



CIVIL AIR PATROL

# THE DISPATCH

Safety | Health Services | Chaplain Corps



September 2024

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The Dispatch is for informational purposes. Unit Safety Officers and Health Service Officers are encouraged to use the articles in The Dispatch as topics for their monthly safety briefings and discussions. Members may go to [eServices - Learning Management System](#), click "Absorb," search for this month's The Dispatch, take the quiz, and receive safety education credit.

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*The Theme for This Month's Dispatch is Fresh Start, New Challenges. These articles from Health Services, Safety, and Chaplain Corps support renewed beginnings and rising to the challenges. The theme for the upcoming edition in October will be resilience.*

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### Primary Articles - Fresh Start, New Challenges

#### Fresh Start - New Challenges

By: Ch Maj. Jacob Hill, NY-001

As we embrace a new chapter, the spirit of "Health, Safety, Resiliency" guides us toward the horizon of fresh opportunities and challenges. Each new beginning, whether it's a new project, role, or phase in life, comes with its unique set of hurdles and opportunities for growth.

At CAP, we recognize that starting anew can be both invigorating and daunting. It's a chance to reset, refocus, and align our goals with our core values. This period of transition requires not just enthusiasm but also a solid strategy for maintaining our well-being and resilience.

Health remains our foremost priority. As we face new challenges, it's crucial to stay mindful of our physical and mental health. Incorporating regular exercise, balanced nutrition, and stress

management techniques into our routine can significantly enhance our ability to tackle obstacles effectively.

Safety is another cornerstone of our approach. In any new endeavor, ensuring a safe environment is essential for optimal performance. Whether it's adhering to best practices in the workplace or making informed decisions, prioritizing safety helps prevent setbacks and fosters a culture of trust and reliability.

Resiliency ties it all together. It's our ability to adapt and thrive amidst change that truly defines our success. By cultivating a resilient mindset, we empower ourselves to overcome difficulties and leverage new experiences for growth.

As we step into this fresh start, let's commit to nurturing our health, upholding safety, and building resilience. Together, we can transform new challenges into opportunities for excellence and well-being.

### Is it Time for a Fresh Start and New Challenges?

Alecia Singh, CAP Safety Program Administrator



What do a fresh start, and new challenges mean to you? It could be an opportunity to gain experience from a previous encounter you may have had and make improvements for a brighter future, to finally defeat procrastination and achieve a task or dream you have always wanted to accomplish. Whatever season you are in, whether you are starting a new school, a new encampment, or an activity, challenge yourself to make a successful brand-new start at something you always intended

to do, but the plans were hindered due to fear or daily life itself. If your new beginning involves safety during CAP operations or your personal life, these guidelines will support your success.

#### Safety Protocols and Tips:

Five Steps of Risk Management: **1.** Identify hazards, **2.** Assess Risks, **3.** Developing Controls and Make Decisions, **4.** Implement Controls, and **5.** Supervise and Evaluate.

Ralize everyone makes errors, but it is unacceptable not to report safety issues in CAPSIS.

Engage with your team; you can gain knowledge from anyone.

Safety first, always stay up to date with current procedures.

Health - [Health Services](#) provides excellent resources for staying healthy and safe.

Safety professionals must always set a positive example and be good role models!

Training is crucial. If members receive inadequate training, the consequences can be fatal, injury-related, or the loss of CAP's valuable assets, and CAP can be held liable.

Always take breaks; this reduces the risk of fatigue-related accidents tremendously.

Risk Management Form, the [CAPF 160-1 Deliberate Risk Assessment Worksheet](#), must be completed for activities and events.

The fear of being reprimanded when reporting, let's eliminate this fear and encourage others to report.

Notifications - If you discover, observe, or are involved in a Safety Significant Occurrence (SSO), you must notify the member who is responsible for the event or activity.

Ensuring everyone's safety and safeguarding CAP's assets are our priorities.

Wingmanship - Always be a reliable wingman by providing support and being trustworthy.

Controls - Safety controls reduce the risk associated with hazards. The [CAPF 160-1](#) - is a key part of safety to prevent injuries.

