

THE SAFETY FLYER **ADVISORIES, ALERTS, WARNINGS**

CIVIL AIR PATROL (CAP)
NATIONAL CAPITAL WING - MAR DC-001

NEW YEAR'S ISSUE
Fatigue and Fitness for Duty
COVID - Review of Facial Masks
Unethical Practices of Car Dealerships

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FLYING IS A DISCIPLINE AND A CULTURE.
SAFETY IS A DISCIPLINE, A CULTURE, AND AN ATTITUDE.

*Editor's Note – This issue reviews fatigue and fitness for duty, a subject often discussed in this bulletin, and in my Safety alert, advisory and warning emails. A recap of prior information presented on fatigue appears here. A range of other subjects are also discussed, some of which are re-postings. **HAPPY NEW YEAR IN 2023.***

1. Safety Issue Warning – Driving While Fatigued. Please remember the following concerning fatigue and driving:

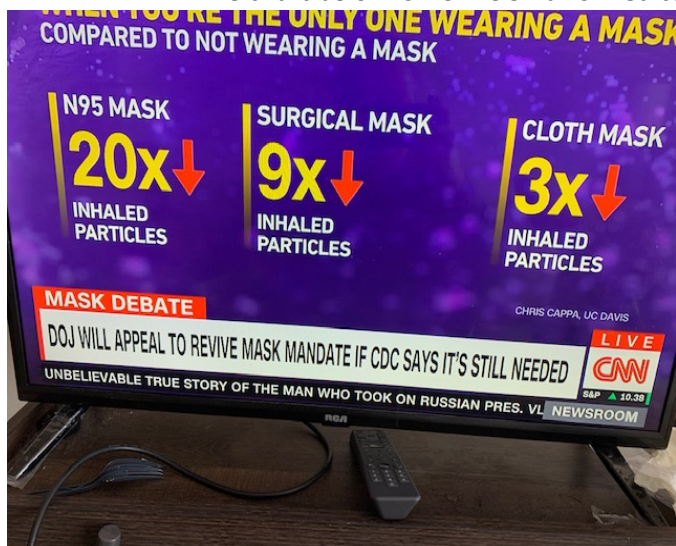
- Never drive when you would normally be sleeping, such as during your usual overnight sleep routine. There may be no easy way to control for this when you are driving to an airfield to conduct an SAR mission in the middle of the night, but at least stick to this fundamental rule for business and leisure travel, particularly with passengers in your car.
- During the 24-hour circadian rhythm cycle for adults, periods of maximum sleepiness typically occur between ~ 0300 to 0600, and ~ 1500 to 1800. These time periods, particularly the first, are characterized by higher than normal rates of drivers falling asleep behind the wheel and becoming involved in fatal vehicle accidents.
- Also remember that it is nearly impossible for you to predict when your body decides to start recovering from sleep loss. The onset of falling asleep usually occurs without warning and begins as microsleeps (when you begin to nod off and on repeatedly), then culminates in true sleep. The first microsleep event is the first and best predictor that your body is preparing to enter the sleep recover state at any moment. Yawning may or may not accompany the microsleep. If you are driving on an interstate highway or a road to make time in getting to your destination, but when you would normally be

sleeping at home, you may not have control over falling asleep at the wheel. Consider much less that of an interstate truck driver heading in the opposite direction who has fallen asleep at the wheel, and crosses lanes into your lane.

- If you begin to experience microsleep while driving at any time, immediately exit the road or highway and head to the nearest parking lot or rest area. Take a cat nap (20 – 30 minutes), or sleep at least one full sleep cycle of ~ 90 minutes, before returning to driving.
- **Fitness for Duty:** It does not apply only to when you are driving to an airfield for a CAP SAR exercise or mission. Duty includes responsibility for the safety of passengers (family and guests) in your car at any time, and to the community at large at any time.

2. COVID Safety Issue Advisory – A variant of the Omnicron COVID virus has appeared and is "home grown" here in the US, not from overseas. Health officials are warning us to start masking again, now.

- The N95 mask reduces transmission of nasal viral particles by about 95%. Only use N95 masks that are manufactured in the US because only they meet NIOSH standards. Those that are labeled KN95 are not manufactured in the US and therefore do not meet NIOSH standards. It is also easier to breathe and speak through an N95 mask due to its reenforced ribbing which clears the mask from the nose significantly.
- Surgical masks are less effective and require changing daily but are still effective at reducing about 50% transmission.
- Cloth masks are the least effective of all. Do not rely on “gator” or bandanna masks to stop transmission. They do not work.
- Wearing no mask at all is of ZERO help in preventing transmission from you to others, and vice versa.
- The chart below is from UC Davis Medical and Epidemiology.



