MISSION v AIRMEN v FAMILY
Holiday safety tips

Holiday safety is an issue that burns brightest from late November to mid-January, when families gather, parties are scheduled and travel spikes. Take some basic precautions to ensure your family remains safe and injury-free throughout the season.

Even Angel Hair can Hurt

Putting up decorations is one of the best ways to get in a holiday mood, but about 15,000 injuries involving holiday decorating were seen in emergency rooms during the 2012 season.

• "Angel hair," made from spun glass, can irritate your eyes and skin; always wear gloves or substitute non-flammable cotton

• Spraying artificial snow can irritate your lungs if inhaled; follow directions carefully

• Decorate the tree with your kids in mind; move ornaments that are breakable or have metal hooks toward the top

• Always use the proper step ladder; don't stand on chairs or other furniture

• Lights are among the best parts of holiday decorating; make sure there are no exposed or frayed wires, loose connections or broken sockets

• Plants can spruce up your holiday decorating, but keep those that may be poisonous (including some Poinsettias) out of reach of children or pets; the national Poison Control Center can be reached at (800) 222-1222

• Make sure paths are clear so no one trips on wrapping paper, decorations, toys, etc.

It's Better to Give ... Safely

We've all heard it's important when choosing toys...
for infants or small children to avoid small parts that might prove to be a choking hazard. Here are some additional gift-related safety tips:

- Select gifts for older adults that are not heavy or awkward to handle
- Be aware of dangers associated with coin lithium batteries; of particular concern is the ingestion of button batteries

Watch Out for those Fire-starters
Candles and Fireplaces

Thousands of deaths are caused by fires, burns and other fire-related injuries every year, and 12% of home candle fires occur in December, the National Fire Protection Association reports. Increased use of candles and fireplaces, combined with an increase in the amount of combustible, seasonal decorations present in many homes means more risk for fire.

- Never leave burning candles unattended or sleep in a room with a lit candle
- Keep candles out of reach of children
- Make sure candles are on stable surfaces
- Don't burn candles near trees, curtains or any other flammable items
- Don't burn trees, wreaths or wrapping paper in the fireplace
- Check and clean the chimney and fireplace area at least once a year

Turkey Fryers

While many subscribe to the theory any fried food is good – even if it's not necessarily good for you – there is reason to be on alert if you're thinking of celebrating the holidays by frying a turkey.

The Consumer Product Safety Commission reports there have been 168 turkey-fryer related fires, burns, explosions or carbon monoxide poisoning incidents since 2002. CPSC says 672 people have been injured and $8 million in property damage losses have resulted from these incidents.

- Set up the fryer more than 10 feet from the house and keep children away
- Find flat ground; the oil must be even and steady to ensure safety
- Use a thawed and dry turkey; any water will cause the oil to bubble furiously and spill over
- Fryer lid and handle can become very hot and cause burns
- Have a fire extinguisher ready at all times

Don't Give the Gift of Food Poisoning

The U.S. Department of Health and Human Services provides some holiday food safety tips. Here are a few:

- Do not rinse raw meat and poultry before cooking
- Use a food thermometer to make sure meat is cooked to a safe temperature
- Refrigerate food within two hours
- Thanksgiving leftovers are safe for four days in the refrigerator
- Bring sauces, soups and gravies to a rolling boil when reheating
- When storing turkey, cut the leftovers in small pieces so they will chill quickly
- Wash your hands frequently when handling food

Traveling for the Holidays? Be Prepared

Many people choose to travel during the holidays by automobile, with the highest fatality rate of any major form of transportation. In 2013, 343 people died on New Year's Day, 360 on Thanksgiving Day and 88 on Christmas Day, according to Injury Facts 2015. Alcohol-impaired fatalities represented 31% of the totals.

- Use a designated driver to ensure guests make it home safely after a holiday party; alcohol, over-the-counter or illegal drugs all cause impairment
- Make sure every person in the vehicle is properly buckled up no matter how long or short the distance being traveled
- Put that cell phone away; distracted driving causes one-quarter of all crashes
- Properly maintain the vehicle and keep an emergency kit with you
- Be prepared for heavy traffic, and possibly heavy snow

Remember, when guests are staying in your home, make sure areas have night lights or easy-to-reach lamps in case they need to get up during the night. And, whether you are visiting someone else's home or you have guests in your home, make sure all medications are kept up and away and out of sight from young children.
Dr. Darlena Jones, director of DNP programs at Murray State University, is presented with a certificate of appreciation by Tech. Sgt. Jacob Valladares, 342nd Recruiting Squadron, B-Flight recruiter, Nov. 30, at Norton Hospital in Madisonville, Ky. Valladares spoke to 12 students in person and 10 via teleconference about leadership opportunities in the Air Force and about the Health Professions Scholarship Program. Jones helped arrange the presentation, which included three campuses around the state.

Members of the 333rd Recruiting Squadron would like to give a shout-out to Tech. Sgt. Hector Quinones and Staff Sgt. Michael Rivera Vega for doing a “fantastic job.” Quinones and Vega are stationed in Ponce, Puerto Rico, 1,144 miles from their squadron.

