30 June 06

MEMORANDUM

From: Safety Officer, NSF Safety Department
To: Safety Committee Representative

Subj: ***WEEKLY SAFETY NOTES***

Ref: (a) DGREGCOORDINST 5100.9 Series
Encl: (1) Safety Topic Entitled **"Sports Safety"**
(2) Stand Up Safety Meeting (SUSM) Report

1. Per reference (a), Safety Committee Representatives are required to conduct Stand-Up Safety Meetings (SUSM) bi-weekly in industrial areas and once every quarter in offices.

2. Enclosure (1) is provided as a suggested topic for your SUSM. Other topics relevant to your work center operations such as hazards associated with the material, equipment and machines may be used.

3. Request submit properly filled-out original copies of enclosure (2) to the NSF Safety Office NLT 5 days after the meeting with the names and signatures of attendees.

R. R. Regacho

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SAFETY MEETING REPROS:

Navy Support Facility, Diego Garcia

Fri, 30 June 06

Sports Safety

Playing and participating in sports activities improves physical fitness, self esteem, coordination and self discipline, helps reduce stress, and gives people valuable opportunities to learn teamwork.

However, sports activities are more than play. Sports activities can also result in injuries-some minor, some serious, and still others resulting in lifelong medical problems.

Statistical studies show that adults age 25 and over sustained an estimated 2.29 million sports and recreational injuries annually from 1997 through 1999. It is widely believed that sports injuries in the U.S. are becoming more and more prevalent-across all age groups.

Fortunately, sports injuries can be avoided, if not treated. Most people who suffer injuries can return to a satisfying level of physical activity after an injury. Taking precautions before engaging in sports activities is the best way to go.

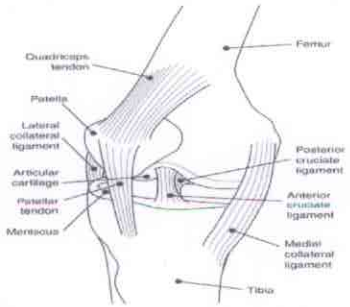
Common Sports Injuries

The term sports injury, in the broadest sense, refers to the kinds of injuries that most commonly occur during sports or exercise. Although virtually any part of the body can be injured during sports or exercise, the term is usually reserved for injuries that involve the musculoskeletal systems which include the muscles, bones and associated tissues like cartilage. Traumatic brain and spinal cord injury, and bruises are relatively rare during sports and exercise. The following are some of the most common sports injuries:

Sprains and Strains

Sprain – is a stretch or tear of a ligament, the band of connective tissues that joins the end of one bone with another. Areas of the body most vulnerable to sprains are ankles, knees, and wrist. Signs of a sprain include varying degrees of pain or tenderness; bruising; inflammation; swelling; inability to move a limb or joint; or joint looseness, laxity or instability.

Strain – is a twist, pull, or tear of a muscle or tendon (a cord of tissue connecting muscle to bone) resulting from overcontraction or overstretching. Symptoms of strain include pain, muscle spasm, and loss of strength.



Knee Injury

Because of its complex structure and weight-bearing capacity, the knee is the commonly injured joint. Knee injuries can result from a blow to or twist of the knee; from improper landing after a jump; or from running too hard, too much, or without proper warm-up.

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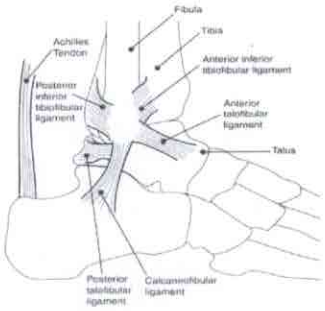
Shin Splints

Shin splint refers to pain along the tibia or shin bone, the large bone in the front of the lower leg. This pain can occur at the front outside part of the lower leg including the foot and ankle or at the inner edge of the bone where it meets the calf muscles. Shin splints are primarily seen on runners, particularly those just starting a running program. Risk factors include overuse or incorrect use of lower leg; improper stretching, warm up or exercise technique; over training; running or jumping on hard surfaces; and running in shoes that don't have enough support.