Hazards are potential damage, injury, or illness. Examples are physical hazards, biological hazards such as infectious diseases, and psychosocial hazards like bullying.

Accurately identifying hazards is the most critical aspect of Risk Management.

Lend a helping hand, guide other members, and share your expertise.

Leadership: Let's commit to leading by example, taking responsibility for our actions, being honest and respectful, and communicating openly with team members.

Education: Monthly Safety education is vital to understanding the risk management process and the CAP safety program and using risk management daily.

Never accuse anyone; every situation is a lesson learned.

Groups and gear: Travel in groups if possible and ensure you have the appropriate equipment for each activity or mission.

Emergency preparedness ensures safety before, during, and after an emergency or natural disaster. Examples are non-perishable food, water, a flashlight, and a first aid kit.

Safety Regulations:

- [CAPR 160-1](#) - CAP Safety Risk Management program, which protects members from injury and CAP's assets.
- [CAPR 160-2](#) - Procedures for safety reporting, reviewing, and action planning pertaining to SSOs.

As the fall season begins, this may be your opportunity to try something new within CAP, such as a high-impact activity or obtaining your pilot's certificate. These processes and tips can assist in your CAP career and personal life. If you're participating in a new mission or activity, focus on leaving any oversights that occurred previously and find ways to improve this new assignment. We encourage you to take a chance at something new and share your talents and skills. If you don't take the first step, how will your talent be discovered? A final thought to consider: if you are alive, you always have a chance for a Fresh Start and New Challenges no matter where you are in life.

## Secondary Articles/Information of Special Interest

### \*\*\*Public Health Corner\*\*\*

#### Reemergence of Oropouche Virus

Capt. Stephen White, PhD, TX-352

In August, the Centers for Disease Control and Prevention (CDC) sent out an advisory through the Health Alert Network (HAN) regarding the Oropouche virus. The CDC uses HAN messages to notify the public, healthcare providers, and public health authorities about potential health-related situations. As of this writing, the CDC has published 12 HAN messages thus far this year. These have covered a variety of topics, from outbreaks of different diseases to medical product shortages and potentially tainted products. We're now going to take a brief look at the HAN message on the Oropouche virus and examine how the virus may affect us as members of Civil Air Patrol.

#### **Oropouche Virus Background**

Although many of us have probably never heard of the Oropouche virus, it was first discovered in 1955 in Trinidad and Tobago. Today, we know that the virus is endemic to, or is naturally occurring in, parts of South and Central America and the Caribbean. The virus is spread by infected biting midges (small flies that are sometimes called "no-see-ums") and some varieties of mosquitoes.

Once bitten by an infected insect, symptoms develop in 3 to 10 days, and not everyone develops symptoms. For those who do, the disease usually starts with a fever and typically includes headache, chills, muscle aches, and joint pain. Other symptoms can include sensitivity to light, dizziness, pain behind the eyes, nausea, vomiting, and rash. Symptoms usually last 2 to 7 days but can reoccur a few days to weeks after they first went away. Most people will recover after several days to a month, some people will progress to a more serious form of

the disease. This can include neurological symptoms such as meningitis or encephalitis. There have also been reports of adverse pregnancy outcomes in pregnant women infected with the virus, such as death and congenital abnormalities.

### **Current Situation**

In the HAN advisory, the CDC reported that there had been more than 8,000 cases of Oropouche virus infections in South America and the Caribbean. For a bit of context on that number, Brazil reported 3,475 cases in the first three months of 2024 compared to 832 for 2023. Looking back historically, an outbreak of this magnitude is not unimaginable with the Oropouche virus. Several large outbreaks of the virus were reported in the 1960s, and smaller outbreaks have been reported over the past several decades. So, although the current number of cases is noteworthy, it is not completely unprecedented.

Some concerns stem from the geographic spread we're seeing with the current outbreak. Most of the cases have been reported in Brazil, but outbreaks have also been reported in Bolivia, Peru, Colombia, and Cuba. These outbreaks are due to local transmission of the virus. This occurs when the vector- biting midges or mosquitoes- bite infected humans and then transmit the virus to uninfected humans within the community. Cases have also been reported in the United States, Germany, Italy, and Spain. These are considered "imported" cases. This occurs when someone travels to an endemic area, gets infected, and then returns to their home country and gets sick.

