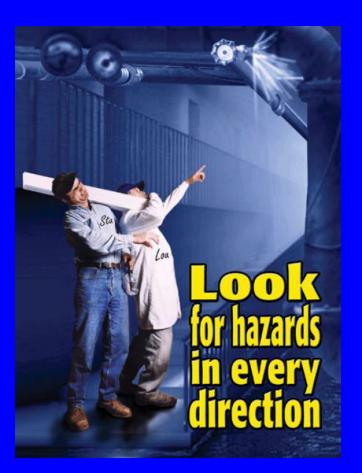
ACCIDENT & INJURY PREVENTION

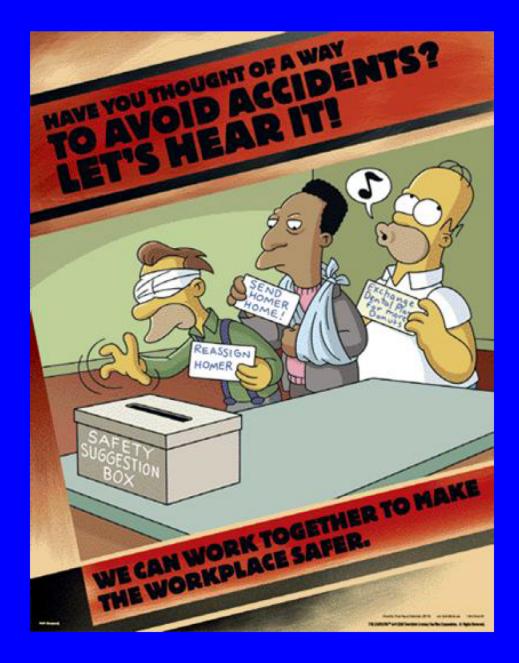
This slides are shop safety talking points supported under The Occupational Safety and Health Administration, and U.S. Department of Labor.

PROaction versus REaction

- "Well that's an accident waiting to happen..."
- "Someone ought to do something..."

That someone is YOU!







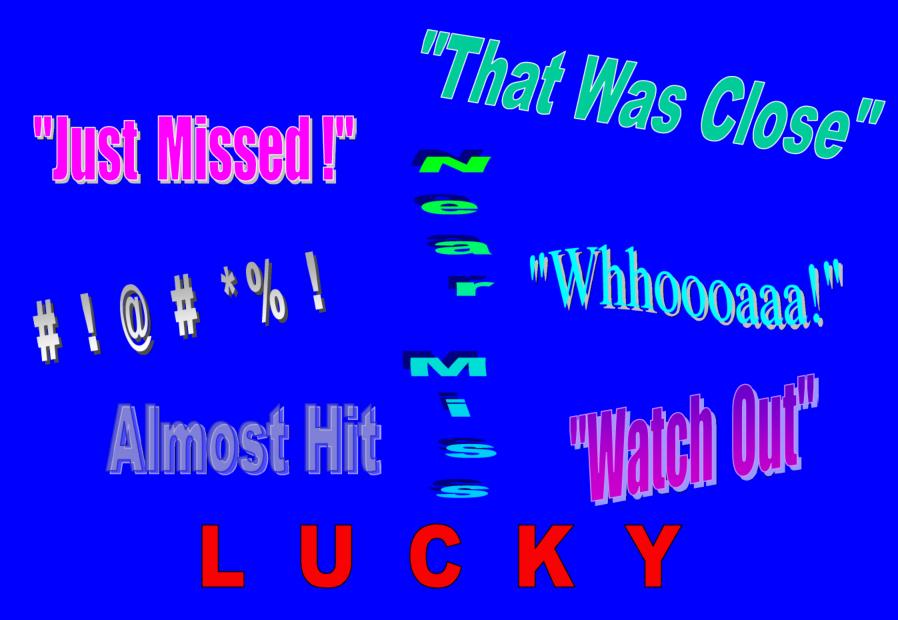


What Is An Accident?

"EVACUATE" "9 1 1 "

Call an Ambulance

What Is An Accident?



An Accident is:

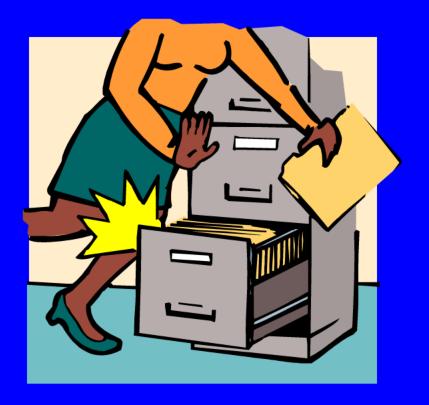
- **a.** An unexpected and undesirable event, especially one resulting in damage or harm: car accidents on icy roads.
- **b.** An unforeseen incident: A series of happy accidents led to his promotion.
- **c.** An instance of involuntary urination or defecation in one's clothing.
- 2. Lack of intention; chance: ran into an old friend by accident.
- **3.** *Logic* A circumstance or attribute that is not essential to the nature of something.

http://www.thefreedictionary.com/accident

Hazard

 Existing or Potential Condition That Alone or Interacting With Other Factors Can Cause Harm

- A Spill on the Floor
- Broken Equipment





- A measure of the <u>probability</u> and <u>severity</u> of a hazard to harm human health, property, or the environment
- A measure of how likely harm is to occur and an indication of how serious the harm might be







FREEDOM FROM DANGER OR HARM

Nothing is Free of



BUT - We can almost always make something SAFER

Safety Is Better Defined As....

A Judgement of the Acceptability of Risk



Types of Accidents

- FALL TO
 - same level
 - lower level
- CAUGHT
 - **in**
 - **on**
 - between

- CONTACT WITH
 - chemicals
 - electricity
 - heat/cold
 - radiation
- BODILY
 REACTION FROM
 - voluntary motion
 - involuntary motion

Types of Accidents (continued)

• **STRUCK**

- Against
 - stationary or moving object
 - protruding object
 - sharp or jagged edge
- **By**
 - moving or flying object
 - falling object

- RUBBED OR
 ABRADED BY
 - friction
 - pressure
 - vibration

Accident Causing Factors

- Basic Causes
 - Management
 - Environmental
 - Equipment
 - Human Behavior
- Indirect Causes
 - Unsafe Acts
 - Unsafe Conditions

- Direct Causes
 - Slips, Trips, Falls
 - Caught In
 - Run Over
 - Chemical Exposure

Basic Causes

- Management Systems & Procedures
- Environment 🛛 🖛 🛶 Natural & Man-made

Human Behavior

Management

- Systems &
 Procedures
 - Lack of systems & procedures
 - Availability
 - Lack of Supervision



Environment

- Physical

 Lighting
 Temperature
- Chemical
 vapors
 smoke

Biological

 Bacteria
 Reptiles

Environment



Design and Equipment

• Design

- Workplace layout
 Design of tools & equipment
 Maintenance

Human Behavior

Common to all accidents



Not limited to person involved in accident

What controls failed? (Choose an incident/accident) **Discuss the engineering, administrative,** and training controls that failed and how these failures contributed to the accident

What controls worked? (Choose an incident/accident) **Discuss any controls that prevented** a more serious accident or minimized collateral damage or injuries

Why is one sign often ignored, the other one often followed?





"REAL" Costs







Four points to Remember:

Communication: Must be a loop system

•Dedication: From everyone

•Partnership:

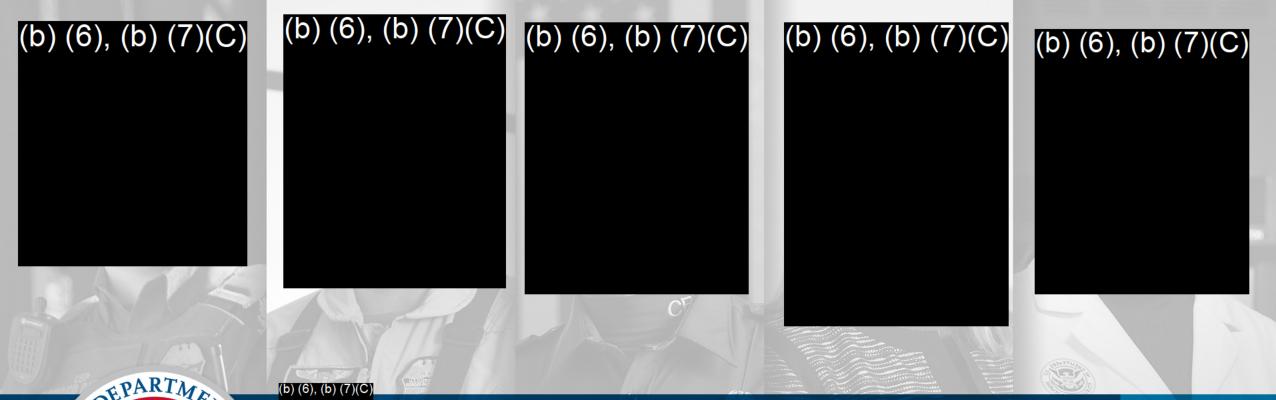
•Participation:

Between Management and Employees An important part of

team working.







(b) (6), (b) (7)(C)

AND SEC



"At 8:46 on the morning of September 11, 2001, the United States became a nation transformed."

