

DEPARTMENT OF THE ARMY
HEADQUARTERS III CORPS AND FORT HOOD
Fort Hood, Texas 76544

FH PAMPHLET
No. 385-5

4 March 1983

Safety
SUMMER HEALTH AND SAFETY HAZARDS

1. PURPOSE. This pamphlet gives useful information and guidance on health and safety hazards to people during the summer season.
2. GENERAL. The warm Central Texas climate, along with generally favorable climatic conditions, lets people enjoy long periods of varied outdoor recreational activities. Many hazards, however, are widespread during the summer season and should be guarded against.
3. INFORMATION AND GUIDANCE. Appendix A which has been prepared jointly by the Preventive Medicine Activity, USAMEDDAC, and the III Corps and Fort Hood Safety Office, contains necessary information and guidance on local summer health hazards.

(AFZF-PS-SY)

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A. Summer Health and Safety Hazards

DISTRIBUTION:
IAW FH Form 1853, A
Plus: Safety (25)
AG Pubs (100)

APPENDIX A

SUMMER HEALTH AND SAFETY HAZARDS

1. HEAT INJURIES.

a. Heat injuries result from exposure to high temperature for long periods of time. In general they are mild, but sometimes fatal, and can be prevented. Three distinct types of heat injury are heat cramps, heat exhaustion, and heat stroke (sunstroke).

(1) Heat cramps are painful spasms of the muscles of the arms, legs, and belly wall resulting from loss of salt from the body.

(2) Heat exhaustion is a more serious condition resulting from excessive loss of water, and salt from the body. The victim is dizzy, sweats profusely, and the skin is pale, cold, moist, and clammy. The victim may also be nauseated and vomit.

(3) Heat stroke (sunstroke) is the most serious form of heat injury and may lead to death if not recognized and treated early. It is caused by damage to the heat regulation mechanism of the brain, resulting from prolonged exposure to high temperature. This condition is characterized by an extremely high body temperature which may rise to 110 degrees Fahrenheit causing; hot, red, dry skin and absence of sweating; profound coma; convulsions; and death. The chances of a patient's death increases the longer the temperature remains high; therefore, the main objective in the management of sunstroke is to lower the patient's body temperature as rapidly as possible.

(4) If heatstroke or heat exhaustion occurs, the patient should be taken to the nearest hospital emergency room. Time is important. The following measures should be taken until the hospital is reached:

(a) Place patient in shade. Remove boots and open clothing.

(b) Immerse patient in water if near a source of cool water; if not, sprinkle water over the patient's body repeatedly (ice water is best).

(c) Fan the body to increase water evaporation and to provide a cooling effect.

(d) Give cool salt water solution to drink unless the patient is unconscious (dissolve 2 salt tablets or ½ teaspoon salt in one full canteen of water).

(e) Remove patient to hospital, continuing treatment on the way.

b. Heat production in the body may increase to dangerous levels when there is a marked increase in environmental temperatures, heavy physical effort is performed in a hot environment, and when disease results in fever. The results in all three of these circumstances are that your body has a difficult time getting rid of excess heat. What can you do to ensure that your body will be able to give off the excess heat and that you will still be able to carry out normal physical exertion in high temperatures? Your body will gradually adjust to an increase in heat load if you gradually increase your amount of exercise in a hot environment. Merely living in a climate such as in Central Texas without exercising will not acclimatize your body to heat.

(1) If you do not accustom yourself to heat by exposure, you should limit and slow activity during the heat of the day. Conditioning yourself to heat does not mean a weekend of golf or an occasional softball game, but it means regular daily exercise gradually increasing your amount of activity.

(2) Wear loose, light clothing to allow for the evaporation of perspiration.

(3) Drink plenty of water. Minimal dehydration greatly decreases your risk of heat injury. If you engage in heavy work during the summer you may require as much as 6-10 quarts of extra water daily.

(4) The human body's need for salt will most likely increase in hot weather, unless acclimated to heat. Salt content in most standard American diets is adequate. Liberal use of extra table salt with your food should take care of the increased need in most cases.