One of the primary concerns of public health officials is that the virus to become established in a non-endemic area. As an example, the Zika virus was imported from endemic areas, and spread locally between humans and mosquitoes in parts of Florida and Texas in 2016. The risk of something like this occurring with Oropouche virus increases as more cases occur in endemic areas and people travel to and from those areas.

### **Significance**

So, what does this all mean for us? Should we be concerned? What action(s) should we take? At this time, most of us only need to be concerned if we travel to an area where the virus is circulating. If you do travel to one of those areas, take the necessary precautions to protect yourself from insect bites: use insect repellent, wear long-sleeved shirts and pants, and stay in places that have air conditioning or use window and door screens. These simple actions can save you from getting an unpleasant infection and protect your community upon your return. Pregnant women, because of the risk presented to their unborn babies, may want to reconsider traveling to endemic areas as the virus can potentially cause harm to a developing fetus.

Just as we take measures to stay safe every time we get into an aircraft or go out on a ground mission, we must do the same with the health threats around us. Being aware of these threats and taking the basic recommended precautions helps keep us safe and protects those around us. This helps ensure we are ready and capable of serving when called upon.

## Recommendations for Slips, Trips, and Falls from Electrical Cables

(Courtesy of Col. Everett Hume, CAP Senior Program Safety Advisor, NER-001)

We would like to share this information. Since we are exposed to slips, trips, and falls from electrical cables everywhere and safety is our priority, please review and share these suggestions.

### **Guidelines to prevent accidents by electrical cables:**

- **Organize Cables:** Ensure all electrical cables are neatly arranged and secured. Use cable organizers or ties to keep them out of walkways or under desk areas.
- **Avoid Overloading:** Do not overload power strips or outlets. Plug expanders are not permitted in power strips or wall outlets.
- **Report Hazards:** Immediately discontinue use and report any damaged or frayed cables.
- **Use Cable Covers:** Place highly visible protective covers over cables across walkways. This minimizes trip risks and protects the cables.
- **Keep Workspaces Neat:** Regularly check your workspace to ensure cables are not cluttering the floor. A clean workspace is a safe workspace.
- **Meeting Spaces:** Do not run cables across the floor. Use table-mounted outlets or eliminate charging devices during meetings.
- **Mind Your Step:** Be mindful of where you walk, especially in areas with multiple electronic devices. Stay alert to avoid tripping.
- **Regular Inspections:** Conduct routine inspections of all electrical setups. Look for potential hazards and rectify them promptly.

### Resourceful Links:

#### **Important back-to-school safety information:**

- [School Bus Laws By State: When to stop and when not to!](#) - Review your state's laws.
- [25 Back to School Safety Tips](#) - Guidelines for keeping everyone safe.

### Additional Resourceful Links

- [FAA Safety Briefing - July/Aug2024.pdf](#) - Information for aviation educators.
- [The Transmitter](#) - The official monthly newsletter of the Civil Air Patrol Chaplain Corps.
- [Arizona Safety Pins \(September-October 2024\)](#) - A newsletter by Lt. Col. Corey Stohlquist, AZ-001, information on SSO notifications, completing Safety Specialty Tracks, Registration Zone, and more.

**\*\*RECOGNITION\*\***

**Congratulations Members, on Achieving Their Master Rating in the Safety Officer  
Specialty Track!!**



- Maj. James "Jim" Greenwood, SC-098
- Capt. Louis Merck, WI-197

**\*\* Communications From Safety, Health Services, and Chaplain Corps \*\***



**Request for The Dispatch Articles**

We would like to solicit your valuable input for The Dispatch articles.  
For consideration, please submit your article to the following editors/groups:

**[Safety - Health Services - Chaplain Corps](#)**

**Upcoming Editions and Theme:**

**October - Resilience, please submit your article by September 20<sup>th</sup>.**

November - Family Focus

December - Goodwill to All

January - Respect

February - Integrity

March - Excellence

April - Volunteer Service

*Current and Previous Issues: [Safety Beacon / The Dispatch](#)  
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