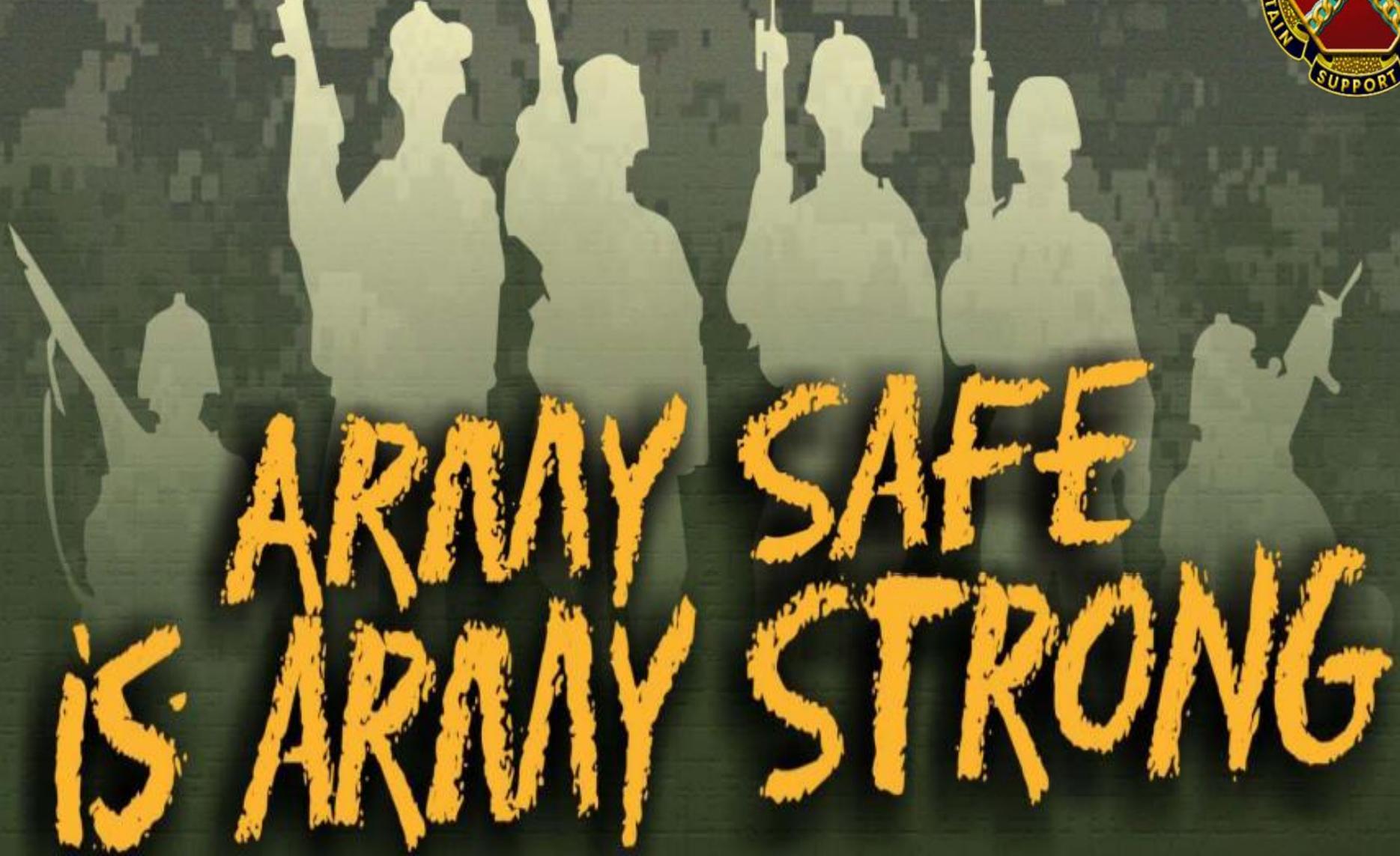


**Outdoor  
Safety  
First!**



# OUTDOOR SAFETY TOOLS

## IMCOM SAFETY WEBSITE

<http://www.imcom.army.mil/Organization/Safety.aspx>

## ARMY COMBAT READINESS CENTER

<https://safety.army.mil/>

## US FOREST SERVICE

<http://www.fs.fed.us/>

# ROAD CONDITIONS HOTLINE

**Call before you leave**

- Fort Bliss Information Hotline: (915) 568-3777**
- TXDOT Road Closure Information: 1-800-452-9292**



