.
- Never smoke in bed.
- Replace mattresses made before the 2007 Federal Mattress Flammability Standard. Mattresses made since then are required by law to be safer.



Smoke Alarms

Having working smoke alarms dramatically increases your chances of surviving a fire. Place at least one smoke alarm on each level of your home and in halls outside bedrooms. And remember to practice a home escape plan frequently with your family (usfa.fema.gov, 2014).

- Put smoke alarms on every floor of your home. Also, in every bedroom and in the hallway outside of each sleeping area.
- Choose smoke alarms that communicate with each other, so that if one alarm sounds they all will.
- Place smoke alarms on the ceiling or high on the wall. Check the manufacturer's instructions for the best place for your alarm.
- Only qualified electricians should install hardwired smoke alarms.
- Test the alarm monthly.
- Replace the batteries at least once every year.
- Replace the entire smoke alarm every 10 years

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Workplace Humor

One day a manager asked “Does anyone know what the speed limit is in our parking lot?”

The long silence that followed was interrupted when one of the workers piped up. “That depends. Do you mean coming to work or leaving?”

Picture of the Week



For Marine Corps specific please review MCO 5100.30B Off Duty Recreation Order

BO 5100.2L MCB Camp Pendleton Base Regulation

For more information contact the Installation Tactical Safety Manager at (760)763-5332.

 Check us out on Facebook

<https://www.facebook.com/Cpenbasesafety>

[Click on these links for more tips.](#)

<http://safetycenter.navy.mil/>

http://www.nsc.org/safety_home/HomeandRecreationalSafety/Pages/HomeandRecreationalSafety.aspx#drowning

<http://www.straighten-up-now.com/kitchen-safety-tips.html>

http://www.usfa.fema.gov/citizens/home_fire_prev/bedroom.shtm

<http://www.usfa.fema.gov/campaigns/smokealarms/alarms/>

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