(5) Eat the heaviest meal in the evening, keep meals cool, and avoid strenuous activity immediately after lunch whenever possible.

(6) Don't leave children unattended in parked cars during warm weather. During hot days the temperature inside cars can approach 180°F. Children left in such temperatures, for even a few minutes, can suffer heat injuries that can lead to brain damage or death.

c. Your susceptibility to heat may be increased by fever, a recent immunization, heat rash, sunburn, previous heat strokes, the use of alcohol, fatigue, and obesity. By limiting these causes of heat susceptibility and by slowly acclimatizing yourself to high temperatures you should be able to withstand the Texas heat.

2. POISONOUS INSECTS AND INSECT-LIKE ANIMALS. Many insects bite, sting, cause blisters, spread disease, and in some cases live on our bodies as parasites. Our aim is to familiarize you with public health information in this area.

a. Insect and insect-like animals that bite.

(1) Chiggers (Red Bugs). These are tiny, reddish six-legged mites which make their way through clothing to the skin, particularly in areas of tight fitting clothing, especially around the belt and stockings. They stick their mouth parts into the victim to obtain their meal. This may lead to severe itching and burning. Scratching these bites may lead to infection.

(2) Spiders. Two poisonous spiders are found in Texas - the Black Widow and the Brown Recluse. Since people differ in their reaction to spider bites, all bites should be considered serious and watched closely for immediate reaction or secondary infection.

(a) Black Widow. The Black Widow female spider has a black body with a shiny round abdomen and a reddish-orange hour-glass on the underside of the abdomen. This spider hides in trash, rubble piles, littered areas, outbuildings, and under houses, etc. The Black Widow is not aggressive by nature, but when disturbed may attack and bite, such as when accidentally trapped in clothing, shoes, or when her web is disturbed. First aid should include cleaning of the bite area, keeping the patient quiet, and obtaining medical aid as soon as possible.

(b) Brown Recluse. The Brown Recluse spider has recently acquired prominence; most bites occur in Texas from June to October. This spider has a smaller body than the Black Widow. The body is about 3/8 inch long, is tawny brown and has a dark fiddle-shaped mark on its back. This spider is found under bark, rocks, and in other natural shelters, or in dark places such as empty boxes, jars, closets, etc. within buildings. Both sexes of the Brown Recluse can inflict a poisonous bite. At the site of the bite, the tissue erodes and may become ulcerated. The victim may be unaware of the bite for 2 or 3 hours; however, sometimes painful reaction occurs immediately. First aid to follow is the same as for the Black Widow Spider.

(c) Tarantulas. About 30 species of tarantulas live in the United States, mostly in the southwest and midwest. The large charcoal colored tarantula usually seen in this part of Texas is called the Arkansas Tarantula. This spider normally does not attack man and its bite is not considered poisonous. It may be painful and cause secondary infection.

b. Insects and insect-like animals that sting.

(1) Scorpions. Several types of scorpions are found in Texas. They are a pale yellowish-brown, usually with two dark stripes along the length of the abdomen and are about 1½ to 3 inches long. These animals usually come out at night and live in and around rock piles, lumber piles, and rubbish-strewn areas. They will enter houses if given the chance. Their sting can cause an initial sharp pain which soon leaves with no after effects. Some allergic reactions have occurred, and occasional systematic illness can result.

(2) Honeybees, Wasps, Yellow Jackets, and Hornets. All bees, wasps, yellow jackets, and hornets can cause severe illness and death in allergic individuals. More people in the United States die from honeybee stings than from rattlesnake bites. Death from the bee occurs from shock, characterized by shortness of breath, choking, becoming flushed, or breaking out in red blotches and rash over the body. Victims showing these signs should be kept quiet and receive medical attention at once. If you find nests of bees or wasps on Fort Hood, leave them alone and contact the Post Engineer Work Order Desk, telephone 685-2113.

c. Disease carrying insects and insect-like animals.

