

What goes up, must come down

How Sir Isaac Newton would use ORM techniques to avoid another serious fall.

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They say it is not the fall, but the sudden stop that really hurts. I am not sure about that, but I do know that if it were not for two totally preventable falls from high objects we would have gone over two months without a lost workday injury to one of our personnel here in the Horn of Africa. That would have been great. As it is, our safety record is still good and I am very thankful that the injuries were not more serious, although a badly broken arm and a broken leg are nothing to sneeze at.

You know how they say that you can drop a lead weight and a feather together and they will fall at the same rate. It may be true, but when we were kids the landings were a lot softer than they are now that most of us are much denser. Some of us appear to be much, much denser. So, as an astute observer of all things safety, I am going way out on a limb here and make a sweeping conclusion. We really should stop stepping and jumping off of high places, especially if we do not have to.

"Thirty two feet per second squared." Sound familiar? What does that mean to you out there in the field when considering whether to climb down or jump? How can you utilize this in an "On-the-fly" Operational Risk Management exercise? My old-man advice is that if it is more than 2 or 3 feet, I am climbing down. Especially if the landing surface is unprepared. You hard-core battle-hardened meat-a-saurus types may decide to double that, but anything over four feet is going to

mean a hard landing on any surface.

Way back when this old dog could still be taught tricks we trained on how to do parachute landing falls at Naval Air Station Pensacola, Fla. This was before they let us get near the airplanes. The platform we jumped from was no more than four feet high and the surface was a thick foam pad. We still had two sprained ankles that day in my class. For those of you that may have trouble estimating distance, if the ground looks small, do not jump. 'Nuff said.

On a safety training note. If you have someone in your element that does not take my sound advice and gets injured, please contact me once they are cared for. The required notification deadlines for injuries varies depending on the circumstances and I will assist you in making these notifications and completing the reports. We are working on an Army Abbreviated Ground Accident Report right now and even have a great video clip of a really ugly landing to use for future training purposes. Contact me anytime at: safety@hoa.centcom.mil

Our young, "heavier than air" colleague will be looking at up to six months of therapy and rehab once his upcoming medical evacuation and surgery is complete. I hope that it is a medical success. Keep him in your thoughts and prayers. I am certainly sorry that he broke his leg and will not be here to enjoy the holiday season with us here in Djibouti. Once he made the decision to leap from a 10-foot wall, it was just a matter of applying the law - the law of gravity.

Enduring Freedom Chapel Weekly Worship Schedule

Sunday:

8 -8:50 a.m. Catholic confessions
are heard*
9 a.m. Catholic Mass
10:30 a.m. Protestant Evangelical Service
2:30 p.m. Latter Day Saints Service
5 p.m. Gospel Worship Service
8 p.m. Praise & Worship Service

Monday:

Noon Catholic Mass
6:30 p.m. Praise and Worship Rehearsal
8 p.m. Prayer Meeting

Tuesday:

Noon Catholic Mass
6:15 p.m. Catholic Choir Rehearsal
7:30 p.m. Joshua/Judges Bible Study

Wednesday:

6:30 a.m. Catholic Mass
6 p.m. "Basic Christian Beliefs"
Bible Study

Thursday:

Noon Catholic Mass
6:30 p.m. Praise and Worship Rehearsal
8 p.m. Alcoholics Anonymous

Friday:

Noon Catholic Mass
6:15 p.m. Catholic Worship Rehearsal
7:30 p.m. Enduring Freedom Bible
Fellowship

Saturday:

5:45-6:10 p.m. Catholic confessions
are heard*
6:15 p.m. Catholic Mass
(Fulfills Sun. obligation)

* Catholic confessions are offered at other times by appointments by calling 824-4925 or (cell) 828-736. Catholic confessions are heard behind the screen and face to face and will take place in the Blessed Sacrament Room located in the rear of the chapel.

Put yourself behind the wheel

A contractor for Exchange New Car Sales is scheduled to visit Camp Lemonier in Mid-October. Exchange New Car Sales is a direct factory build program provided through AAFES Exchange, which allows servicemembers to purchase a vehicle at factory direct pricing.

Want to play Rugby?

The Camp Lemonier rugby team is looking for more players. The team practices every Tuesday, Thursday and Saturday at 5 p.m. until dark at the main entry control point field. Anyone interested in playing rugby should call Capt. Tim Grebos at 824-2402 or come to one of the practices.