

# Fame and

## *A Glance at Safety Successes and*

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**Fathom** readers who have had the good fortune to experience swim calls while deployed know they can be refreshing, and they help break the monotony of the daily routine during a deployment. However, few Sailors realize the detailed planning required to have a mishap-free swim call. It isn't just a matter of donning your swimsuit and jumping off the stern-gate. USS *Wasp* (LHD 1) had a swim call during its recent deployment, and meticulous planning resulted in hundreds of Sailors and Marines taking a refreshing plunge, all without incident. Read about it in this issue.

We've heard the phrase "no pain—no gain" and usually relate it to sports. However, Navy recruit training has toughened Battle Stations, boot camp's climactic, team-oriented and all-night exercise. After recruits successfully complete this physically and mentally taxing test of their stamina, they can swap their recruit ball caps for Navy ball caps, since completing Battle Stations effectively marks the end of recruit training. And it's

not just jumping into a swimming pool and treading water for an hour, or jogging a mile. Read about it in this edition of *Fathom*.

This edition of the magazine also talks about egress training, and identifies Navy guidelines for planning and conducting this training. Watching a blindfolded shipmate bump into bulkheads or chairs might appear amusing, but egress training is no laughing matter. Taking shortcuts or poor planning—like not identifying potential hazards along an egress route—can result in injury.

Meanwhile, Sailors continue to get hurt because of inattention to detail, taking shortcuts during their work (or play), or from simply not following established procedures for doing whatever it is they are doing. So, it's time to read about the pain . . .

• A blindfolded Sailor and his safety observer exited their 2nd deck berthing compartment through a scuttle to the main deck.

# Pain

## *Shortcomings Throughout the Fleet*

The blindfolded Sailor egressed first, followed by the observer. Once on the main deck, the Sailor felt his way along a bulkhead as the safety observer followed behind him. The Sailor approached a non-tight door (NTD) and placed his hand in the open jamb on the door's hinged side. The door's retractor to automatically close it—unless the door was held or latched open—had not yet closed the door since another crew member had just passed through it. However, a moment after the Sailor placed his hand in the jam, the NTD closed on the blindfolded Sailor's hand, severing the tip of his right index finger.

The mishap could have been prevented had the route been walked beforehand and hazards such as the door were identified. There also should have been another safety observer leading the blindfolded Sailor. Check your ship's instruction for egress training, and make sure it complies with the Navy guidelines addressed in the story on page 16.

One cannot help but be incredulous over an electrician's mate who shocked himself by holding a small metal flashlight in his mouth while working on a circuit. The mishap occurred at an amphibious ship's mooring station that had lost electrical power. The EMFN had determined all breakers were on, and all fuses were good. He then opened the master switch box while holding his small metal flashlight in his mouth. The flashlight came into contact with an energized 440-volt circuit. There was a flash of blue light, the Sailor fell to the deck, and the next he knew he was in medical receiving three stitches for a gash he suffered. He also was given an EKG, and is expected to fully recover.

One Sailor learned a couple of lessons the hard way: He broke an ankle and suffered numerous scrapes and contusions. He was not wearing proper safety gear, wasn't paying attention to what he was doing, and was not familiar with the equipment he was operating. No, he didn't fall down a ladder or get blown across the flight deck by jet blast. It was a motorcycle which caused him great pain. The Sailor was making a 0545 run to the store to buy some goods for a Mother's Day barbecue scheduled to start at 0700. While making a right turn on a wide main street, he leaned too far, causing the right foot peg to scrape the pavement and sending the motorcycle into a skid. Breaking that ankle and having the asphalt scrape away skin from his arms and legs must have been a painful way to begin a clear, dry Mother's Day.

The Sailor had only had the motorcycle for a month and had not yet attended a Navy motorcycle safety course. He also wore only a T-shirt, shorts, and sneakers for his run to the grocery store—fortunately, he was wearing a helmet. Leaning too far into the right turn showed poor situational awareness, and might have resulted from the early hour during which he went to the store (perhaps he wasn't yet fully awake). He painfully learned why Sailors attend a motorcycle safety course and must wear protective gear when riding their "iron horses."

So much pain and so little gain—"Think" before you delve into something. Your days off should be spent on liberty, not on convalescent leave.

Enjoy what remains of the summer, and do so safely. ☺