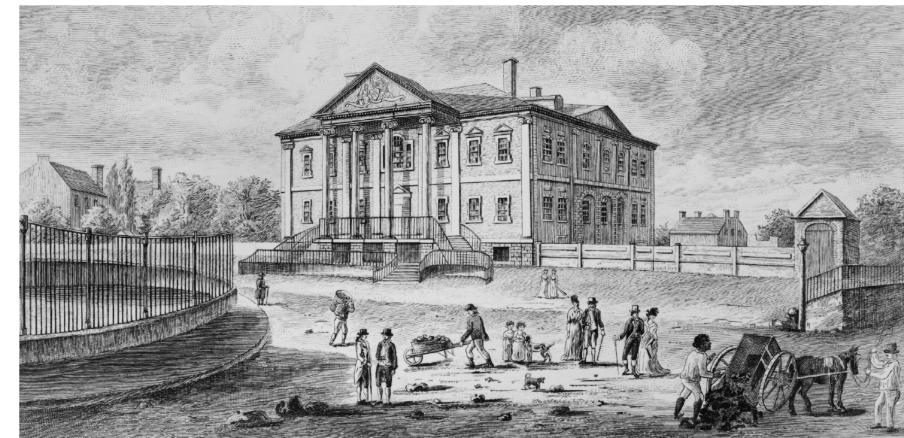
- 9/11 Commission Report



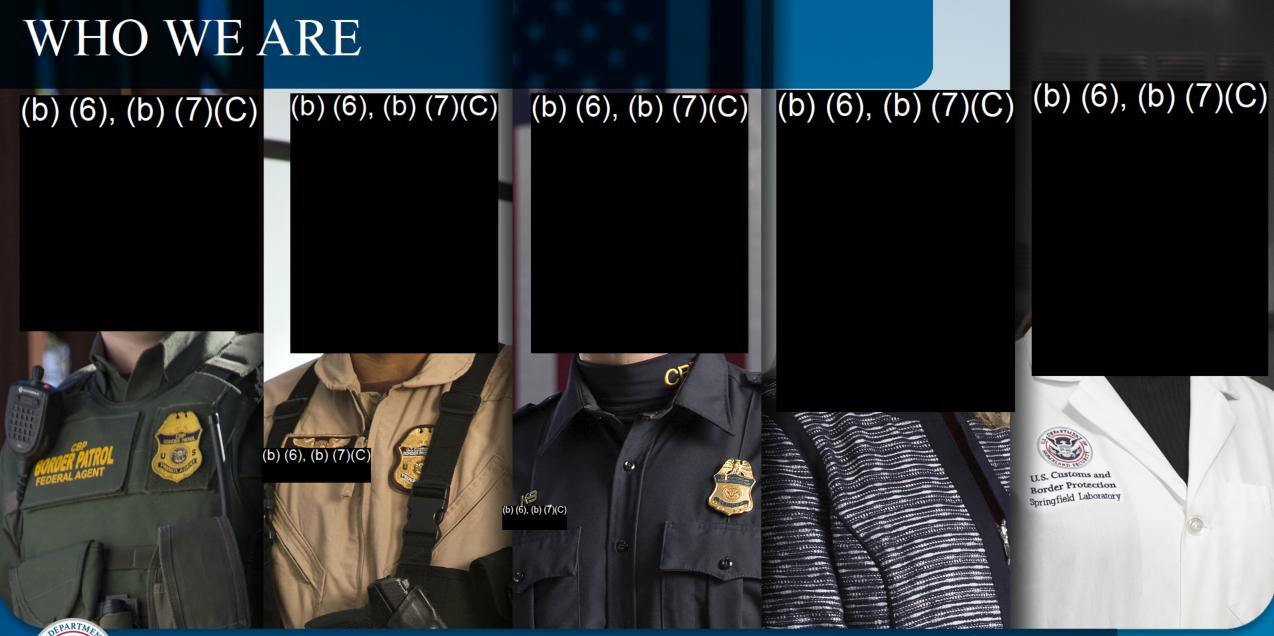
U.S. Customs and Border Protection

ORIGINS OF CBP

- Early beginnings: 1789, 1924, 1933, 1968 and 1972
- September 11, 2001
- Homeland Security Act of 2002
- Bureau of Customs and Border Protection est. March 1, 2003



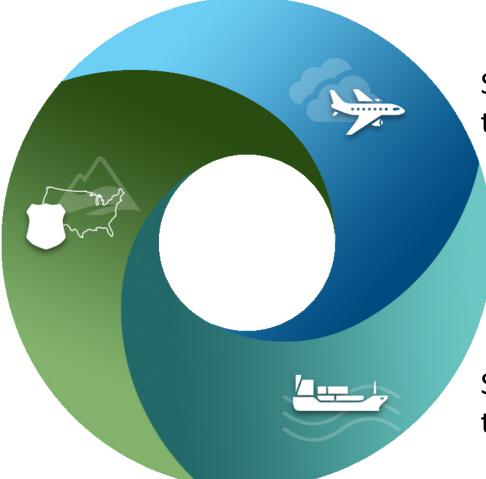






U.S. Customs and Border Protection

THREE PRONGED MISSION



Securing and expediting the movement of people

Securing and expediting the movement of goods



U.S. Customs and Border Protection

Securing

America's borders



UNITED STATES BORDER PATROL (USBP)

USBP is responsible for responding to all illegal traffic that crosses the border between the official Ports of Entry.

OFFICE OF FIELD OPERATIONS (OFO)

OFO facilitates traffic through the official Ports of Entry.

AIR AND MARINE OPERATIONS (AMO)

AMO provides aerial and marine support for CBP.



CBP INTERNATIONAL FOOTPRINT

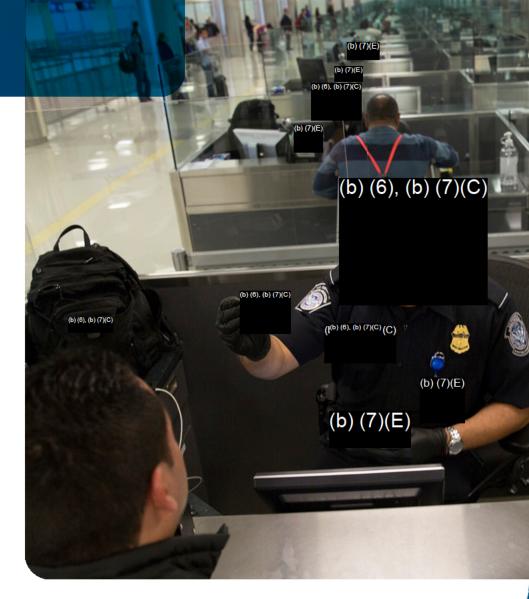


ON A TYPICAL DAY, CBP: Based on fiscal year 2017 data

Processed:

- 1,088,300 passengers and pedestrians
 - 340,444 incoming international air passengers and crew
 - 55,709 passengers and crew on arriving ship/boat
 - 691,549 incoming land travelers
- 283,664 incoming privately owned vehicles
- 78,137 truck, rail, and sea containers
- \$6.5 billion worth of imported products
- 90,959 entries of merchandise at our air, land, and sea ports of entry
- \$120.5 million in duties, taxes and other fees, including more than \$94.8 million in duties





ONATYPICAL DAY, CBP: Continued Based on fiscal year 2017 data

Conducted:

- 851 apprehensions between U.S. ports of entry
- 21 arrests of wanted criminals at U.S. ports of entry
- 592 refusals of inadmissible persons at U.S. ports of entry





ON A TYPICAL DAY, CBP: Continued Based on fiscal year 2017 data

Seized:

- 5,863 pounds of narcotics; disrupted 222 pounds of narcotics
- \$265,205 in undeclared or illicit currency
- \$3.3 million worth of products with Intellectual Property Rights violations





ON A TYPICAL DAY, CBP: Continued Based on fiscal year 2017 data

Employed 59,178 men and women including:

- 23,079 CBP officers
- 2,423 CBP Agriculture specialists
- 19,437 Border Patrol agents
- 610 Air Interdiction agents (pilots)
- 337 Marine Interdiction agents
- 256 Aviation Enforcement agents
- 883 Trade personnel





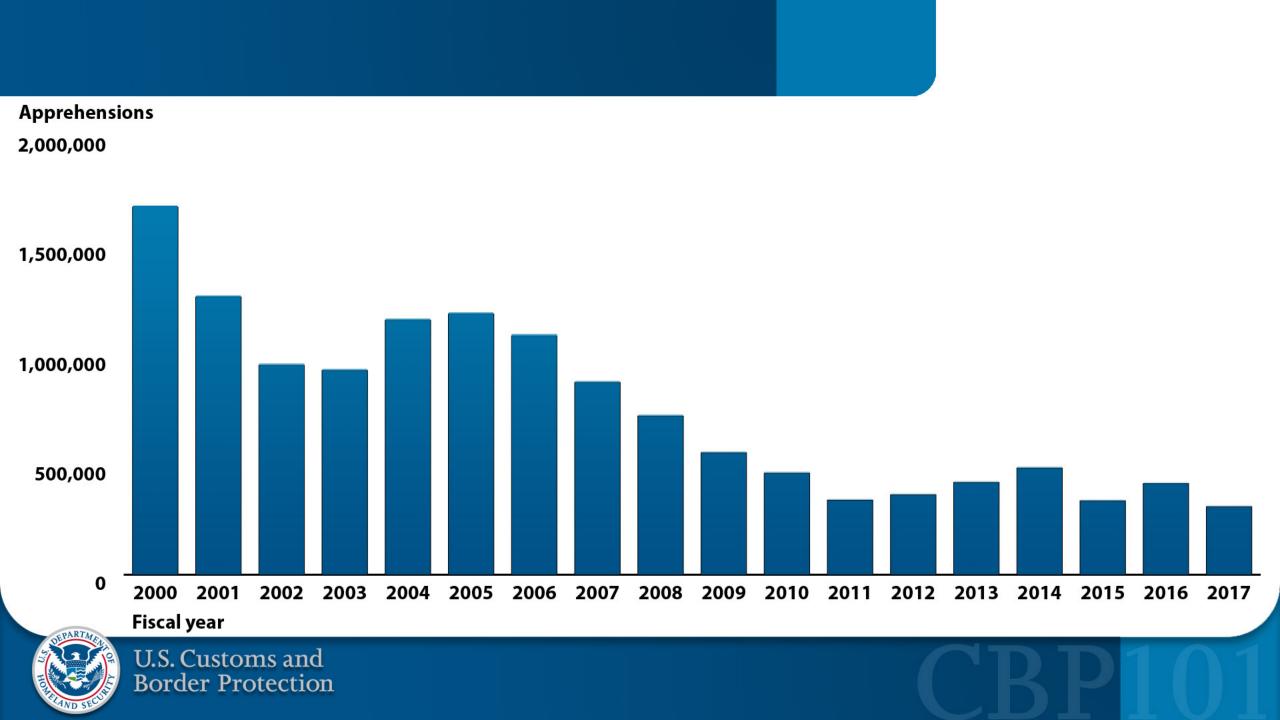
ON A TYPICAL DAY, CBP: Continued Based on fiscal year 2017 data