# KNOW THE FORECAST



<http://www.weather.gov/>

<http://www.srh.noaa.gov/>

<https://www.bliss.army.mil/DET3WeatherSquadron/>

# CAMPING SAFETY TIPS

- Before you leave, check the weather report
- Arrive early
- Bring emergency supplies
- Check your site for potential hazards
- Watch out for bugs and other wildlife
- Avoid areas of natural hazards
- Make sure your fires are always attended
- Dispose of trash properly
- Snakes burrow in the winter months, careful where you dig





# ***CARBON MONOXIDE***

**Toxic**

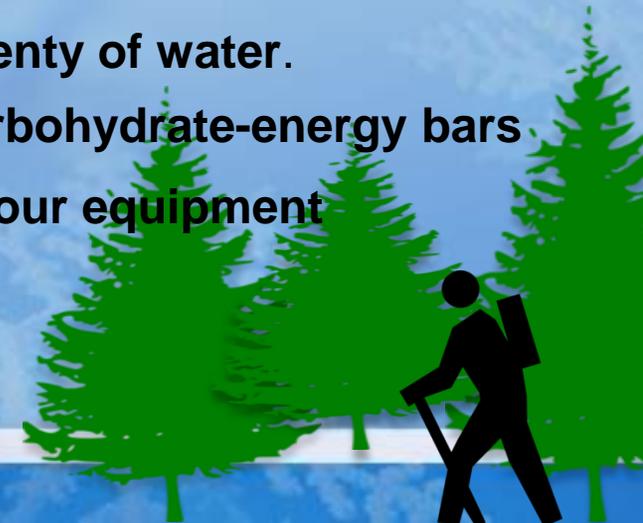
- Carbon monoxide is an odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel are potential sources of carbon monoxide. Vehicles or generators running in an attached garage can also produce dangerous levels of carbon monoxide.
- Never burn fuels inside the house or in areas that are not well ventilated, such as enclosed patios, garages and sheds, greenhouses, tents and caravans.
- Anything that burns a fuel — such as a furnace, fireplace, generator, gas appliance or car — produces a toxic by-product: carbon monoxide (CO).
- A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time
- Install and test CO alarms at least once a month; replace them according to the manufacturer's instructions.
- If you have an indoor fuel heater, consider having it checked by a licensed professional at the start of winter to ensure it is not producing excess carbon monoxide.
- If you have a fireplace, ensure that the chimney has no blockages before you start using it.

# HIKING SAFETY TIPS

- 🚗 Travel with a companion
- 🚗 Be in good physical condition
- 🚗 Wear appropriate clothing
- 🚗 Be aware of the weather forecast
- 🚗 Stay on the trails!
- 🚗 Alcohol and exercise don't mix
- 🚗 Bring a customized first aid kit
- 🚗 If you get lost — dial 911



- 🚗 Bring sunscreen
- 🚗 Take frequent rests
- 🚗 Drink plenty of water.
- 🚗 Pack carbohydrate-energy bars
- 🚗 Check your equipment



# FISHING SAFETY



- To protect you from the sun wear a hat and sunglasses
- Know what the bottom is like by checking with a stick or staff. Shuffle your feet along the bottom to avoid holes.
- If you are fishing from a boat, be sure to wear a personal flotation device.
- Bring along a first-aid kit with bandages, antiseptic, pain reliever, anti-inflammatory medication, sunblock, bug spray and a bee-sting kit if you are allergic.
- Remember, the hooks on the end of your line are very sharp. Before you make a cast, make sure there is no one behind you. Once you catch your fish, never grab it near where it's hooked. - Keep hooks rust free by replacing when necessary.
- If you don't like shots, keep a record of the last time you got a tetanus shot. You should get one every 10 years.



# HUNTING SAFETY

- Wear the bright orange hunting clothing gear so you can be easily seen and not confused with a deer.
- Do not pull the trigger unless you are sure without doubt
- Let your family and/or friends know when you're going hunting, where and what time you're expected to be back home.
- Use your own tree stand and make sure it's installed or built safely before you climb up on it.
- If at all possible, avoid hunting alone.
- Take care of your hunting equipment before and after the hunt.