(1) Ticks. Ticks are blood suckers which carry diseases such as Rocky Mountain Spotted Fever, tularemia, tick paralysis, relapsing fevers, and others. Adult ticks are usually 3/16" long and are dark brown. Ticks live on or under vegetation or may infest homes. Be careful when removing ticks from the skin so as to not leave the head of the

tick in the flesh. A pair of clean tweezers should be used to grasp the tick as close to the skin as possible and pull out slowly and gently. This area should be cleaned and disinfected after removal of the tick. Hairy parts of the body should be checked thoroughly after any possible contact with ticks. During the summer, check your small children's hair for ticks each day after they have played outside.

(2) Lice. Lice bite severely, causing skin irritation. Two types of human lice are body lice (3/16" long with grayish color) and crab lice (1/16" long and light brown in color). Secondary infections and scarred, hardened, or dark colored skin, a condition known as pediculosis, may accompany the skin irritation. Non-human lice, such as those found on dogs, do not bite man. Bathing frequently with hot, soapy water will limit (but not eliminate) lice. Also, laundering clothing and pressing with a hot iron is effective against both types of lice.

d. General prevention and control. If any symptoms occur which cause severe discomfort through skin irritations or sickness from any insect, one should seek medical attention immediately.

(1) Control of insects and insect-like animals is achieved through good sanitation measures such as cleaning around the house, cleaning of storage areas, and the removal of trash which might harbor these animals.

(2) Commercial insecticides are available and can be used effectively against most of these animals. Care should be exercised when using insecticides and instructions on the labels should be followed carefully.

3. INSECTICIDES.

a. The rather recent acceptance of the use of insecticides as an insect control agent has considerably reduced crop pests and nuisance insects. On the other hand, the indiscriminate use of insecticides by inexperienced people has created another kind of hazard.

b. By their very nature, almost all insecticides are poisonous to humans. Insecticides may enter the body through the skin, eyes, nose, or mouth. People who wear proper protective clothing, and carefully follow directions on labels of insecticide containers should not be harmed. Most young children, however, cannot read. Even those who can, may mistake a can of insecticide for a toy. **KEEP ALL INSECTICIDES OUT OF THE REACH OF CHILDREN.** Some other precautions to observe when using insecticides are:

(1) Buy only premixed, ready to use types. The more you handle an insecticide, the more the chance of an accident. If you mix a concentrate, use the following guidelines:

- (a) Do not drink, smoke, or eat while mixing or spraying.
 - (b) Do the mixing outside.
 - (c) Wear protective coveralls, rubber gloves, and goggles. Keep these items separate from other clothing and equipment, and wash after each use (wash the coveralls by themselves).
- (2) Wash off immediately with soap and water any type of insecticide that gets on the skin.
- (3) If the eyes become contaminated, flush them for 15 to 30 minutes with clean, flowing water, and get the victim to a hospital emergency room immediately.
- (4) Wash all vegetables before eating or cooking them. They may have enough residual insecticide to poison you.
- (5) Do not use aerosol cans in an enclosed room.
- (6) Read all labels carefully and comply fully with directions given.
- (7) Protect food, drinking water, and eating utensils from contamination by removing them from the area being treated.
- (8) Large pest control jobs should be left to a professional exterminator.

4. POISONOUS SNAKES.

a. Most poisonous snakes found in this area are pit vipers, so named because of a characteristic pit located between the eye and nostril on each side of the body. Pit vipers found locally are the rattlesnake, copperhead, and water moccasin. The coral snake (not a pit viper) is also found in this area.

b. Some preventive measures to avoid snakebites are:

(1) Don't reach under boards, rocks, or into hollow logs. If climbing, be wary of snakes on rocky ledges.

(2) Don't camp near piles of brush, rocks, or other debris where snakes may be found. Check the location carefully.

(3) Don't handle living snakes; even the experts who make their living by handling reptiles may be bitten.

(4) Take full advantage of protective clothing when in the field. Combat boots give good leg protection and even cloth of the uniform offers more resistance than the bare skin.

c. Only medically trained personnel should attempt incision and suction of snakebite wounds; for this reason, snakebite kits are no longer issued. If a person is bitten, the following first aid measures should be taken:

(1) Avoid panic. Keep the patient quiet, within practical limits, achieve immediate, absolute immobilization of the affected part in a position below the level of the heart.