Conducted operations in:

- 50 countries with more than 868 CBP employees working internationally
- 328 ports of entry within 20 field offices
- 135 Border Patrol stations and 5 substations within 20 sectors, with 35 immigration checkpoints
- 74 Air and Marine Operations locations, including branches and units, National Air Security Operations Centers, and the Air and Marine Operations Center





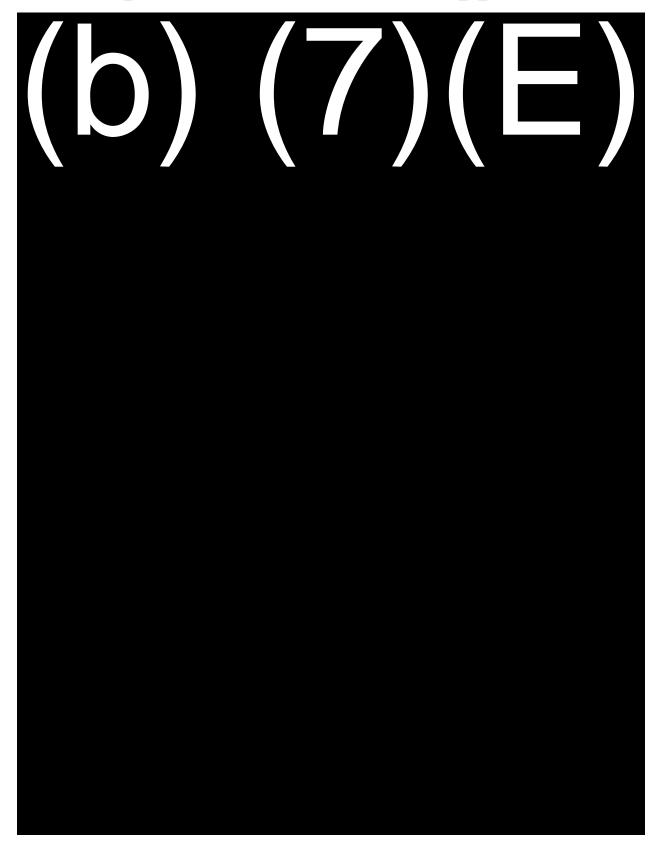




U.S. Customs and Border Protection

CBP101

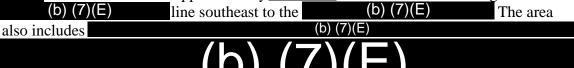




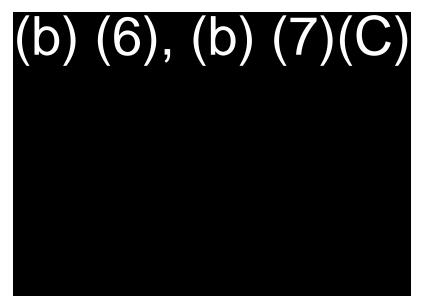
Operation Guardian Support (b) (7)(E) Sector Information

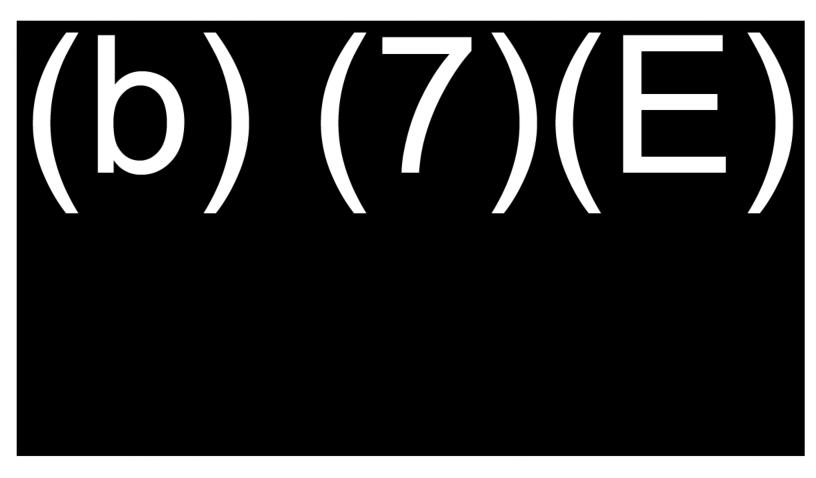
(b) (7)(E) Sector is unique in that the international border in this area is oriented predominantly north-south, with smugglers' primary destination of (b) (7)(E) to the east and (b) (7)(E) to the northeast.

The sector's total area of responsibility is approximately (b)(7)(E) square miles across (b)(7)(E) (b)(7)(E) counties. There are approximately (b)(7)(E) of river border extending from the



Points of Contact





Station Information



Patrol Agent in Charge (PAIC): (b) (6), (b) (7)(C) Deputy Patrol Agent in Charge (DPAIC): (b) (6), (b) (7)(C) National Guard POCs: Supervisory Border Patrol Agent (b) (6), (b) (7)(C) Office (b) (6), (b) (7)(C) Watch Commander (b) (6), (b) (7)(C) Office (b) (6), (b) (7)(C) Cell (b) (6), (b) (7)(C) (b) (6), (b) (7)(C) Cell (b) (6), (b) (7)(C) Ce

Station Main Number: (b) (6), (b) (7)(C)

Area of Responsib	oility		
The town of (b) (7)(E) lies appr	roximately (b) ((7)(E) of the International
Boundary and is sit	tuated along (b	(7)(E) the ma	in corridor of travel between the
cities of	(b) (7)(E		Station area of responsibility is
approximately		It is responsible	for all of $(b)(7)(E)$ and the
majority of (b)	(7)(E) The	station has (b) (7)(E)	miles of river border.



Acting Patrol Agent in Charge (PAIC): (b) (6), (b) (7)(C) Deputy Patrol Agent in Charge (DPAIC): (b) (6), (b) (7)(C) National Guard POC: Acting Watch Commander (b) (6), (b) (7)(C) – Office: (b) (6), (b) (7)(C)

(b) (6), (b) (7)(C) Station Main Number: (b) (6), (b) (7)(C) Duty Supervisor: (b) (6), (b) (7)(C)

Area of Responsibility

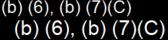
The Station's area of responsibility is located at the southern end of (b) (7)(E) Sector and covers approximately $^{(b)(7)(E)}$ square miles that includes all of (b)(7)(E)counties. and a portion of (b) (7)(E)County. Its area of responsibility includes several major highways and (b) (()(E)

(b) (7)(E)_{Station}

Patrol Agent in Charge (PAIC): (b) (6), (b) (7)(C)

Patrol Agent in Charge (DPAIC): (b) (6), (b) (7)(C)

National Guard POC: Special Operations Supervisor (b) (6), (b) (7)(C) Office:



Area of Responsibility

(b) (7)(E) is the western-most station in the (b) (7)(E) Sector and extends east from the (b) (7)(E) County line to the (b) (7)(E) and north from the (b) (7)(E) to the (b) (7)(E) County line. The (b) (7)(E) Station area of responsibility encompasses (b) (7)(E) square miles, including(b) (7)(E) of international border. The international border is defined by the vast expanse of (b)(7)(E) and the (b) (b) (7)(E) is comprised of 65,000 surface acres.

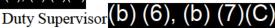
(b) (7)(E)_{Station}

Patrol Agent in Charge (PAIC): (b) (6), (b) (7)(C)

Patrol Agent in Charge (DPAIC)(b) (6), (b) (7)(C

National Guard POC: Supervisory Border Patrol Agent^(b) (6), (b) (7)(C) Office:^(b) (6), (b) (7)(C)

(b) (6), (b) (7)(C)



Area of Responsibility

The station's area of responsibility ranges from (b) (7)(E) on the west, to the (b) (7)(E)County line on the east; and extends north from the (b)(7)(E) to the (b)(7)(E)(b) (7)(E) Station area of responsibility, and includes approximately The area of responsibility covers a portion of eastern (b) (7)(E) County and part of (b) (7)(E) County. (7)(E)(b) (b) (7)(E)

(b) (7)(E)Station

Patrol Agent in Charge (PAIC): (b) (6), (b) (7)(C)

Patrol Agent in Charge (DPAIC) (b) (6), (b) (7)(C)

National Guard POC: Supervisory Border Patrol Agent (b) (6), (b) (7)(C) Office: ^{(b) (6), (b) (7)(C)} Watch Commander (b) (6), (b) (7)(C) Office: (b) (6), (b) (7)(C) Cell: (b) (6), (b) (7)(C)

(b) (6), (b) (7)(C)

(b) (6), (b) (7)(C)

Area of Responsibility

The (b) (7)(E) Station's area of responsibility is bounded by the (b) (7)(E) Station to the north. the Stations to the east, and the (b) (7)(E) (b) (7)(E) Station to the south. The station's area encompasses approximately (b) (7)(E) miles, including (b) (7)(E)The terrain is mostly rolling plains covered with a variety of native brush, except near the (b) (7)(E) where there are rough hills and grass-covered river vegas.