Achilles tendon injuries

An Achilles tendon injury is a stretch, tear or irritation to the tendon connecting the calf muscle to the back of the heel. The common cause of this injury is a problem called tendonitis, a degenerative condition caused by aging or overuse. This injury is common in middle aged "weekend warriors" who may not exercise regularly or take time to stretch properly before an activity. Most injuries seem to occur in quick acceleration or jumping.



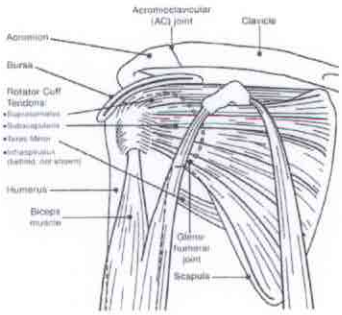
Typical Bone Fractures

Fractures

A fracture is a break in the bone that can occur from either a quick, one time injury to the bone (acute fracture) or from repeated stress to the bone over time (stress fracture). *Acute fractures* can be simple (a clean break with little damage to the surrounding tissue) or compound (a break in which the bone pierces the skin with little damage to the surrounding tissue). One that breaks the skin is dangerous because there is high risk of infection. *Stress fractures* occur largely in the feet and legs and are common in sports that require repetitive impact, primarily running/jumping sports. The most common symptom is pain at the site that worsens with weight-bearing activity. Tenderness and swelling often accompany the pain.

Dislocations

When the two bones that come together to form a joint become separated, the joint is described as being *dislocated.* Contact or high impact sports that can result in excessive stretching or falling, causes the majority of dislocations. The joints most likely to be dislocated are some of the hand joints. Aside from these joints, the joint most frequently dislocated is the shoulder.



Treatment for Sports Injuries

When you feel pain or discomfort from a particular movement or activity, STOP! There is never a good or logical reason to try to "work through" the pain, continuing the activity only cause further harm to the body.

Some injuries require prompt medical attention (such as fractures and dislocations) while other can be self treated (such as sprains and strains).

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Seek Medical Help when:

- The injury causes severe pain, swelling and numbness.
- You cannot tolerate any weight on the affected area.
- The pain or dull ache of an old injury is accompanied by increased swelling or joint instability or abnormality.

Treat injuries at home

R : Rest. Reduce or avoid activities that may aggravate the injury.
I : Ice. Apply ice pack to affected area for 20 minutes at a time, four to eight times a day.
C : Compression. Compression of the injured area will help reduce swelling. Use elastic wraps, air cast and splints.
E : Elevation. If possible, keep injured body part above the level of the heart, to help decrease the swelling.

Sprains and strains are usually treated first with R.I.C.E.: rest, ice, compression (bandage) and elevation.

Other treatments

Aside for applying R.I.C.E., doctors may recommend or prescribe other treatments to help heal the injury. *Nonsteriodal Anti-Inflammatory Drugs (NSAIDS)* may be taken to reduce inflammation and pain.

Immobilization is a common treatment for sports injuries that may be done immediately by a trainer or paramedic. Slings, splints, cast leg immobilizers are often used. *Surgery* and *Rehabilitation* is sometimes necessary for the treatment of injuries.

Sports Safety

Here at Diego Garcia, sports are a part of our daily lives. There is jogging, biking, baseball, basketball, tennis, weight lifting/body building, water sports such as wind surfing, kayaking, fishing, and so on.

In every game there are safety rules to be followed, no exceptions, and here at Diego Garcia, these rules should always be observed. Listed below are recreational sports activities and some safety tips that will help you avoid injuries.

General safety in sports

- Have a physical Exam before engaging in sports.
- Stretch and warm up before play. Cool down after competition; relax slowly.
- Do not drink alcohol or take drugs when playing sports.
- Drink plenty of fluids before playing sports.
- No horseplay when playing sports.
- Never over do it, if you feel pain, STOP!
- No un-sportsmanlike conduct. Be levelheaded when playing sports.

