



SAFETY FUNNY OF THE MONTH



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A Place of Safety

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Fourth of July Fireworks: Protect Your Hearing

It's time to celebrate our country's independence with backyard barbecues, parades, and fireworks. It is frequently emphasized that fireworks could result in bodily injuries and fires when used in an unsafe manner; however, the risk of hearing loss is often overlooked or underestimated.

Fireworks and firecrackers can exceed sound levels of 140 decibels from a distance of three feet away, which exceeds safe levels of 75-80 decibels and cause permanent hearing damage.

While noise-induced hearing loss is permanent, it can be prevented by following these guidelines.

Wear hearing protection such as ear plugs. Young children should wear well-fitting ear muffs.

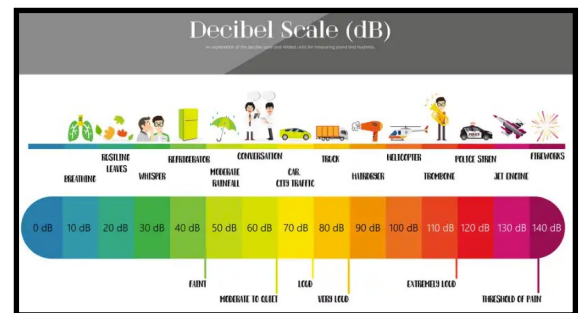
Maintain a safe distance from firework launch sites and speakers (approximately 500 feet away).

Take listening breaks to give your ears a rest and time to recover of a few minutes each hour.

Listen to your body if experiencing pain or ringing in your ears. See a doctor if symptoms persist.



Fireworks can exceed 140 decibels from three feet away.



ASOHMS Corner: Heat Injury Prevention

Heat-related injuries and illnesses, including heat cramps, heat exhaustion, and heat stroke, pose significant risks. According to the Texas Department of State Health Services, there were 334 heat-related fatalities in 2023.

Knowing and recognizing the signs and symptoms of heat illness and what actions to take could save a life. There are also precautions you can take to minimize your risk such as taking rest breaks in the shade and drinking plenty of water.



Extreme Heat Planning Timeline

Pre-Season	A Few Days Out	During and After
Start planning before hot weather arrives. <ul style="list-style-type: none"> Build an emergency kit Make a plan for power outages Become trained in first aid for heat-related emergencies Check that your A/C and fans are in working order 	If the forecast calls for extreme heat, be ready. <ul style="list-style-type: none"> Gather food, water, and medication Make a list of friends and family to check on & help them prepare Know your local cooling shelters or other cool locations Reschedule outdoor events 	Remain vigilant and stay informed. <ul style="list-style-type: none"> Stay in air conditioning and out of the sun if possible Check on friends, family, neighbors, and pets Drink plenty of water Take breaks and use a buddy system if working outdoors

HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS	HEAT STROKE SYMPTOMS
<ol style="list-style-type: none"> Faint or dizzy Excessive sweating Cool, pale, clammy skin Nausea, vomiting Rapid, weak pulse Muscle cramps 	<ol style="list-style-type: none"> Throbbing headache No sweating Body temp above 103° Nausea, vomiting Rapid, strong pulse May lose consciousness
HOW TO TREAT IT <ol style="list-style-type: none"> Move to cooler location Drink water Take a cool shower or use cold compresses 	HOW TO TREAT IT <ol style="list-style-type: none"> Get emergency help Keep cool until treated

Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.



SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

FACTS

- ! A closed door may slow the spread of smoke, heat, and fire.
- ! Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ! Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

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