Station

Patrol Agent in Charge (PAIC): (b) (6), (b) (7)(C)

Patrol Agent in Charge (DPAIC) (b) (6), (b) (7)(C)

National Guard POC: Supervisory Border Patrol Agent (b) (6), (b) (7)(C) - Office: (b) (6), (b) (7)(C) (b) (6), (b) (7)(C)_{Cell:}(b) (6), (b) (7)(C)

(6). (b) (b)

Area of Responsibility

Station's area of responsibility is bounded by the (b) (7)(E) The (b) (7)(E) Station to the north and the (b) (7)(E) Station to the east and south. The area covers approximately (b) (7)(E) miles and includes^{(b) (7)(E)} miles of international border frontage. (b)

Station

Patrol Agent in Charge (PAIC): (b) (6), (b) (7)(C)

National Guard POC: PAIC ^{(b) (b) (c)} Office: (b) (6), (b) (7)(C) Cell: (b) (6), (b) (7)(C)

Area of Responsibility

The (b) (7)(E) Station provides backup support to the (b) (7)(E) Stations across (b) (7)(E) square miles in the

(b) (7)(<u>E)</u> (b) (7

Border Patrol Sectors	Title	Insignia
	Chief Patrol Agent (CPA)	
	Deputy Chief Patrol Agent (DCPA)	\Rightarrow
	Division Chief (DC)	\Rightarrow
	Executive Officer/Assistant Chief Patrol Agent (ACPA)	32
	Special Operations Supervisor (SOS)	*
	Operations Officer (OPO)	*
	Supervisory Border Patrol Agent (SBPA)	
	Border Patrol Agent – Intelligence (BPA-I)	
Border Patrol Stations	Patrol Agent in Charge (PAIC)	
	Deputy Patrol Agent in Charge (DPAIC)	*
	Watch Commander (WC)	*
	Special Operations Supervisor (SOS)	*
	Supervisory Border Patrol Agent (SBPA)	
	Border Patrol Agent – Intelligence (BPA-I)	
	Border Patrol Agent (BPA)	



Val Verde Regional Medical Center 801 Bedell Ave. (830) 775-8566

United Medical Centers 913 S Main St (830) 774-5534

Amistad Medical Professionals 1200 North Bedell (830) 778-2505 Del Rio Chamber of Commerce 1915 Veterans Blvd (830) 775-3551

Del Rio Police Department 101 Lowe Drive (830) 774-2711

Val Verde County Sheriff Department 295 FM 2523 Hamilton Road (830) 774-7513

Shopping

Walmart Supercenter 2410 Dodson Ave. (830) 774-6034

H-E-B Food Store (H-E-B Fuel, H-E-B Pharmacy) 200 Veterans Blvd (830) 774-5666

Plaza Del Sol Mall (JC Penney, Marshalls, Bealls)

Entertainment

Jett Bowl Del Rio 1201 N Bedell Ave (830) 774-2695

Cinemark Movies 8 2205 Veterans Blvd. Inside Plaza Del Sol Mall (830) 775-8120 2205 Veterans Blvd (830) 774-3634

CVS Pharmacy 409 Veterans Blvd (830) 775-8538

Home Depot 2454 Veterans Blvd. (830) 774-0456

San Felipe Springs Golf Course 1524 E Highway 90 (830) 320-8163

Lake Amistad National Recreation Area 4121 Veterans Blvd, Del Rio, TX 78840 (830) 775-7491

Dining

Blue Oasis 3806 Veterans Blvd. Ste F 830-719-0035

Buffalo Girls and the Brown Bag 410 Veterans Blvd 830-778-2058

Buffalo Wings and Rings 3600 Veterans Blvd. 830-778-1297

Chinto's Mexican Restaurant 400 E 6th St 830-774-1592

Doc Holliday's 202 E. Gibbs 830-774-2060

Don Marcelino's 1110 Veterans Blvd. 830-775-6242 Gatti's Pizza 103 Garner Street 830-774-5616

Manuel's Steakhouse 1312 Veterans Blvd. 830-488-6044

Rudy's 330 Braddie Drive 830-774-0784

Sirloin Stockade 2015 Veterans Blvd. 830-774-0411

Subs and Clubs 2121 Bedell Ave. 830-774-7450

Wrights at The Lake Steakhouse 8116 Highway 90 West 830-775-2621

Additionally, there are several fast food restaurants throughout Del Rio

Places of Worship

Sacred Heart Catholic Church 307 E. Losoya (830) 775-2143

First Baptist Church 301 Ave G. (830) 775-7463

St Joseph Church 510 Wernett St (830) 775-4753

First United Methodist Church 100 Spring St.

(830) 775-1541

St James Episcopal Church 206 W Greenwood St (830) 775-7292

Kingdom Hall of Jehovah's Witnesses 725 W Cantu Rd (830) 775-5494

Church of Jesus Christ of Latter Day Saints 1315 Kings Way (830) 775-4511

Operation Guardian Support 0) (7)(E)

Eagle Pass Chamber of Commerce 400 E. Garrison St. (830)773-3224

Eagle Pass Police Department 110 S. Monroe St. (830) 773-9044

Maverick County Sheriff Department 1051 Balboa-Jones Memorial Blvd. (830) 773-2321

Fort Duncan Regional Medical Center 3333 N. Foster Maldonado Blvd. Eagle Pass, TX 78852 830-773-5321 830-872-2517 (Administration)

Shopping

Walmart Supercenter 496 S. Bibb Ave. Eagle Pass, TX. 78852 (830) 773-9403

H-E-B Food Store 2135 E. Main St. Eagle Pass, Texas (830) 773-0345

Academy Sports 2083 N Veterans Blvd, (830) 758-8960 United Medical Centers 2525 N. Veterans Blvd. Eagle Pass, TX 78852 (830) 773-5358

El Indio Hwy Clinic 4018 El Indio Hwy Eagle Pass, Texas 78852 (830) 872-3460

Stat Emergency Center 2114 N. Veterans Blvd. Eagle Pass, TX 78852 PH: (830)522-3000 FAX: (830)335-2460

Lowes 574 Farm-To-Market Rd 375 (Bibb Street), (830) 758-4590

Mall de las Aguilas 455 Farm-To-Market Rd 375 (Bibb Street), (830) 773-9033

Walgreens 2341 E Main St, (830) 872-3316

Entertainment

Desert Lanes 3515 El Indio Hwy (830) 757-8065

Cinemark **Inside Mall De Las Aguilas** Eagle Pass Golf Course 483 Bliss St. (830) 773-9761

Dining

Chili's Grill & Bar 264 South Bibb Street (830) 757-4600

Fuddruckers 406 South Bibb Street 830-773-3177

Huddle House Restaurant 2352 El Indio Hwy 830-776-7083 Luby's 564 South Bibb Street 830-872-3020

Mia's Restaurante 666 East Main Street 830-758-1158

Places of Worship

Word of Life Church 2401 Royal Ridge Drive (830) 773-7776

Our Lady of Refuge Catholic Church 804 N Ceylon Street (830) 773-8451

First United Methodist Church 571 Quarry Street (830) 773-3208

The Church of Jesus Christ of LDS 2355 Maria Del Refugio Drive (830) 773-2753

Redeemer Episcopal Church and School 648 Madison Street (830) 773-7600

Eagle Pass Seventh-day Adventist Church US-57 (830) 773-0105

Kingdom Hall of Jehovah's Witness 1947 Ricks Drive (830)776-7688

Real Path Baptist Church 1975 Veterans Blvd. Suite 1

Operation Guardian Support (b) (7)(E)

Uvalde Memorial Hospital 1025 Garner Field Rd. Uvalde, TX 78801 (830) 278-8529

Uvalde Police Department 964 W. Main St. Uvalde, TX 78801 (830) 278-9147

Restaurants

Domino's Pizza 243 W Main St. (830) 591-1020

Evett's BBQ 301 E. Main (830) 278-6204

Golden Chick 728 E Main St (830) 591-1300

Hangar 6 249 Airport Blvd

Julio's BBQ & Grill 501 South Getty (830) 591-2099

Lunkers Bar & Grill 810 East Main, Suite A

Places of Worship

First Baptist Church Uvalde 220 N. High Street / Uvalde, TX

Sacred Heart Convent (Catholic) 466 Encino St. (830) 278-6724 South Texas Urgent Care 3040 E. Main St. Suite Z Uvalde, TX 78801 (830) 278-1166

Uvalde Sheriff's Office 121 E. Nopal St. Uvalde, TX 78801 (830) 278-4111

(830) 278-2060

Oasis Outback BBQ & Grill 2900 East Main St (830) 278-4000

Pizza Hut 502 E. Main Street (830) 261-4274

The Local Fix 2001 E. Main St. (830) 900-7183

Whataburger 2111 E Main Street Uvalde, Texas 78802

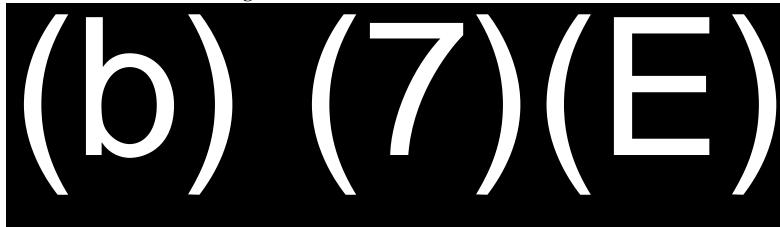
There are several other fast-food restaurants in Uvalde

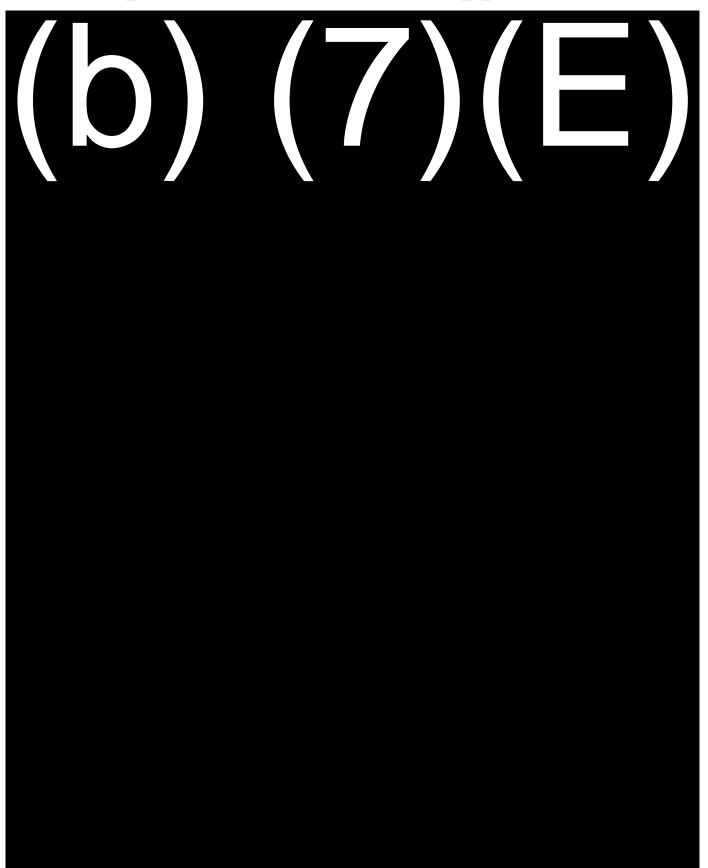
Uvalde First (Methodist) 301 N. High St. (830) 278-3135