Softball

- "No" sliding rule is enforced on the island. There are a lot of corals here that can give you a nasty cut.
- No hazardous bat swinging. When you do a practice swing, make sure no one is nearby.
- Check the field for trip hazards and broken glass before playing.
- For catchers, use catcher's mask.
- Do not wear any unnecessary accessories such as jewelries.
- Wear proper clothing; footwear (shoes with cleats) and socks.

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Cycling

- Use bike path where available.
- Wear brightly colored clothes.
- Obey the rules of the road.
- Keep your bike well maintained. Check brakes, chain, lights, tires, and handle bars before each ride.
- Use hand signals when turning. Look on both sides before crossing an intersection.
- When riding at dusk, or in the dark, or during low visibility situations, be sure to use reflectors, a headlight and a tail light. Head lights and tail lights are mandatory on Diego Garcia.
- Wear ANSI approved bike helmet. This is mandatory on Diego Garcia. Make sure it fits snug on the head with straps that are comfortably tight on the chin.

Soccer/Football

- Use shin guards.
- Use proper footwear (shoes with rubber spikes only) and high socks.
- Use knee pads.
- Use eye protection and gloves (for goalies).
- No jewelry when playing.
- Make sure there are no broken glass and pot holes in the playing field. Check for trip hazards.
- Make sure the goal is securely anchored at every use.

Jogging and Running

- Use running/jogging path where available.
- Wear proper shoes and socks.
- Avoid running on roads with low lighting after dark and on low visibility situation.
- Wear light colored reflective clothing.
- Avoid wearing headphones while running.
- Obey traffic signs.
- Pace your running.

Water Sports

- Wear coast guard approved flotation device.
- Use the buddy system, don't swim alone.
- Make sure there is a lifeguard before swimming.
- Wear proper protection against the sun (sunscreen, hats, clothing, etc.).
- Never operate water sports equipment unless you are properly trained.
- Do not swim/surf/snorkel outside the lagoon.
- Know the signs of hypothermia.
- Know the weather. If there is a thunderstorm get out of the water.
- Be careful when diving. Make sure there is no one on the way and the water is not shallow.

Firearms (Skeet)

- Never point a firearm at another person or thing. Always handle a firearm as if it is loaded. Do not load gun until you are standing on the shooting station.
- Wear ANSI Approved ear and eye protection.
- Know proper operation of safety latch.
- Follow range regulations.

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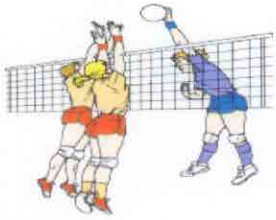
Basketball

- Wear proper shoes, preferably with ankle support. Worn shoes can prevent good footing and cause slipping. Wear socks.
- Inspect court for tripping hazards, slick/wet spots or unusually dry spots.
- No Jewelry when playing.
- Players can wear a mouth guard to keep teeth safe from flying elbows, and sports glasses to protect eyes.

Physical Fitness

- Use the buddy system.
- Use spotters when you try the major lifts.
- Wear shoes with good traction.
- Breathe out when you lift.
- Make sure that equipment is functioning properly.
- Don't lift more than you know you can lift safely.
- Use legs to lift weights and not with your back. Keep your back straight when lifting.

Volleyball



- Use proper footwear and socks.
- Avoid landing on other player's feet.
- No jewelry when playing.
- Wear pads and palm protectors.
- Inspect court for tripping hazards, broken glass bottles (for beach volleyball).
- Know the proper body positions when playing- setting, Serving, Spiking and Passing.
- Communicate with your teammates to keep from running into each other.

Tennis

- Use proper footwear and socks.
- Use elastic ankle braces.
- Inspect court for tripping hazards.
- To prevent hand blisters keep racket handle dry by using hand chalk.
- Know the proper body position when hitting the ball. Avoid over stretching. Bend arm when swinging.

Be safe and Have fun

There is no fun in sports if you are injured and cannot play due to something as simple as knowing the safety rules. A trip to the hospital or a painful injury is the kind of trouble you want to keep out when playing sports.

Stay in the game! Stay safe!

Source: DGREGCOORINST 5100.25A
Playitsafe.com