(2) Place an improvised lightly constricting band (tourniquet) 2 to 4 inches closer to the heart than the site of the bite and reapply the constricting band ahead of the swelling if it progresses up the arm or leg. The constricting band should be tight enough to stop the flow of blood in the superficial blood vessels, but not tight enough to stop the pulse (arterial flow). Leave tourniquet in place until medical help is located.

(3) In case the bitten person stops breathing start mouth-to-mouth artificial respiration immediately.

(4) Get assistance from the nearest medical source or transport the patient to a medical treatment facility as soon as possible.

(5) Kill the snake if possible (trying not to damage the head) and take it to the medical treatment facility for identification to aid in treatment.

5. POISON IVY (POISON OAK). Poison Ivy is characterized by clusters of three-leaves with prominent veins. The plant is a woody vine, climbing by rootlets or taking a tree-like appearance. Poison oak plants are more like low branching shrubs, and each leaflet is shaped somewhat like an oak leaf. They are both abundant in woodlands, along fences, walks, and roadsides. In the fall their reddish and yellow leaves are often mistaken for those of harmless trees. All parts of the plant are poisonous, even the smoke from the burning plant. Skin contact leads to itching and pustules, and forms scabs. Usually itching begins 24 hours after contact. Affected areas should be washed freely with a laundry soap, but be careful not to use a harsh detergent on tender skin. Avoid using soaps with an oil or grease base. Seek medical assistance if exposed to poison ivy or poison oak.

6. ANIMAL BITES AND RABIES.

a. Bites from all animals, including humans, are dangerous. Many infectious agents can be transmitted via a bite, and all bite wounds should be evaluated by medical personnel.

b. Wild animals (foxes, skunks, opossums, racoons, bats, and others) should be considered as having rabies. Since rabies is an invariably fatal disease, extreme caution should be exercised whenever contact with these animals is made. Any bite from these wild animals necessitates the rabies vaccination series.

c. Control of rabies in domestic animals requires cooperation between owners and local officials. Fort Hood Regulations and local municipality laws state that all domestic pets must be registered and vaccinated to protect against acquiring rabies from wild animals. Unfortunately, a small percentage of vaccinated animals can still become infected with rabies; therefore, the best protection against rabies (and lawsuits) is to control pets and prevent their biting.

d. Fort Hood Regulation 40-5, Authorized Veterinary Animal Care and Animal Control Program, states that all pets must be confined or leashed when not under direct voice control of the owner. Complaints about animals or strays on post should be filed with the Military Police Desk Sergeant. Similar complaints in surrounding communities should be filed with the municipal police department.

e. In the event of an animal bite, the following actions should be taken:

(1) All animal bites should be evaluated by medical personnel.

(2) Report all bites to the Preventive Medicine Activity at Darnall Army Community Hospital.

(3) Whenever possible, the animal involved should be impounded for observation. A complete description of the animal will aid local authorities in catching strays, etc.

(4) If the animal should be killed, place its head in ice and carry it to the post veterinarian immediately for tests.

7. FOOD POISONING.

a. Food poisoning includes a group of illnesses characterized by sudden onset of symptoms such as nausea, vomiting, diarrhea, and abdominal pain. In the majority of cases, food poisoning may occur in groups of people who have eaten the same food.

b. Food poisoning is the result of infection or intoxication with toxins given off by specific organisms through the medium of food. Food poisoning may also be caused by contamination with heavy metals.

c. Food poisoning may occur year-round, but more frequently in the warmer months. Epidemic outbreaks usually follow picnics or social gatherings where improperly prepared or preserved foods have been served. These outbreaks can be prevented easily by following these basic rules:

(1) Get your food from an approved source, such as the commissary or other commercial establishments; avoid home canned foods.

(2) Take care not to contaminate food when preparing it by using unsanitary utensils and poor personal hygiene.

(3) Prepare food thoroughly and not too far in advance of serving time.

