



December 15, 2016



Air Force Safety Center Tips to Stay Safe during the Holidays

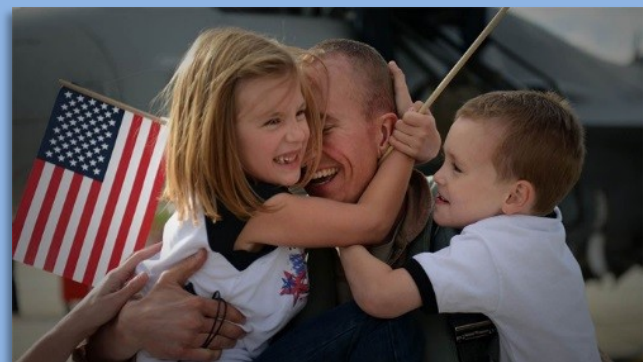
With the holidays quickly approaching, the excitement and distractions of the season increase the risk of injury for you and your families. Here are a few things to keep in mind to stay safe and healthy during this time of the year.

- **Travel Safely:** 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.
- **Plan ahead:** Too often behavior is rationalized by saying it's because we're running late. It's only a quick text; it's only one little drink; it's not that far to jump. Plan ahead and avoid rationalizations. Don't accept unnecessary risk or take unnecessary chances with your health and safety.
- **Holiday Stress:** Be a good Wingman. Reach out for help, or if you see someone in need, reach out and engage them during this time.
- **Food Preparation:** Don't give the gift of food poisoning. 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.
- **Watch Out for Potential Fire-Starters:** Don't leave cooking equipment unattended. Ensure that flammable items are not stored near cooking equipment. Check the wires and plugs on all lit decorations before use. Never leave fires unattended or sleep in a room with a lit fire, and keep candles out of reach of children.

SECAF shares developments with spouse and family programs

Air Force Secretary Deborah Lee James recently held a Facebook townhall to provide an update to concerns and issues brought to her attention during the Air Force Spouse and Family Forum in October. During the townhall, James discussed:

**Exceptional Family Members
Spouse Employment and Child Care
Parental Leave**



For more information on these topics click [here](#).

► RESOURCES

Website access to the following resources can be gained by clicking on the name.

[AF.mil](#)

[Airman magazine](#)

[Military OneSource/HomeFront](#)

[Air Force Personnel Center](#)

[Air Reserve Personnel Center](#)

[Department of Defense News](#)

[Department of Veteran Affairs](#)

[TRICARE](#)

[U.S. Government Website](#)

[Air Force Association](#)

[Scholarships](#)

[Air Force Safety Center](#)

[Civil Service Employment](#)

[Opportunities](#)

[NAF Employment Opportunities](#)

[Air Force Bands/Outreach](#)

► THIS WEEK IN AIR FORCE HISTORY

Dec. 15, 2006 - An F-35 Lightning II Joint Strike Fighter took off for its first flight as part of system development testing in Fort Worth, Texas.

Dec. 16, 1958 - Launching operations began down the Pacific Missile Range with a successful Thor missile launch from Vandenberg Air Force Base, California. This was the first ballistic missile flight over the Pacific Ocean.

Dec. 17, 1903 - Orville Wright made the first sustained, controlled-power airplane flight in the Kill Devil Hills, near Kitty Hawk, North Carolina. In the fourth and longest flight of the day, the Wright Flyer flew 852 feet in 59 seconds.

Dec. 18, 1958 - The First Atlas satellite, a 4-ton communications relay, was placed in orbit. President Dwight D. Eisenhower delivered a Christmas message through the satellite on Dec. 19, which was the first time a human voice had been heard from space.

Dec. 19 1951 – During the Korean War the 307th Bombardment Wing sent 10 B-29s to bomb marshalling yards at Chongju.

Dec. 20, 1968 - NASA terminated the X-15 program.

Dec. 21, 2000 - At Edwards Air Force Base, California, Boeing's X-32A Joint Strike Fighter concept plane made its first supersonic flight, when Lt. Col. Edward Cabrera, the Air Force's lead X-32 test pilot, took the jet to 30,000 feet and exceeded Mach 1 (660 mph).

► CURRENT ISSUES

[AF Marathon registration to open Jan. 2](#) Whether you run your personal best during the marathon, the half-marathon, 10K or 5K, registration for the 2017 Air Force Marathon will begin Jan. 2 at 9:00 A.M.

[TRICARE continues to expand coverage](#) TRICARE is expanding coverage to include the auditory osseointegrated implant, a prosthetic hearing assist, and coverage of services and supplies needed to diagnose and treat illness or injury of the urinary system.

For more information on Air Force heritage, visit <http://www.airforcehistory.af.mil>

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