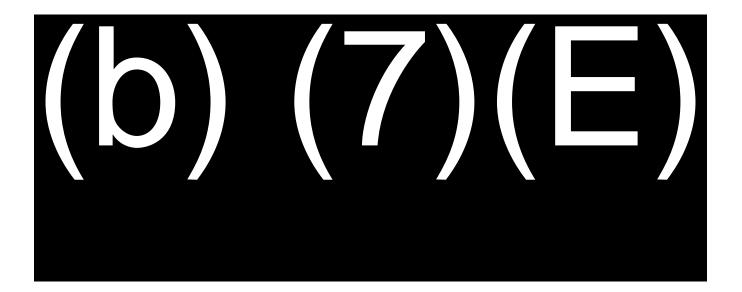
Living Waters Church (Non-Denominational) 1200 Garner Field Rd.

Operational Information

DoD Function: Logistics







VEHICLE LIFTING SAFETY TIPS



Technicians should maintain a constant awareness of the many hazards involved with lifting vehicles. Many preventive measures can be taken to minimize the chance of lift-related accidents. Be aware of what is going on in the area at all times and do not allow unqualified persons to enter the lifting area.

Wear the appropriate personal protective equipment. Falling objects or debris is one of the hazards of working under elevated vehicles. Safety glasses should always be worn to protect your eyes when doing overhead work. A hard hat or bump cap may also be considered for protecting your head from the vehicle underbody.

The maximum weight capacity for the lift should never be exceeded. The rated capacity should be located on the lift in an easily seen location and kept in good condition. Always use the proper designated vehicle lifting points. If you aren't sure, consult the vehicle service information to identify the correct lifting points for each vehicle. Check the lifting points and the lift adapters for damage or corrosion that may affect the support of the vehicle, and for wet, oily, or slick surfaces that may cause slippage.



Ensure that the vehicle is properly centered and balanced on the lift. Position the vehicle so that its center of gravity lies well within the area bounded by the supporting points of contact between the lift and the vehicle. If the center of gravity is not located well within this area, the vehicle will be subject to tipping. If the vehicle tips, it can slide off the lift. Do not rely on swing arm restraints to stop a vehicle from sliding off a lift. Their purpose is merely to maintain the position of unloaded swing arms. Observe all aspects of the vehicle when determining the center of gravity. Remove items located inside the vehicle that may affect the normal center of gravity. Before fully raising a vehicle to working position, raise it a short distance off the ground, gently rock it to verify that it is sufficiently stabilized (see Figure 3), and double-check that all supports are contacting the proper lifting points. Lower the vehicle to the ground and reposition if necessary. It is good practice to position high reach vehicle support stands under the vehicle to add stability, especially when lifting long wheelbase vehicles (long bed vans, pick ups).

Take the necessary precautions while the vehicle is up on the lift. Ensure that the lift locking devices (latches) properly engage. Audible "clicks" as the vehicle is being raised indicate safe stopping points. When the desired height is reached, slowly lower the lift so the lift rests on the locking devices. Secondary support as described above may be necessary if the vehicle

is not raised high enough for the locking devices to engage or if the lift is not equipped with this type of device (such as with older air/oil in-ground lifts).

Also, take into account heavy parts that will be added or removed while the vehicle is on the lift. Use high reach vehicle support stands to help stabilize the vehicle for jobs that involve considerable displacement of weight or that shake the vehicle. Never lower vehicles onto vehicle support stands. If this is done, the stands may push the vehicle off the lift. Always adjust the stands to securely contact the vehicle after the lift is raised to the desired height. If a vehicle shows signs of falling, get out of the way and warn others immediately. Do not try to stabilize a falling vehicle!

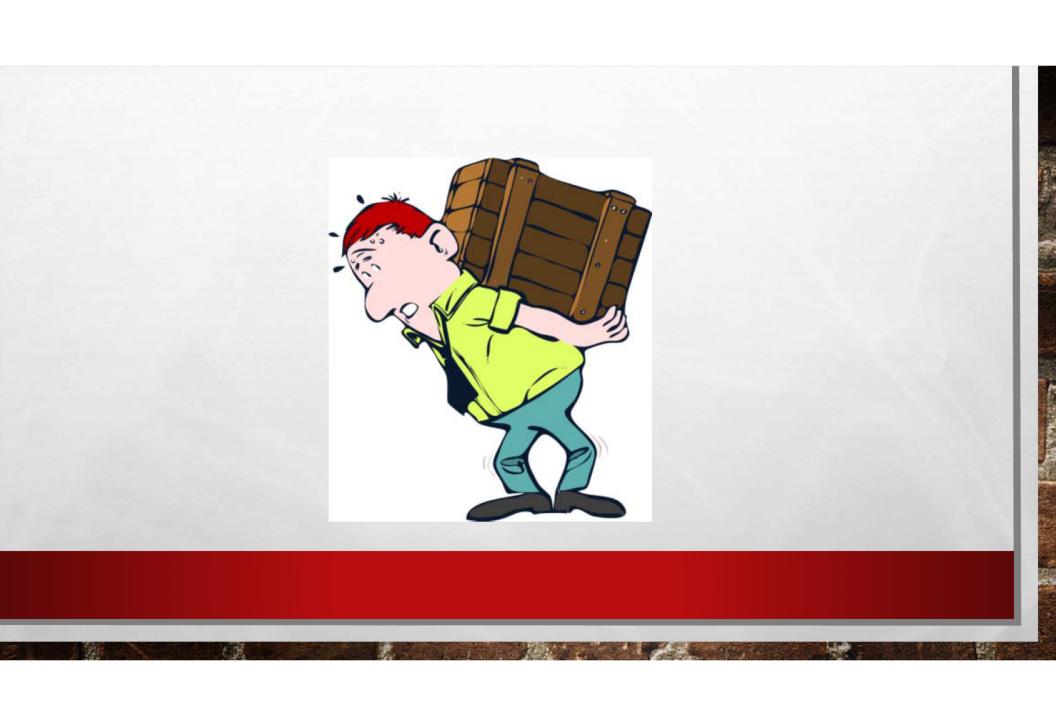
When using drive-on lifts, make sure the wheels are properly chocked. Improper chocking is a common cause of many lift-related accidents. Make sure the lift front and rear stops are working properly and use the proper chocks provided with the lift. Wood blocks, bricks, or concrete blocks are not acceptable substitutes for chocks, contact pads, extenders, or any other type of vehicle support. Only use equipment provided by the lift manufacturer.

When lowering the vehicle, make sure the area is clear of people, tools, and equipment. This includes toolboxes and oil drain pans that may catch under a vehicle and cause it to fall. Some types of lifts (parallelogram style) move fore and aft when being raised and lowered. Be sure that the space that the lift is moving into is completely clear. Be aware of the moving parts of the lift and ensure that these are clear also.



LIFTING SAFETY

TIPS TO HELP PREVENT BACK INJURIES



Back injuries are common problems at work, home, and play. They can be caused by accidents or improper lifting technique. Below are tips to lift safely and avoid back injuries. Path to safety Before you start lifting, assess the object(s) in front of you. A small size does not always mean a light load. Test the load by pushing on it lightly with your hands or feet. How easy it moves tells you how heavy it is. It's important to make sure the objects are packaged well. The load's weight needs to be balanced so it doesn't move around. Unbalanced items can come loose when you lift and cause an accident.

Look around before you lift. There should be a clear path for you to carry your object. You also should know where you are going to put it down. Avoid walking on slippery, uneven surfaces while you're carrying something. The best way to pick up a load is to use handles or straps, if they exist. Make sure you have an easy and tight grip before you lift. Work or moving gloves may help with this. You also should be close to the load you're going to lift. Avoid reaching out for an object. This prevents strained muscles.

Use your arms, legs, and core body (abdominal muscles) to lift, not your back. This includes bending your knees to pick up something, instead of bending from your waist. Maintain proper posture and don't arch your back. This is one way to cause an injury by using the wrong muscles. Another way to avoid hurting your back is to use a ladder when lifting something overhead.

It's best to use slow and smooth movements to lift. Once you have your load, carry it straight on, instead of to one side. Quick, jerky, or twisted movements can pull your muscles

Things to consider

In addition to proper technique, you should warm up before lifting. Stretch your legs, arms, and back to engage your muscles. Know your limits, and don't overdo it. Don't carry too much in one load or setting. The correct weight is often less you than think. Don't carry something that is too heavy. Try using a dolly or forklift, or asking others for help.

Daily stretches and exercise also can strengthen your back muscles. This prepares you in advance for lifting objects.

Do not rely on a back belt to protect you. There is no proof that these prevent back injuries. Last but not least, pace yourself. Take breaks between lifting to give your muscles are chance to rest and heal.

United States Border Patrol

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Background

The U.S. Border Patrol is the uniformed enforcement division of DHS responsible for border security between designated ports of entry.

On May 28, 1924 the Labor Appropriation Act officially established what we now know as the United States Border Patrol.

The Border Patrol is specifically responsible for patrolling the 6,000 miles of Mexican and Canadian International land border and 2,000 miles of coastal waters.



Mission

Priority

Preventing terrorists and terrorist weapons from entering the United States.

Traditional

Preventing illegal aliens, smugglers, narcotics and other contraband from entering the United States. These measures directly impact the safety and security of the U.S.