(4) Store and preserve the food under proper conditions so as not to let growth of food poisoning bacteria occur. This means keeping hot foods hot (above 140 degrees Fahrenheit) and cold foods cold (below 45 degrees Fahrenheit).

(5) Avoid preparing food with mayonnaise or salad dressing since they are very good supporters of the food poisoning bacteria. Discard left-overs as food wastes and do not try to preserve them for later meals.

(6) Do not prepare lemonade in galvanized or zinc coated containers. Do not store any acid food or juice (such as tomato) in these containers, as zinc poisoning can result.

8. RECREATIONAL WATER RELATED ACTIVITIES.

a. The Central Texas climate is favorable for varied recreational water related activities. The numerous nearby lakes provide for such activities as boating, swimming, water skiing, fishing, and other wholesome pursuits. Unfortunately several Fort Hood soldiers have lost their lives in recreational water related accidents. Most of the victims died in accidents occurring at Belton and Stillhouse Lakes. AR 385-15, Water Safety, with FORSCOM and Fort Hood Supplements, provide detailed water safety procedures which should be reviewed periodically. Paragraphs b through d, below, contain some helpful pointers.

b. Before operating a boat, you should:

(1) Know how to operate a boat correctly. You should know how to swim and to rescue a person by throwing a rope, stick, oar, life jacket, or other bouyant object.

(2) Know the limitations of the boat for the body of water or stream you are on. Boats and motors should be properly balanced to prevent capsizing or swamping. Round bottom or narrow beam craft will overturn, skid, or roll easily during loading or when caught in rough or swift water.

(3) Check the weather forecast and follow storm warning flags. Head for shore before inclement weather catches you and your boat. If caught out in heavy wind, head the bow into it.

(4) Remember to respect the center of gravity of a small boat and don't move abruptly. In case of trouble, stay calm and use common sense. Stay with an overturned craft until help arrives. Overconfidence has no place afloat. Respect the water and you will enjoy the boating.

c. Safe conduct on your part in and around water will minimize many hazards and will increase swimming enjoyment. Here are a few precautions you should be aware of, and observe:

(1) Swim in only designated areas which have been approved and supervised, and are free from dangerous contamination and underwater construction.

(2) Refrain from horseplay which may be a threat to you and others.

(3) Use the "Buddy System" to ensure ready assistance if needed.

(4) Dive only in waters that are deep enough. Be doubly sure before you dive that the diving area is free from other swimmers and from underwater obstructions such as stumps, rocks, posts, logs, and wire.

(5) Allow at least 1 hour after eating before swimming. Stomach and body cramps can seriously impair your ability to swim.

(6) Know your capacities and capabilities - do not try to exceed them.

(7) Observe safety requirements for both on an off-post swimming. Restricted or unfamiliar swimming areas may have numerous hidden hazards, such as pollution, quicksand, etc.

(8) Don't mix alcohol with swimming.

(9) Cooperate with beach and pool swimming area supervisors by observing the rules of safe conduct.

d. When planning a fishing trip, choose proper and adequate clothing for protection. Good fishermen always carry a small first-aid kit, safe drinking water, insect repellent, and sunglasses for comfort and eye protection against a fishhook. Some fishing accident causes and probable results are:

(1) Wading. Insecure footing and unknown depths of water, causing slips and falls and resulting in sprains, strains, fractures, and drownings.

(2) Boats. Standing in small boats to cast or to change positions, causes spills, falls, and capsizing.

(3) Hooks. Improper handling may result in serious injury, especially to your eyes. A fishhook in your eye could blind you.

(4) Horseplay. Invites accidents; use of intoxicating beverages adds to the probability of accidents.

9. SUMMER DRIVING HAZARDS.

a. The summer season brings the driving hazards of high temperatures, fog, dust, bright sunlight, sudden downpours of rain, sightseeing motorists, increased traffic, and other related hazards. In addition, higher speeds and increased fatigue are also factors which can result in an increase in the number of injuries and fatalities.

b. The following are a few of the summer driving hazards and safe driving practices that you should be aware of:

(1) Driving for long periods during hot weather will increase driver fatigue. Adjust windows or air conditioner for maximum ventilation or sufficient cooling.

