



THE NEBRASKA WING SAFETY MONTHLY



JANUARY 2025

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"CAP FLIGHT
YOU ARE
CLEARED TO
2025. FLY
SAFELY, SIR."



CAPR 160-1 IN FOCUS

160-1 2.4.2.4 **Commanders will** utilize their SE as a key part of the command staff. The region or wing SE should be the commander's primary resource to ensure RM is practiced in all region and wing activities and missions, to include planning and after-action assessments, and compliance with all portions of this regulation. The SE will actively run the safety program for the commander, including all SMS elements outlined in this regulation.

CAPR 160-2 IN FOCUS

160-2 6.4. **Notifications Pertaining to Death, Serious Injury, or Serious Illness.** Region commanders are responsible for ensuring immediate notification to the National Operations Center (NOC) via phone call (1-888-211-1812) of death, serious injury, or serious illness occurring during a CAP mission, activity, or other CAP event using the guidance in Attachment 3: Safety Significant Occurrence Notification Guidelines of this regulation.



THE SAFETY DICTIONARY

To forewarn is to warn in advance.

To forearm is to prepare in advance for difficulties.

BLACK ICE IS DANGEROUS!

The United States Weather Service provides the following definition of black ice... "patchy ice on roadways or other transportation surfaces that cannot easily be seen. It is often clear (not white) with the black road surface visible underneath. It is most prevalent during the early morning hours, especially after snowmelt on the roadways has a chance to refreeze overnight when the temperature drops below freezing. Black ice can also form when roadways are slick from rain and temperatures drop below freezing overnight." DriveSafe Online recommends:



- Stay Calm
- Lift off of the accelerator.
- Avoid sudden movements.
- Maintain a safe following distance.
- Brake carefully.
- Steer in the direction of the skid.
- Use winter tires.
- Carry essential winter supplies.

CADET CORNER

Activity Risk Management is an important part of the cadet library. In our society we used to say, "Forewarned is forearmed." Take advantage of the resources available to be fully prepared to enjoy your cadet career safety. You can find ARM at <https://www.gocivilairpatrol.com/programs/cadets/library#Activity%20Risk%20Management>.

WISDOM

A wise person uses an advanced warning to take preventive measures.



HEARING PROTECTION

Hearing protection has many benefits to the wearer. Along with protecting the ears from damage, they enable the user to enjoy activities that produce a high level of sound like airport visits, concerts and motorsports. Additionally, they reduce fatigue, extend long-term health, avoid that ringing in the ears. They also make it easier to use power tools, mowers, and the such. *And* they keep you from saying, "Huh?".



PILOT'S CORNER



We have often been admonished not to “bend” the airplane. A Cessna is not an aerobatic aircraft. None of the missions we fly should require extreme maneuvers. However, it is always possible to find ourselves in an unusual attitude do to factors beyond our control. Properly responded to, an unusual attitude (extremely nose high or low), can be exited without airframe damage or without paying the ultimate price. Here is a basic guide:



NOSE HIGH—SLICE DOWN AND LEVEL OFF. Do not push the nose over with wings level and stress the wing spars. The aircraft is not designed for negative G's. Instead, roll into a bank and then gently push the nose down. When the aircraft is under control and the nose is back down to the horizon, level the wings.

NOSE LOW—LEVEL THE WINGS AND PULL UP. Do not pull back on the controls until the wings are level and then be patient and pull slooowly. Again, we do not want to induce a significant amount of G forces on the wing spars.

Note: if you are caught in the clouds or the visibility is otherwise reduced, reference the attitude indicator, airspeed indicator, and VSI. Even if you are a VFR only pilot you should be thoroughly familiar with the information these vital instruments provide.

WHAT ABOUT AIRSPEED? In each of the two scenarios, reference the airspeed indicator—it will tell you what to do with the throttle. Too slow, push. Too fast, pull.

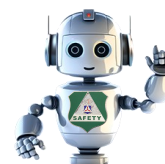
Above all, do not panic. Each scenario can be dealt with safely. After you land and shut down you can sit and shake for five minutes. I have.

INFO GUARD

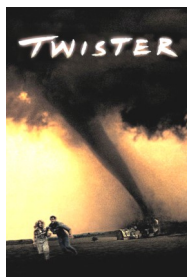


We have spoken before about internet safety, so this is just a variation on that theme. The subject is chatbots.

A chatbot is a computer program that simulates human conversation. Normally they are fine. Businesses often use them to answer customer questions. However, be careful how and where you use them. When it reads your IP address it collects it information like where you live, what you have searched for online, plus access to any other personal information when you agreed to the company's required terms and conditions. Be very careful about sharing your personal info. Think personal safety.



SAFETY IN THE MOVIES



This one is simple. It is a 1996 well-made thriller that clearly shows the results of the hubris and arrogance of one storm chaser team, and the cautious risk taking (for a good cause), of another. In each case, we are able to see and experience the eventual outcome of both an “all caution to the wind” approach (sorry...I couldn't help it), and the careful calculated risk management approach. One team lost their lives and one was safe and successful.



"It's the latest innovation in office safety. When your computer crashes, an air bag is activated so you won't bang your head in frustration."

REFRESHER TRAINING



You have heard it said, “If you do not use it, you loose it.” But even when we do “use it”, that is when we regularly practice a skill, we sometimes forget bits and our performance can degrade to less than optimum. Consequently, critical industries—especially aviation—require their participants to regularly study and be checked for effectiveness and safety. Even if it is not “required”, don't shy away from this valuable practice. Embrace it for your own safety and the safety of others.



WINTER CAR SURVIVAL KIT

Winters can be tough. Automobile travel is still necessary under most conditions to continue normal routines. Consequently, we always need to be prepared in case we have to walk or get stuck in winter conditions. For example, a winter car kit can mean the difference between survival and loss. The recommended kit contents are listed below.



1. Flashlight. A bright flashlight can provide much-needed light to either work on getting back on the road or signal to others for help. It's smart to keep extra batteries in your emergency survival kit.
 2. Bag of cat litter. Icy conditions greatly reduce your tire traction. To get your car unstuck, pour non-clumping kitty litter in the path of your tires.
 3. Snow shovel. Keep your car visible to rescue teams by limiting the amount of snow surrounding the car and tail lights.
 4. First aid kit. A basic first aid kit can come in handy in the event of minor scrapes or problems.
 5. Ice scraper. During an emergency situation, you don't want to waste time — or your car's battery — waiting to defrost a thick sheet of ice on your windshield.
 6. Jumper cables. You may need to jumpstart your car if the battery dies. Always read the directions.
 7. Water. Dehydration is a serious threat when you're stranded.
 8. Blankets. You and the other occupants must stay warm.
 9. Cell phone charger. Maintaining communication with emergency services is essential.
 10. Reflective triangles. Put out reflective triangles to make your car more visible and protect from any hazards.
 11. Non-perishable snacks. Granola bars, nuts, crackers, dried fruit, and jerky are a few examples of snacks you can keep on hand in case you get stranded. Like the water, you should replace these every few months or sooner so they don't expire. But do not eat if you do not have water.
 12. Matches. Waterproof matches or a lighter can provide some light and warmth in case of emergency.
 13. Toolkit. Similar to the first aid kit, a basic toolkit can be useful all year-round in your car.
- You may also wish to consider the following: extra winter clothes, snow boots, tire chains, and road flares.

Put everything into a sturdy box or plastic bin and store it in the trunk or back seat.



ALWAYS KEEP YOUR GAS TANK FULL DURING WINTER.