Strategic Goal

To establish and maintain operational control of our Nation's borders. All of our efforts are focused on this goal.



5 Main Objectives

- Apprehend terrorists and their weapons illegally entering the United States
- Deter illegal entries through improved enforcement
- Detect, apprehend, and deter smugglers of humans, drugs, and other contraband
- Utilize "smart border" technology
- Reduce crime in border communities



Operational Areas



Remote Area (b) (7)(E)

$\frac{\text{Urban Area}}{(b)(7)(E)}$

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Operational Environments

Populated Areas

Aountainous Areas

Desert Environment

Desolate expanse areas

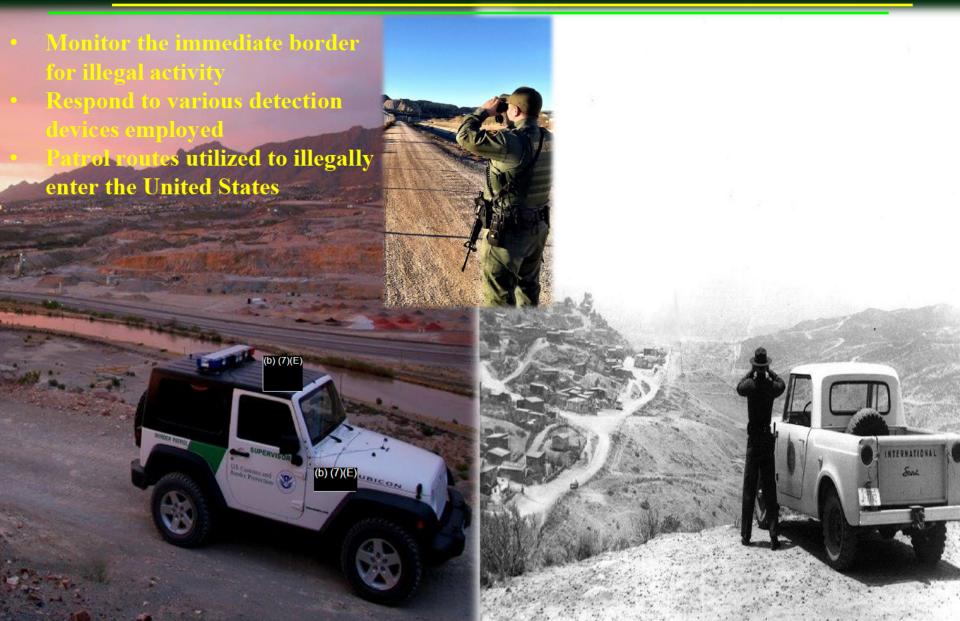


USBP Sector Map 20 Nationwide (b) (7)(E)

(b) (7)(E) (b) (7)(E) Square Miles AOR (b) (7)(E)(b) (7)(E)(b) (7)(E)(b) (7)(E) (b) (7)(E) (b) (7)(E)Agents



Linewatch



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Traditional 4X4

Four wheel drive vehicles are necessary to patrol in the rugged terrain





BORDER PATROL

(b) (7)(E)

(b) (7)(E)



All Terrain Vehicles (ATVs)

These quick, mobile vehicles are used to supplement linewatch activities. Their size, speed, and maneuverability make them ideal in many areas along the border.









BORSTAR

- Border Patrol Search, Trauma And Rescue
- Specialty response teams
 - EMTs / Medics

(b) (7)(E)

BORSTAR operators administer an I.V. in a desert rescue demonstration

(b) (6), (b) (7)(C)









b) (6), (b) (7)(C)

Horse Patrol

Horse Patrol plays an important role in border security efforts, particularly in areas that are impassible by four wheel drive vehicles and where there are protected lands

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Canine (K-9)





U.S.

BORDER

PATROL

Transportation Check

Inspection of Trains

EMT

-1

6235

(b) (6), (b) (7)(C)

U.S.

BORDE

PATR)

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nspection of Buses

(b) (6), (b) (7)(C)

Immigration Inspection



Border Infrastructure

Stadium style lighting

Bollard Pedestrian/vehicle Wall

Fencin

Pedestrian Fencing Vehicle barriers and road improvements

AAXX

Technology / Force Multipliers

(b) (7)(E)



Border Security Threats





Safety Actions

In any incident that threatens safety of workers





Follow standard operating procedures and guidelines and ensure the following three steps are initiated if any significant injury should occur:

♦Call 911

Make immediate supervisory notifications

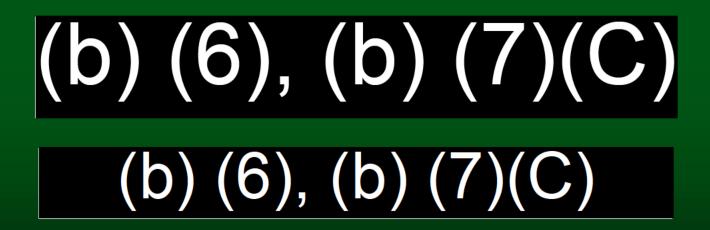
Follow your agency's safety protocols



Points of Contact

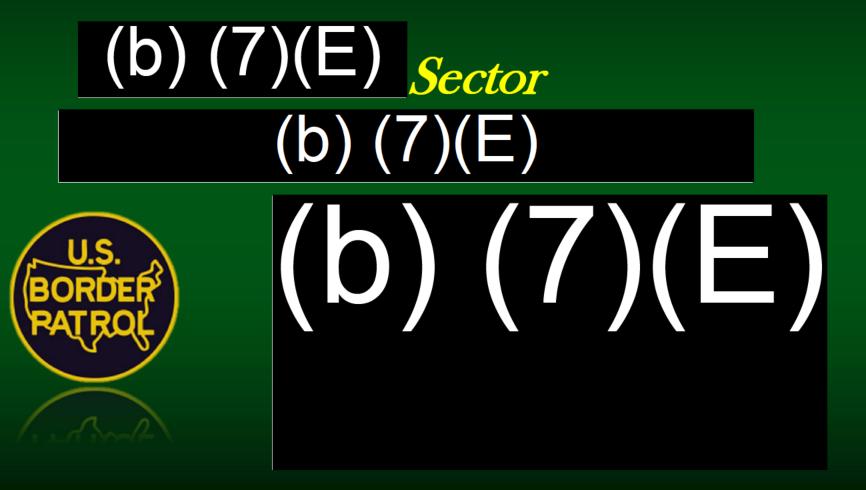
U.S. Border Patrol POCs

• **Operations Officers:**



Questions?

United States Border Patrol



Protecting Your Eyes at Work

The auto repair profession has one of the highest rates of eye injury.



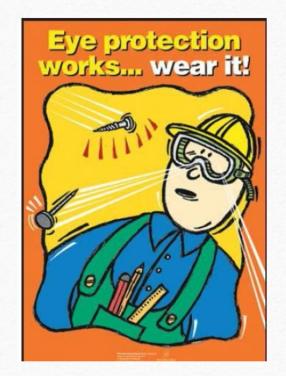




Workers experience eye injuries on the job for two major reasons:

• They were not wearing eye protection.

• They were wearing the wrong kind of protection for the job.



What are the potential eye hazards at work?

- Projectiles (blowing dust or sand, metal from hammering and grinding and other particles)
- Chemicals (splashes and fumes from brake parts cleaner, engine coolant and hot oil from drivetrain service)
- Radiation (wear sun glasses when out side and a proper welding helmet when using the welders or plasma cutter)







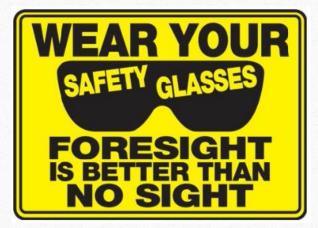
The type of safety eye protection you should wear depends on the hazards in your workplace:

- If you are working in an area that has particles, flying objects or dust, you must at least wear safety glasses with side protection (side shields).
- If you are working with chemicals, you must wear goggles.
- If you are using grinders, bench top or pneumatic, you must wear a full face shield.
- If you are working near hazardous radiation (welding) you must use specialpurpose safety glasses, goggles, face shields or helmets designed for that task.

What should be done in an eye emergency?







First aid for chemicals in the eye:

- Immediately flush the eye with water for at least 15 minutes. Place the eye under a faucet or shower, use a garden hose, or pour water into the eye from a clean container.
- If you are wearing contact lenses, immediately remove them before flushing the eye.
- Do not try to neutralize the chemical with other substances.
- Do not bandage the eye.
- Seek immediate medical attention after flushing.

First aid for particles in the eye:

- Do not rub the eye.
- Try to let your tears wash the speck out, or irrigate the eye with an artificial tear solution.
- Try lifting the upper eyelid outward and down over the lower eyelid to remove the particle.
- If the particle does not wash out, keep the eye closed, bandage it lightly and seek medical care.
- Some particles, particularly metallic ones, can cause rusting spots on the eye if left untreated for several days. If you are unsure if the object is gone, do not delay medical care.

First aid for blows to the eye:

- Gently apply a cold compress without putting pressure on the eye. Crushed ice in a plastic bag can be placed gently on the injured eye to reduce pain and swelling.
- In cases of severe pain or reduced vision, seek immediate medical care.

First aid for cuts and punctures to the eye or eyelid:

- Do not wash out the eye.
- Do not attempt to remove an object that is stuck in the eye.
- Cover the eye with a rigid shield, like the bottom half of a paper cup.
- Seek immediate medical care.



Computer Vision Syndrome

Computer Vision Syndrome, also referred to as Digital Eye Strain, describes a group of eye and vision-related problems that result from prolonged computer, tablet, e-reader and cell phone use. Many individuals experience eye discomfort and vision problems when viewing digital screens for extended periods. The level of discomfort appears to increase with the amount of digital screen use.