“These guys do a fantastic job,” said Tech. Sgt. Sean Christian, 333rd RCS training NCO. “These two recruiters hustle all day to meet the demands of the Air Force, and being so far from the squadron and their flight chief can be challenging.”

Tech. Sgt. Jesse Hegeman spoke to roughly 300 students at the beginning of the VEX Robotics Competition. During the event, members of the Joint Base Langley-Eustis EOD team showed their gear, robots and skills to the 37 teams that participated.
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Tech. Sgt. Byron Blanchard, 342nd Recruiting Squadron B-Flight healthcare professions recruiter, greets Dr. Christian Cooper at the Southern Medical Association Scientific Assembly in Chattanooga, Tenn., Nov. 4. Cooper is an internal medicine physician and currently serving as a lieutenant colonel in the Air Force Reserve as a flight surgeon. After meeting with Blanchard at the event, cooper said he is interested in pursuing a career as an active duty flight surgeon.

Chief Master Sgt. Reginald Prothro, Air Force Recruiting Service Plans and Resources superintendent, attaches the chief rank on Senior Master Sgt. Mark Pennoch, AFRS Command Standardization and Training Branch superintendent, at AFRS headquarters, Dec. 8.
Staff Sgt. Michael Peter, enlisted accessions recruiter, F-Flight, 336th Recruiting Squadron, and DEP members ran in the Autism Speaks Georgia 5K Nov. 19, and raised over $61,000 for the charity.

Dr. Rodney Miller, (third from right) chief nuclear scientist with Global Strike Command, is an alumni of Harrison High School and returned to give a STEM presentation explaining what prepared him for Air Force service. Miller is a retired colonel and current member of the Senior Executive Service. Miller collaborated with the 338th Recruiting Squadron to put on the presentation.
Tech. Sgt. Erika Spencer, 314th Recruiting Squadron enlisted accessions, presents a certificate of appreciation to Mark Wells, guidance counselor at DelCastle Tech High School, in appreciation for his assistance in organizing a Center of Influence. Also pictured are: Clifton Hayes, DelCastle Tech High School principal (left); and Michael Kittel, Del Castle assistant principal.


Staff Sgt. Javone White, 339th Recruiting Squadron enlisted accessions recruiter, Jeff Tuttle, Michelle Tuttle and Sandra Frankhouse with Nash Icon 98.3 Country Radio take time out from the Ida, Mich. Parade of Lights Dec. 3 to pose for a photo.

Staff Sgt. Jason Madigan receives his recruiter certification on the 50-yard line at Notre Dame Stadium in South Bend, Ind. Tech. Sgt. Charles Kouder, 339th Recruiting Squadron flight chief knew Madigan grew up in South Bend and Notre Dame is his favorite team, so Kouder arranged for a stadium tour and surprised Madigan with his certification. Pictured are: Senior Master Sgt. Dale Graham, 339th RCS production superintendent; Tech. Sgt. Charles Kouder, flight chief; Staff Sgt. Lee Ciokiewicz; and Staff Sgt. Jason Madigan.
Members of the 314th Recruiting Squadron took part in the 2nd Annual Season of Giving with Stars and Stripes and the Philadelphia 76ers, Nov. 22. Volunteers like 1st Sgt. Mindy Casto packed more than $50,000 worth of meals to be distributed to Philadelphia and Camden, NJ, residents.


Tech. Sgt. Leilani Garcia, 341st Recruiting Squadron E-Flight recruiter, speaks to influencers at Judson High School before conducting several classroom visits and speaking to the wrestling team about Spec Ops prospects.

Tech. Sgt. Erika Spencer, 314th Recruiting Squadron enlisted recruiter, talks about Air Force opportunities to high school counselors at DelCastle Tech High School in Newark, Del., Nov. 28.


Tech. Sgt. James Peoples, 341st Recruiting Squadron training NCO, and Tech. Sgt. Ismael Allen, 341st RCS operations NCO, purchased and delivered 240 gallons of water to C-flight in Corpus Christi, Texas, Dec. 15. The entire city was notified of a chemical spill and everyone was told not to drink, bathe or even boil the water. The water was declared safe Dec. 19.

Staff Sgt. Brian Witcomb, enlisted accessions recruiter, 336th Recruiting Squadron, F-Flight, met with Tammy Cody, sales and marketing manager of The Henry Herald News as part of his marketing training.
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Members of the 333rd Recruiting Squadron were awarded the AFRS Top Squadron Award at their annual, Nov. 14 at Key West Naval Air Station.
Enlisted recruiters from the 314th Recruiting Squadron, A-Flight and members of the Fort Dix MEPS acted as the color guard for the Nov. 30 Philadelphia 76ers versus the Sacramento Kings game. From left to right: Staff Sgt. Russel Caesar, enlisted accessions recruiter; Rudy Gay, Sacramento Kings; Tech. Sgt. Stephanie Hendricks, senior MEPS liaison; DeMarcus Cousins, Sacramento Kings; Staff Sgt. Luis Silva, enlisted accessions recruiter.
Save the Date: 2017 BTB deadlines

Submit all photos, videos and story ideas to: afrshqpa@us.af.mil

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