3. Safety Issue - Unethical Practices of Some Car Dealers – Be advised and warned. Car Buying Season Is Here Again.

Source: The Quorum Digest, recent publication. The following practice is in use by some unethical car dealers. Click on the link below.

[I had my car keys taken at the dealership and was almost forced to purchase a car \(refused to let me leave\). How does one deal with such a situation?](#)

That is illegal practice, and I've seen one large car dealership forced out of business for engaging in it. If it happens to you, please leave immediately without saying anything. Report it to the police after you're off the grounds. They will still have your keys, which will serve as evidence. The more people do exactly this, the more likely that the business will be subjected to a thorough investigation and prosecuted. At the very least, the police will retrieve your keys for you... and that will happen very quickly with no fuss from you.

4. WAYS TO MAINTAIN BRAIN HEALTH AS PART OF OUR ROUTINE LIFESTYLE

Alzheimer's disease is expected to impact nearly 13 million Americans by 2050, including 76,000 Coloradans today, according to the Alzheimer's Association. So, as you contemplate your New Year's resolutions for 2023, consider there are steps you can take yourself to maintain and improve your cognitive function.

Research has shown lifestyle changes like improving diet and exercising regularly have helped drive down death rates from cancer, heart disease and other major diseases. These same lifestyle changes may also reduce or slow your risk of cognitive decline, which is often a precursor to Alzheimer's and other forms of dementia.

"There is increasing evidence to suggest that what is good for the heart is good for our brains," says Meg Donahue, director of Community Engagement at the Alzheimer's Association of Colorado. "Keeping our brains healthy is not something we should worry about only as we get older. It should be a lifelong effort."

Healthy brain tips

Looking for tips on how to protect your cognitive health? Here are several ideas borne from research supported by the Alzheimer's Association:

- **Cut back on "ultra-processed" foods** – people who consume the highest amount of ultra-processed foods have a 28% faster decline in global cognitive scores – including memory, verbal fluency, and executive function – compared to those with lower consumption, according to research involving half a million people living in the UK. High consumption was defined as more than 20% of daily caloric intake. Ultra-processed foods are those that go through significant industrial processes and contain large quantities of fats, sugar, salt, artificial flavors/colors, stabilizers and/or preservatives.
 - Examples include sodas, breakfast cereals, white bread, potato chips, and frozen foods, such as lasagna, pizza, ice cream, hamburgers and fries.
- **Get vaccinated** – getting an annual flu vaccination was associated with a 40% decrease in the risk of developing Alzheimer's disease over the next four years, according to researchers from

The University of Texas' McGovern Medical School who found that even a single flu vaccination could reduce the risk of Alzheimer's by 17%.

Get vaccinated (part 2) – getting a vaccination against pneumonia between the ages of 65 and 75 reduced Alzheimer's risk by up to 40% according to a Duke University's Social Science Research Institute study.

Manage your blood pressure – people treated by FDA-approved medications to a top (systolic) blood pressure reading of 120 instead of 140 were 19 percent less likely to develop mild cognitive impairment, according to a study led by researchers at Wake Forest Baptist Medical Center. Those people also had fewer signs of damage on brain scans, and there was a possible trend toward fewer cases of dementia.

Be social – That's right. Add "hang out with friends" and "have fun" to your New Year's resolutions list. For example, enroll in a dance class with a friend. Alzheimer's researchers are now looking into whether increased socialization, along with a "cocktail" of lifestyle interventions including improved diet, exercise, cognitive stimulation and self-monitoring of heart health risk can protect cognitive function. The Alzheimer's Association's U.S. study to protect brain health through lifestyle intervention to reduce risk (U.S. POINTER) is a two-year clinical trial that hopes to answer this question, and is the first such study to be conducted of a large group of Americans nationwide.

"There's currently no certain way to prevent Alzheimer's and other dementias," said Donahue, "but there is much to be gained by living a healthy lifestyle and adopting brain health habits that you enjoy." For those with questions about memory loss or personality changes that may be associated with Alzheimer's or other forms of dementia, the Alzheimer's Association has a free Helpline staffed 24/7 by trained professional staff members: 800-272-3900.

Source: <https://states.aarp.org/colorado/make-better-brain-health-your-top-new-years-resolution-for-2023>

5. Handy Advice: How To Sanitize Your Fabrics With Hand Held Steamer

Steam (usually ~220 degrees F) is a fast way to sanitize and freshen fabrics, including clothing, linens, drapes, etc. Also good for mattresses, rugs, carpeting, and cloth upholstery for vehicle and aircraft seating.

Source: <https://www.apartmenttherapy.com/how-to-sanitize-fabric-with-a-steamer-36736318>