



COMMANDER'S CALL TOPICS

NOTE: This product has embedded hyperlinks and is best viewed online.

6 — 10 November 2017

Priority Topic of the Week Holiday Safety

Holiday Safety

We are the greatest Air Force in the world because of our Airmen and families. The well-being and care for ourselves and each other is of the utmost importance to Air Force leadership.

With the holiday season quickly approaching, the excitement and distractions of the season increase the risk of injury to Airmen and families. Here are a few things to keep in mind to stay safe and healthy during this time of the year.

Travel Safety:

- Whether traveling across the street or around the world, don't drink and drive!
- Wear a seat belt and keep situational awareness at all times.
- Put the cell phone away as distracted driving causes one-quarter of all crashes.
- Be aware of any travel alerts and warnings for your destination.
- Maintain a safe following distance. A common, easy method to remember is one car length for every 10 mph between you and the driver ahead of you.
- Reduce speed during inclement weather.
- Ensure you have good visibility in your vehicle.
- Get a good night's sleep before traveling long distances. Fatigued driving is one of the leading causal factors in motor vehicle fatalities.
- Let family know when you leave and where you are going.
- Prepare your car for the winter by checking items such as the brakes, spark plugs, battery, and tires.
- Check your owner's manual for the recommended interval for a tune-up.
- Be prepared for emergency situations on the road by having a "survival kit" in the vehicle including items such as, a working flashlight, extra batteries, reflective triangles, compass, first aid kit, exterior windshield cleaner, ice scraper, snow brush, wooden stick matches in a waterproof container, and non-perishable, high energy foods like unsalted canned nuts, dried fruits, and hard candy.

Food Preparation:

- Use a food thermometer to make sure meat is cooked to a safe temperature.
- Refrigerate food within two hours.
- Wash your hands frequently when handling food.
- Be sure to wash hands, utensils, sink, and anything else that has come in contact with raw poultry.
- Never defrost food at room temperature. Thaw it in the refrigerator or in cold water.
- When reheating leftovers, bring the temperature up to at least 165°F.

Watch Out for Potential Fire-Starters:

- Don't leave cooking equipment unattended.
- Ensure that flammable items are not stored near cooking equipment.
- Never leave fires unattended or sleep in a room with a lit fire, and keep candles out of reach of children.
- Never use lighted candles near trees, boughs, curtains/drapes, or with any flammable item.



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Watch Out for Potential Fire-Starters, continued:

- Stand your tree away from fireplaces, radiators and other heat sources.
- Only use indoor lights indoors (and outdoor lights only outdoors). Look for the UL label. Check lights for broken or cracked sockets, frayed or bare wires, and loose connections.
- Use no more than three light sets on any one extension cord. Extension cords should not run under rugs, around furniture legs or across doorways.
- Ensure natural trees are well watered.
- When frying turkeys, keep fryers more than 10 feet way from the house, keep children away, and have a fire extinguisher on hand.

Holiday Stress and Suicide Prevention:

- Be a good Wingman.
- Reach out for help or, if you see someone in need, reach out and engage them during this time.
- Be aware of suicide risk factors such as relationship or marital problems, financial distress, behavioral health disorders (post-traumatic stress, depression, anxiety disorders), and legal and/or disciplinary problems.
- Step in and ask if your Wingman needs help if you notice the following warning signs:
 - Depression
 - Hopelessness
 - Loss of interest at work
 - Anxiety
 - Withdrawing from family and friends
 - Agitation or irritability
 - Changes in appearance
 - Hygiene or demeanor
 - Increased use of alcohol and other substances
 - Wanting to die or feeling like a burden

Plan ahead for your holiday activities to reduce the risk of injury to you and your families. Don't accept unnecessary risk or take unnecessary chances with your health and safety.

For additional information, visit the [National Safety Council website](#) or the [AF Safety Center website](#).

Reference: The National Safety Council

Personnel Topics of Interest

- AF Officer development education selection results released ([AFPC.MIL](#))
- Enlisted RPA pilot opportunity window open for NCOs, SNCOs ([AFPC.MIL](#))
- Gen Goldfein talks taking care of Airmen at Treasure our Troops ([AFPC.MIL](#))
- Wright eyes indefinite enlistment, awards program changes for enlisted force ([AF.MIL](#))

Commander's Call Topic Archive: <http://www.af.mil/AboutUs/CommandersCallTopics.aspx>

Commander's Call Topics is published weekly by SAF/PA to ensure leaders at all levels remain current on issues concerning Airmen and families. Requests for information to be included in future editions should be sent to SAF/PAX via [email](#).

Submissions should include:

- 1) 1-2 sentence synopsis of the issue
- 2) hyperlink to further details
- 3) a POC name and contact information.

*Only submissions that pertaining to the majority of Airmen or specifically to command leadership teams will be considered. Local or limited-interest items will not be included.