(2) Drive at speeds that will let you control your car.

(3) Switch your lights on at dusk.

(4) Keep your windshield clean.

(5) Slow down when weather and road conditions are unfavorable: if necessary, leave the road and stop in a safe location.

(6) Rest occasionally.

(7) Plan your trip to allow time to travel safely from one destination to the other.

10. FLOODED LOW WATER CROSSINGS.

a. During sudden downpours or long periods of rain, the numerous low water crossings on the installation often become flooded. Procedures for the fording of flooded low water crossings are contained in part in paragraphs 10b and c, below.

b. Flood gauges and warning signs containing fording instructions for military and privately owned vehicles are installed at low water crossings most frequently used. Instructions on the warning signs, which must be followed are:

(1) Privately owned vehicles and military vehicles up to 3/4-ton will not ford when water is over the roadway.

(2) Wheeled vehicles over 3/4 ton will not ford when water is over 1 foot on the flood gauge.

(3) Tracked vehicles will not ford when water depth is over 2½ feet on the flood gauge.

c. Local streams may rise several inches during the time it takes a vehicle to ford a stream; a vehicle stalled on a low water crossing can be completely submerged within minutes. If doubt exists as to a vehicle's ability to cross, the driver will not attempt to cross the stream.

11. ELECTRICAL STORMS.

a. Electrical storms sometimes occur during the summer season. Some of these storms are severe enough to produce tornadoes. The following general safety precautions should be taken during an electrical storm:

(1) Whenever possible, avoid open areas, bare hilltops, lone or prominent trees, flagpoles, fences, and such metallic objects as radio antennas, open-top vehicles, telephone wires, and power lines.

(2) When available, seek shelter in a large building. A well-grounded metal building offers considerable protection, providing personnel do not contact the metal. When inside buildings during electrical storms, stay away from stoves, telephones, windows, electrical wiring and equipment, metal equipment, water on the floor, and other possible conductors of electricity.

(3) Desirable places for refuge in outside areas include caves, foxholes, the inside of vehicles with metal bodies, the foot of steep hills or cliffs, deep ditches or trenches, and dense woods with trees of reasonable uniform size and height.

(4) Groups of people in open areas or on hilltops should scatter widely to minimize electrical attraction.

(5) Individuals caught in flat, open terrain or hilltops should assume a prone position on the ground to reduce "target height."

(6) To the extent possible, avoid standing in, or having any part of the body in contact with water.

(7) Exercise extreme caution in moving or otherwise handling any wiring knocked down by the storms, and avoid direct contact. If necessary, use a long, dry wooden pole or similar type nonconductor of electricity to move or dislodge a wire.

b. It is completely safe to touch a person who has been struck by lightning, since electrical charges are not retained in the body. In many instances, people are temporarily stunned or paralyzed and can be revived by prompt application of first aid measures. Should a casualty occur, artificial respiration and treatment for shock should be administered promptly and continued until the patient is placed in the care of a medical doctor.

12. **TORNADOES.** The threat of tornadoes occurs during severe thunderstorms. To know what to do when a tornado is approaching may mean the difference between life and death. Keep calm, it will not help to get excited. People have been killed by running out into streets and by turning back into the path of a tornado. Even though a warning is issued, chances of a tornado striking one's home or location are very slight. Tornadoes cover such a small zone, as a rule that relatively only a few places in a warned area are directly affected. You should know the following about tornadoes though "just in case."

a. If you are in open country:

(1) Move at right angles to the tornado's path. Tornadoes usually move ahead at about 25 to 40 miles per hour.

(2) If there is no time to escape, lie flat in the nearest depression such as a ditch or ravine.

b. If you are in a city or town:

(1) Seek inside shelter, preferably in a strongly reinforced building. Stay away from windows.

(2) The southwest corner of the basement usually offers greatest safety, particularly in frame houses. People in houses without basements can sometimes be protected by taking cover under heavy furniture against inside walls. Doors and windows on the north and east sides of the house may be opened to help reduce damage to the building.