The most common symptoms associated with Computer Vision Syndrome (CVS) or Digital Eye Strain are:

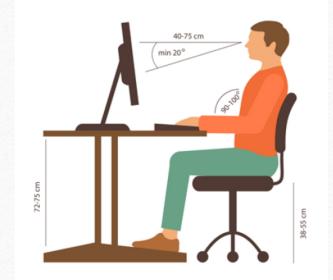
- eyestrain
- headaches
- blurred vision
- dry eyes
- neck and shoulder pain

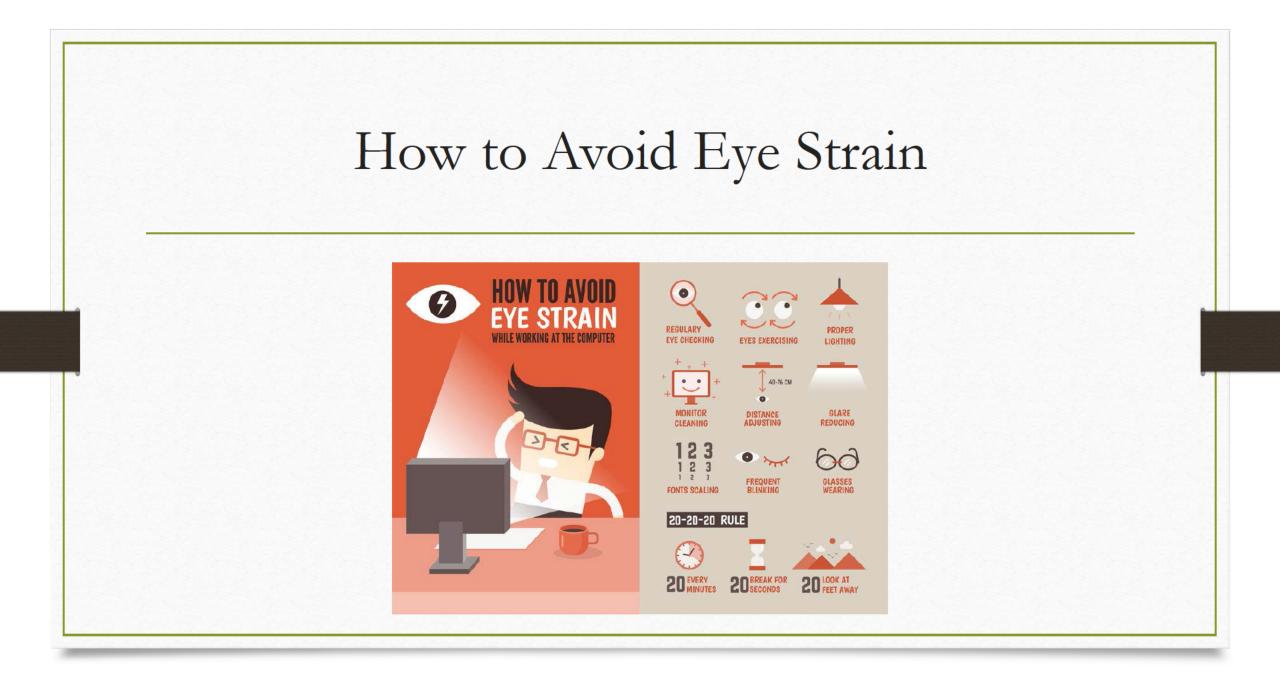


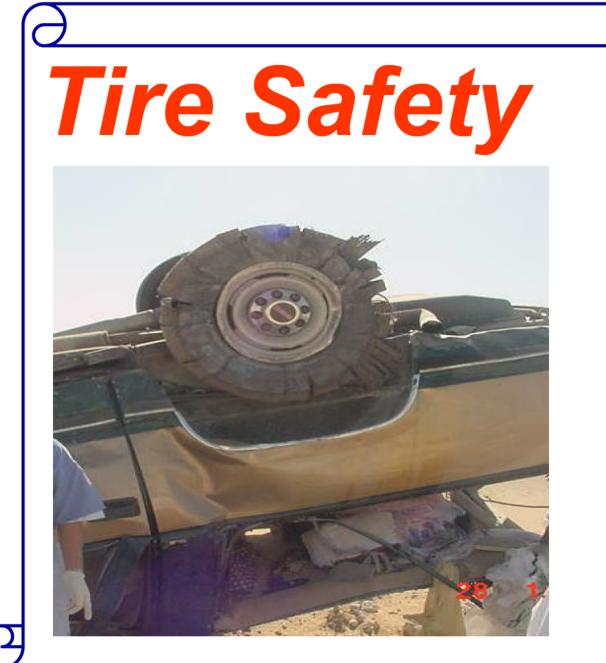
"That's the worst case of eye strain I have ever seen!"

These symptoms may be caused by:

- poor lighting
- glare on a digital screen
- improper viewing distances
- poor seating posture
- uncorrected vision problems
- a combination of these factors









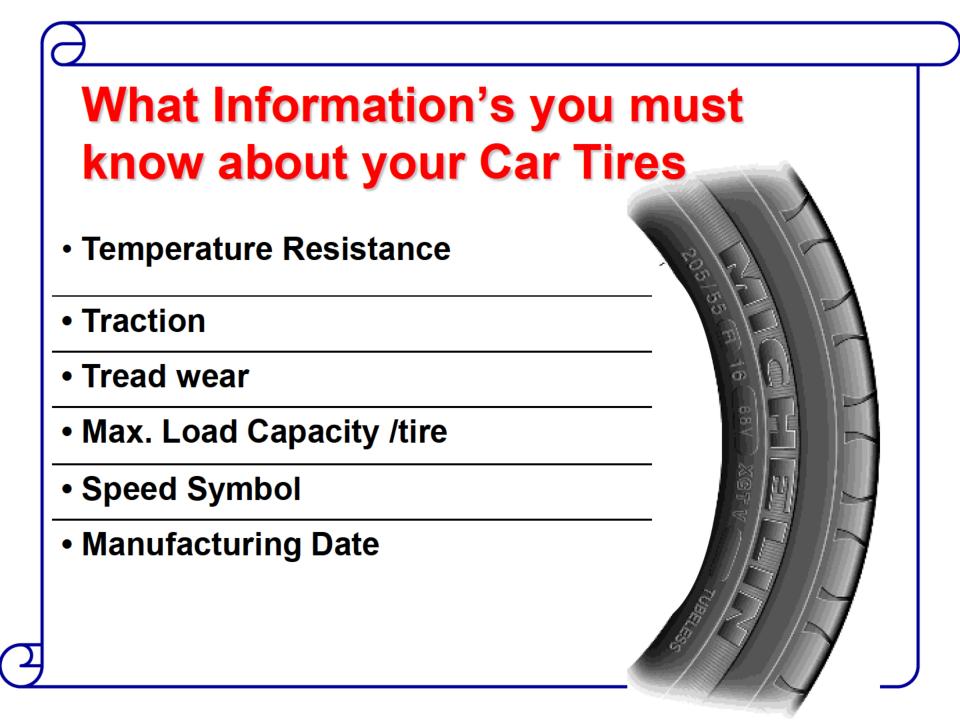
Do you use the right tire for the job you ask of your vehicle or is your decision price based?

Tire Safety

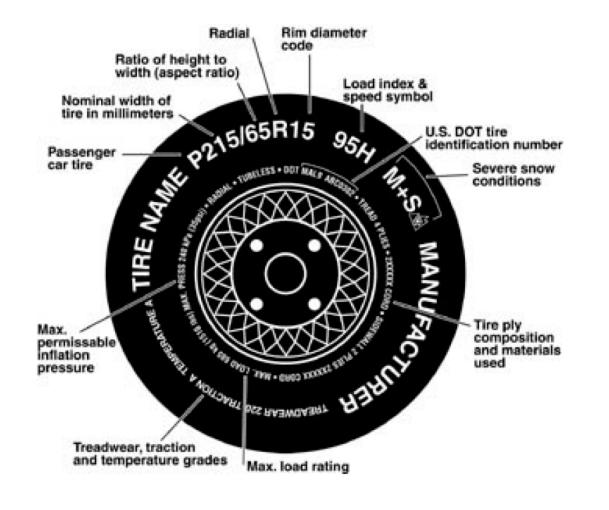
Studies of tire safety show that maintaining proper tire pressure, observing tire and vehicle load limits, and inspecting tires for cuts, slashes, and other irregularities are the most important things you can do to avoid tire failure, such as tread separation or blowout and flat tires. These actions, along with other care and maintenance activities, can also:

- Improve vehicle handling

- Help protect you and others from avoidable breakdowns and accidents
- Improve fuel economy
- factored The life of your tires.



Where you can find these information ?



Temperature Resistance

These letters indicates a tire's resistance to heat. From highest to lowest, a tire's resistance to heat is graded as "A", "B", or "C".



Symbol	Area		
А	Hot Area		
В	Normal Weather Area		
С	Cold Area		

Treadwear Number

This number indicates the tire's wear rate. The higher the treadwear number is, the longer it should take for the tread to wear down. For example, a tire graded 400 should last twice as long as a tire graded 200.





Traction

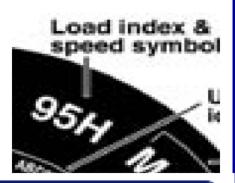
This letter indicates a tire's ability to stop on wet pavement. A higher graded tire should allow you to stop your car on wet roads in a shorter distance than a tire with a lower grade. Traction is graded from highest to lowest as "AA", "A", "B", and "C".



