

Col. James H. Kasler Senior Squadron
GLR-IN-069



Safety Brief
July 2008

SAFETY PLEDGE

AS A CIVIL AIR PATROL MEMBER I PLEDGE TO PROMOTE AN UNCOMPROMISING SAFETY ENVIRONMENT FOR MYSELF AND OTHERS, AND TO PREVENT THE LOSS OF, OR DAMAGE TO CIVIL AIR PATROL ASSETS ENTRUSTED TO ME. I WILL PERFORM ALL MY ACTIVITIES IN A PROFESSIONAL AND SAFE MANNER, AND WILL HOLD MYSELF ACCOUNTABLE FOR MY ACTIONS IN ALL OF OUR MISSIONS FOR AMERICA.

Our monthly squadron meeting was held on Saturday July 19 at Greenwood (HFY).

For those who were unable to attend the meeting:

For monthly attendance credit, please read the July Sentinel and this safety brief, and email this month's code phrase and your CAPID to wtdirks (at) sbcglobal.net **no later than 31 July 2008.**

Topics:

- **July Sentinel Highlight: Hydration (p. 2)**
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July Sentinel Highlight: Hydration

This month's Sentinel talks about the importance of proper hydration. Consuming sufficient fluids daily is important for our general health (current research suggests dividing your total body weight by 16 to calculate how many eight-ounce glasses of fluid you should take in each day). Hydration becomes especially crucial during outdoor activities in hot weather, when you lose more fluid than usual due to increased sweating.

If you lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions, you become dehydrated.

Mild to moderate dehydration can cause symptoms such as thirst, weakness, fatigue, sleepiness, dizziness, headache, and dark urine. Normally, mild to moderate dehydration can be reversed by increasing your fluid intake.

Severe dehydration is a life-threatening medical emergency and can cause symptoms such as extreme thirst, very dry mouth and skin, confusion, lack of sweating, low blood pressure, rapid heartbeat, fever, lack of urination, and in the most severe cases delirium or unconsciousness.

Dehydration can become worse by consuming caffeine-containing drinks, since caffeine is a diuretic, which increases the excretion of water from the body. Therefore, coffee, tea and sodas should not be substitutes for water intake.

To prevent dehydration, drink plenty of fluids at regular intervals, and eat foods high in water content, such as fruits and vegetables. Your thirst level is normally an adequate daily guideline for need of fluid intake.

Remember to drink additional water in hot or humid weather to help lower your body temperature and to replace what you lose through sweating.

July Sentinel Highlight: Operation CAPSafe

The Sentinel reminds everyone of CAP's Safety Program, Operation CAPSafe. The purpose of Operation CAPSafe is to have every senior and cadet member think of safety issues on a regular basis and to instill a safety mindset into every member by using this program to send in their safety ideas (for either ground safety, air safety, or both). The best suggestions will appear on CAP's national safety website and might also be printed in the Sentinel.

CAPSafe has recently been put online. Go to e-services and click on CAP Safety Suggestions on the left-hand menu.

101 Critical Days of Summer

Every summer CAP likes us to keep in mind what it calls the 101 Critical Days of Summer. This refers to the number of days between Memorial Day and Labor Day, and they are critical due to the large number of lives lost in this period.

Increased activity in the summer adds to the level of risk, which in turn leads to an increased number of accidents. Of course we must accept some risk. Just be aware of possible risks, and weigh the costs and benefits.

Car accidents are the leading cause of fatalities during this period, mostly the result of fatigue, alcohol, drugs, speeding and not using seatbelts. Reduce your risk on the road by insisting on seat belt use, never driving impaired, planning trips ahead of time, inspecting your vehicle regularly, obeying speed limits and keeping a safe distance from other traffic.

Other common summer accidents involve swimming and boating. When boating, be sure everyone makes use of PFDs (Personal Flotation Devices). When swimming in open water, watch for strong currents and any underwater obstructions.

Another summer hazard is severe weather. Remember that all thunderstorms are dangerous and that lightning kills more people each year than tornadoes do. Stay inside when storms are approaching, and listen for information on watches and warnings.

This month's code phrase will be: "CAPSafe."

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