(3) Standing against the inside wall on a lower floor of an office building offers some protection.

c. If in schools:

(1) If the city school building is of strongly reinforced construction, stay inside, away from windows, remain near an inside wall on the lower floors when possible. Avoid auditoriums and gymnasiums with large, poorly supported roofs.

(2) In on-post schools follow instructions given by teacher.

d. If on post, warnings will be sent out to housing areas by sounding of post sirens when a tornado is actually sighted in the area or is within 25 miles of Fort Hood. Upon hearing the alert, people should tune radios to local stations and follow warning and shelter advice.

13. **POWER LAWN MOWERS.** The following general safety precautions should be taken when operating a power lawn mower:

a. Keep the motor free from grass, leaves, or excessive grease. An accumulation of such combustible materials could result in fire or could damage the motor and working parts of the mower.

b. Clear rocks, pieces of wire, sticks, or other debris from the area to be cut before putting the mower into operation. A small rock thrown by the tip of an 18-inch mower blade turning at 2,000 RPM will have an initial speed of over 100 MPH. Blades should not be rotating when crossing graveled areas.

c. Start the mower on firm, clear, level ground. The operator should keep a firm grip on the mower, stand to one side when starting it, and give full attention to its operation.

d. Proceed slowly to avoid choking the mower or stalling the motor when cutting tall, heavy grass, or weeds.

e. Set the mower at its highest cutting point while operating on rugged or uneven terrain to prevent it from accumulating or ejecting an excessive amount of debris.

f. Cut hills and banks sidewise instead of up and down when using the walking power mower. If the hill is extremely steep, help should be obtained by having a responsible person at the top of the hill hold a rope attached to the mower.

g. Keep the cutting path clear of all persons and animals. While a power mower is in operation, nobody but the operator should be allowed near the mower.

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h. Never reach under the housing or guards of a power mower in an attempt to make adjustments or clear the mower of grass, unless the motor has been shut off and the spark plug wire is disconnected. A hot gasoline engine can start on its own if the blades are turned while the spark plug wire is attached.

i. Never leave a power mower unattended while it is operating.

j. Don't refuel a power mower while it is hot, running, or in a closed area. Don't smoke while refueling.

k. Secure one end of a wire to the motor housing and the other end to a water pipe or similar positive ground near the supply outlet if an electric-powered mower does not have a ground wire as a standard part of the machine. This ground wire should be several feet longer than the power cable and should be wrapped around it or taped to it to prevent entanglements. The cable and ground wire should not be frayed or worn, and plugs should be maintained in good condition. Cutting the cable can be avoided by keeping it on the mowed side of the area.

l. Not used.

m. Don't use an electric-powered mower when it is raining, when the grass is wet, or when the mower is wet or damp from any cause even though a grounding arrangement has been provided. If the mower is known to be defective, it should not be used until it has been properly repaired, or if necessary, replaced.

n. Mow inclines vertically rather than horizontally if using a riding mower since riding mowers usually have a longer wheel base than tread width. Care should be taken when engaging the clutch to avoid tipping backwards or forwards. If the incline to be mowed is considered too steep, it would be advisable to use a walking power mower.

o. Wear heavy, close-fitting trousers, heavy shoes (steel-toed safety shoes are best), and safety glasses for your personal protection when operating a power mower.

14. FIREARMS. The use of personal firearms for hunting and target practice is widespread on and off the Fort Hood reservation. Some safe handling and firing practices to prevent firearm accidents are as follows:

a. Firearms and ammunition not in use should be stored and locked in a container or rack.

b. When firearms are handled or stored, the first act should be to make sure that the chamber and magazine are clear of ammunition.

c. Never place ammunition in firearms until in the hunting or target area and ready to fire.

d. Know what you are shooting at. Never fire at a movement in brush, grass, or trees.

e. Do not lean loaded firearms against any object.

f. After firing the last round, clear the weapon and leave the action open until you clean it.

g. Firearms are dangerous. Quick draws and misuse of firearms are childish and indicate immaturity.