## Informational Websites

**Fort Bliss Intranet:**

<https://imcom2.bliss.army.mil/DPWE/wildlife/hunting>

**NMDGF:** [www.wildlife.state.nm.us](http://www.wildlife.state.nm.us)

**TX Parks and Wildlife Dept:**

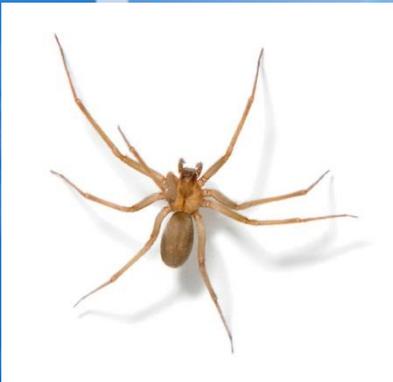
<http://tpwd.texas.gov/regulations/outdoor-annual/>

**Fort Bliss Rod & Gun Club:** [www.blissmwr.com/rodandgun](http://www.blissmwr.com/rodandgun)

# Know Your Insects



The Black Widow spider measures 1.3 centimeters to 3.8 centimeters long, about the size of a quarter with a red hourglass on its belly. a bite will lead to a large swelling around the bitten region and may also cause the victim to experience muscle ache, nausea and even breathing difficulties.



The brown recluse spider is brown in color though it can also be tan, light brown or even whitish in color. If bitten by the brown recluse spider, the area around the bite will experience an intense pain.



The Hobo Spider is large and brown in color. A distinctive feature of the Hobo Spider is the pattern of yellow markings that are found on its abdomen.



# Treatment if you suspect you have been bitten by one of these poisonous spiders:

1. **Get first aid treatment** such as cleaning the spider bite area using soap and water.
2. **Apply a cool/cold compress** on the spider bite area using a dampened cloth. If the bite was made by the black widow or the brown recluse spider, the body part that has been bitten must be elevated to slow down the spread of the spider venom.
3. **Patch the bite** with a snug bandage prior to limb elevation so as to slow down or even stop the spread of the spider venom. Make sure that the bandage is secured tight to ensure stoppage of venom circulation within arm and leg.
4. **Seek medical attention** as treatment with anti-venom or medication may be necessary.

# Know Your Snakes



**Black Tailed Rattlesnake:** A large (up to 48" in total length excluding rattle), brown, gray, yellow-brown, or golden yellow rattlesnake with a series of large, black or brown, blotches on the back that is common to the area.



**Massasauga:** A small (up to 22" in total length excluding rattle) light silver-gray to gray-brown rattlesnake. Very small and common to NM with a painful bite.



**Mojave Rattlesnake:** A large (up to 50" in total length excluding rattle), tan, olive, or gray-brown rattlesnake with a series of dark blotches running down the back. Common to area and very toxic.

# Know Your Snakes



**Western Prairie Rattler:** A medium to large (63" in total length excluding rattle) rattlesnake with highly variable coloration and large dorsal blotches that range from straw-yellow, tan, pink, salmon, gray, gray-brown, off-white, cream, or olive. Can be found throughout the western USA.



**Western Diamondback:** The areas largest snake (up to 66" in total length excluding rattle). Coloration is gray or tan, sometimes with a pinkish, rust, or orange cast especially on the posterior portion of the body. Has distinctive banding around tail.



**Rock Rattlesnake:** A small (up to 33" in total length excluding rattle) light greenish-gray to blue-gray rattlesnake with 14 to 24 dark gray-brown to black, jagged crossbands on the back. Found mostly in steep rocky terrain.



# Treatment if you suspect you have been bitten by one of these poisonous snakes:

1. **Move away from the rattlesnake.** If the snake feels threatened, it can strike again. Therefore, the person who was bitten should move out of range of the snake. Get at least 20 feet away.
2. **Get medical attention.** It's important to seek medical attention as quickly as possible. Most hospitals will have an appropriate anti-venom, and most treatments attempted by people before the hospital do not help much. If you're in an area where you can dial 911, that is your best option. If not, try to find help to take you or the injured person to the hospital.
3. **Do NOT maneuver the area above the heart.** If you place the area above the heart, the blood containing venom from the bite will go to the heart more quickly.
4. **Keep the person immobile.** If possible, keep the person from moving until help arrives. Movement increases blood flow, spreading the venom more readily. Therefore, you or the person bitten should stay still as possible



# OUTDOOR SAFETY