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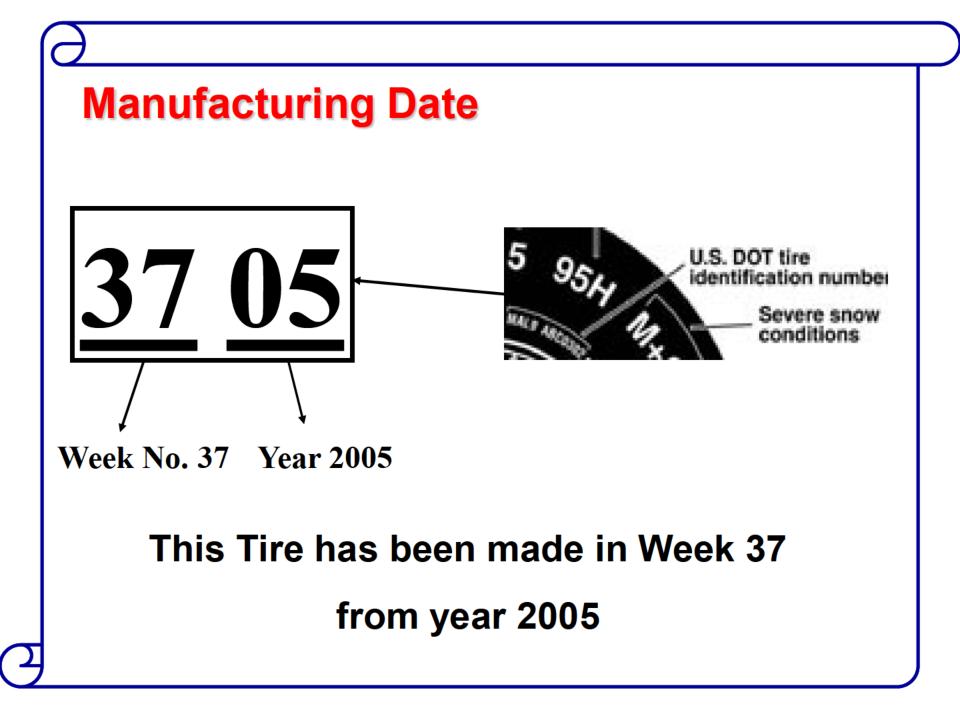
Max. Load Capacity & tire Speed Symbol

<u>Number</u> indicates the max. load that can be carried by the tire. <u>Symbol</u> indicates the max. Speed at which a tire is designed to be driven for extended periods of time.



Maximum Load-Carrying Capacity Per Tire						
Load Index	Pounds	Kilograms	Load Index	Pounds	Kilograms	
71	761	345	99	1709	775	
72	783	355	100	1764	800	
73	805	365	101	1819	825	
74	827	375	102	1874	850	
75	853	387	103	1929	875	
76	882	400	104	1984	900	
77	908	412	105	2039	925	
78	937	425	106	2094	950	
79	963	437	107	2149	975	
80	992	450	108	2205	1000	
81	1019	462	109	2271	1030	
82	1047	475	110	2337	1060	
83	1074	487	111	2409	1095	
84	1102	500	112	2484	1129	
85	1135	515	113	2561	1164	
86	1168	530	114	2640	1200	
87	1201	545	115	2721	1237	
88	1235	560	116	2806	1275	
89	1279	580	117	2892	1315	
90	1323	600	118	2982	1355	
91	1356	615	119	3074	1397	
92	1389	630	120	3169	1440	
93	1433	650	121	3267	1485	
94	1477	670	122	3368	1531	
95	1521	690	123	3472	1578	
96	1565	710	124	3580	1627	
97	1609	730	125	3690	1677	
98	1653	750				

Maximum Speed (km/h)	Maximum Speed (mph)	
160	100	
170	106	
180	112	
190	118	
200	124	
210	130	
Above 210	Above 130	
240	149	
270	168	
300	186	
Above 300	Above 186	
	Speed (km/h) 160 170 170 180 190 200 210 210 Above 210 240 270 300	





Justalook won't do it.

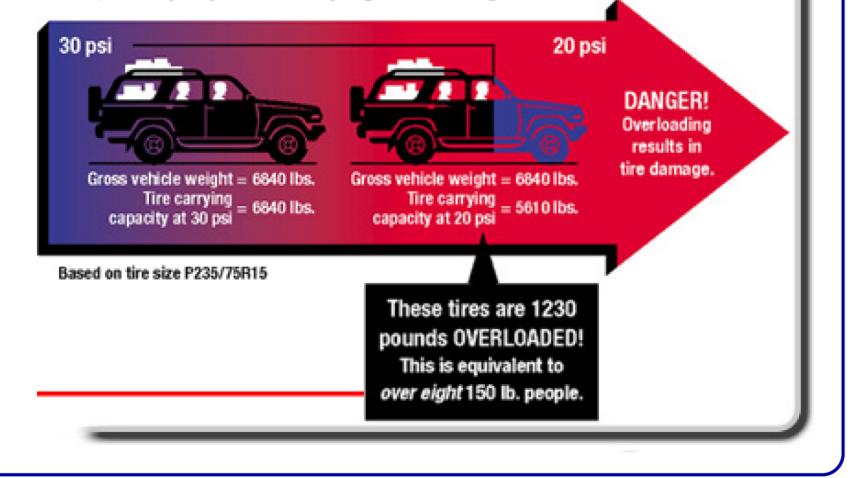
One of these tires is actually ten pounds underinflated. Your eyes can deceive you, so rely on a good tire gauge for an accurate reading.

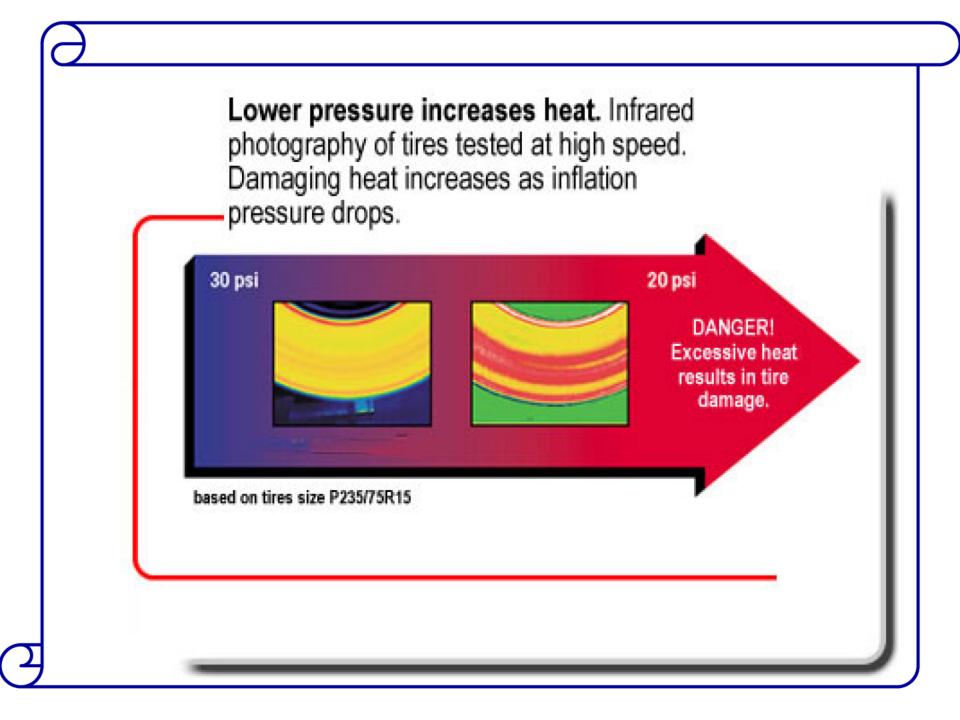


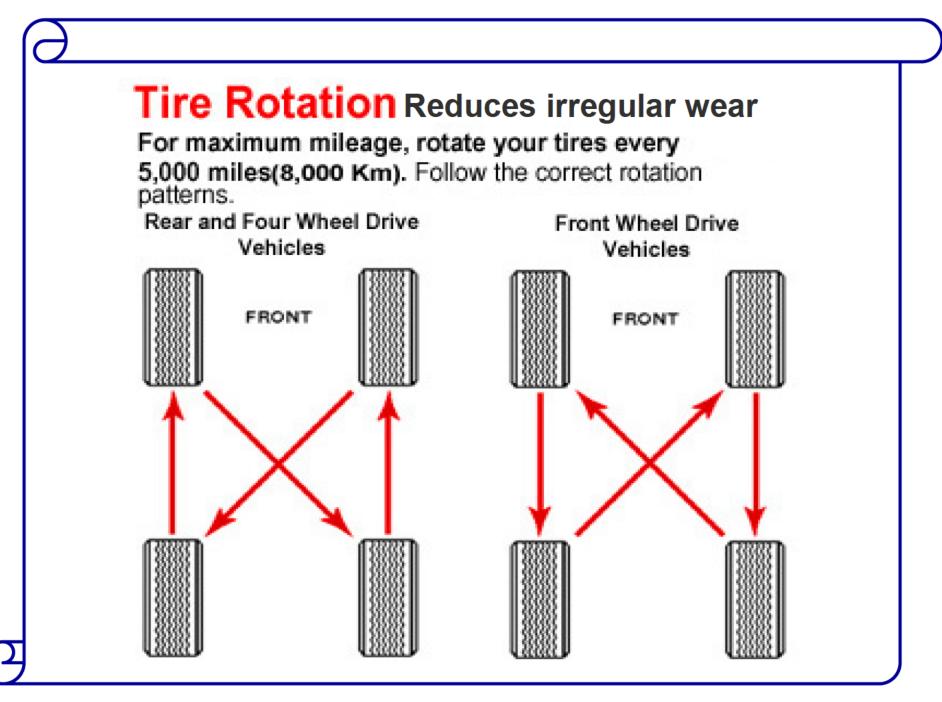




This chart shows you how underinflation can create an overload on tires. Always check your air pressure to make sure it's up to standards, especially if you're carrying extra weight.

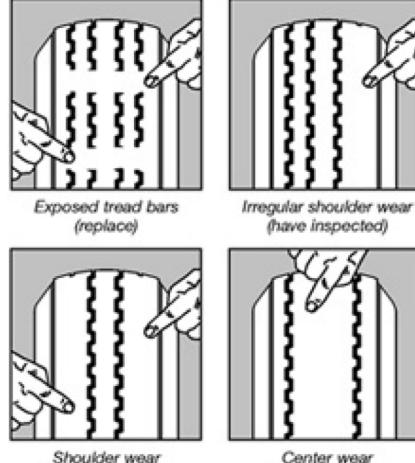






Tire Wear — Visual Check

Check for obvious signs of wear.



(have inspected)

Center wear (have inspected) Place a penny in the tire as shown. If you can see the top of Lincoln's head, the treads are worn and need replacing.



