

## PART FOUR SAFETY AND SANITATION

### CHAPTER 11 SAFETY

#### PROMOTING SAFETY AWARENESS

Safety in field operations (as elsewhere) may be called common sense in action. Class I and food service personnel can prevent many accidents by using common sense as they work. Managers should provide safety guidelines through daily meetings and SOPs. Guidelines should be developed to stop unsafe acts and working conditions and careless use of equipment. Soldiers must be taught how to recognize unsafe equipment and how to fix or replace it. More guidance on safety is included throughout this manual and in AR 385-10, AR 385-40, and FM 21-11.

#### HANDLING RATIONS AND SUPPLIES

Rations come in different size, type, and weight containers. Teach personnel the right way to lift heavy items. Important considerations for lifting and handling heavy items are-

- Get a firm grip on the container, not on the metal bands or strapping.
- Get a firm footing, keeping your body weight even.
- Bend your knees, keeping your back straight and the load close to your body.
- Use your thighs and shoulder muscles to lift the load.
- Walk normally, making sure that you can see where you are going. Make sure that things that can trip you are out of the way.
- Keep the load close to your body and ease it to its resting place.

- Do not attempt to carry a lit M2 Burner by yourself.
- Stack rations correctly. Put heavy boxes on the bottom.
- Wear work gloves when you open wooden cases. Remove all protruding nails and dispose of the empty cases promptly.

#### OPENING TRAY PACKS

Be very careful when you open tray packs, especially when using hand-held can openers. Since hand-held can openers leave very sharp edges on the pans you can be seriously cut when opening a tray pack. Use mounted T-Ration openers when possible. Discard hand-held openers after several uses; they dull very quickly. Do not use knives or other sharp implements to open corners that the fully modified can opener misses. A P38 opener is included in each module for use when the hand-held can opener is not available. Also, be sure to tilt heated, swollen cans slightly to the right or left when you open them so that the juices that squirt from the pan do not burn you.

#### COOKING AND SERVING FOOD

Food service personnel must always be alert when they cook or serve food. Burns, collisions, and falls are common accidents in field kitchens. If food service personnel are in a hurry while cooking and

serving food, accidents are more likely to occur. Training can curtail unsafe acts, unsafe working conditions, and careless use of equipment. Below are some precautions against burns, injuries from handling knives, collisions, and falls.

### Burns

Most food service equipment used in the field is fueled with gasoline. Figure 11-1 lists some precautions that must be constantly monitored and enforced to prevent burns.

#### WARNING

**Gasoline is used in the operation of field kitchen equipment. Death or severe burns may result if you do not observe all safety precautions.**

### Handling Knives

Many food service accidents are caused the mishandling of knives by food service personnel. Figure 11-2, page 11-3, list some safety precautions for the safe handling of knives in the kitchen.

### Collisions and Falls

Food service personnel who hurry when they serve food may bump into someone and spill hot food on themselves and others. Also, they may spill food. Sometimes little spills are not seen until someone slips and falls. The following hints will help food service personnel to avoid collisions and falls:

- Do not run or hurry when carrying hot food.
- Clean up spills immediately.
- Keep footwear in good condition.
- Warn others when you are passing through with hot food.
- Keep field range doors closed.
- Always watch where you step.
- Keep aisles and walkways clear.

- Train all personnel in fire prevention, suppression and emergency evacuation procedures.
- Never let untrained personnel use fuel-fired equipment. Ensure all personnel are trained or certified to operate the M2 burners, M59 field ranges, immersion heaters, generators and other equipment as the commander directs.
- Ensure that M2 burners are never placed on wooden floors.
- Keep an operable fire extinguisher in all required areas (gasoline storage, lighting/preheating, kitchen, sanitation, mess kit laundry).
- Do not smoke within 50 feet of the gasoline storage area.
- Clean up spilled fuel promptly. Vapors from spilled fuel can catch fire or explode if they come in contact with a flame or heat from a hot burner. Fuel is also a contaminant to the wholesomeness of food products.
- Operate burners and ranges according to the operator's manual instructions.
- Use hot pads when handling hot items.
- Do not crowd the cooking area.
- Turn the handles of pots and pans pointing to the back or side of the range.
- Know where you will put a hot pot before you pick it up.
- Be careful not to spill grease on or around open flames.

Figure 11-1. Safety precautions to prevent burns

## CLASS I HANDLING

Accidents cost money through the loss of man-hours and damage or destruction of food and equipment. The resulting loss of personnel, subsistence and equipment could prevent Class I supplies from being issued to supported units in a timely manner. Detailed information on safety is in DOD Regulation 4145.19-R-1. Figure 11-3, page 11-4, gives some general rules that should be included in the Class I safety program.

## PROVIDING TRAINING

Commanders establish procedures to identify all personnel performing safety or OSHA tasks in their jobs and ensure that their job descriptions clearly show these responsibilities. All supervisory and nonsupervisory personnel need safety training as discussed below.

### Supervisory

Supervisory personnel should be trained to recognize and eliminate hazards and to develop other required skills to implement the Army's safety program at the working level.

### Nonsupervisory

Nonsupervisory personnel should receive specialized job, safety and health training. This training should include OSHA criteria and the hazards associated with any materials or operations in the workplace.

## WORK SCHEDULES

Supervisors should monitor work schedules to ensure food service and Class I personnel receive proper rest and sleep periods. Research indicates accident rates and severity of accidents both increase when personnel are tired.

- Keep knives sharp.
- Use the right knife for the job.
- Cut away from your body.
- Keep knives in racks when they are not being used or cleaned.
- Do not palm vegetables and fruits when you cut through them.
- Do not leave a knife or other sharp-edged tool lying on a worktable. It might get covered with vegetables or other foods and be a hazard to the person cleaning the table.
- Do not try to catch a falling knife. Always step back and let it fall.
- Do not leave knives laying around to be washed later. As soon as you are through using a knife, clean it and put it away.
- Do not soak knives. Remove them from the water immediately.
- Do not carry knives when your hands are full.
- Do not use knives to open cans.
- Never run while holding a knife.
- Wash knives separately from other utensils.

Figure 11-2. Safety precautions for using knives

### **HANDING AND LIFTING**

- Wear gloves when handling crates or sharp or rough materials.
- Wear combat boots or safety shoes at all times.
- Wear helmets or hard hats in areas where Class I supplies are being lifted or hoisted.
- When possible, use MHE to move heavy supplies.
- When supplies are lifted by hand, use proper lifting techniques to prevent back injuries.

### **LOADING AND UNLOADING**

- Position bridge plates and mobile ramps correctly and do not exceed load capacities.
- Chock rear wheels of trucks and trailers and use safety jacks when trailers are disconnected from their tractors.
- Check the truck flooring for breaks and weakness before loading and unloading.
- Remove loose straps and protruding nails from containers before unloading.
- Never block aisles, doorways, and windows.

### **USING TOOLS AND MHE**

- Use the right tool for each job. Use nail pullers for opening boxes, use strap or wire cutters for cutting straps or wire, and use hammers for driving nails.
- Ensure that only properly trained personnel use tools and equipment.
- Follow safety precautions especially when using power tools.
- Follow MHE safety precautions at all times.
- Use only MHE with the rated load capacity for the supplies being moved.
- Maintain and service MHE per the organizational and operator's maintenance manuals.
- Refuel MHE only in designated areas and only with the engine off.
- Park MHE only in an approved area.
- Use only electric-powered MHE inside a warehouse.

### **USING STORAGE AREAS**

- Always have and maintain adequate lighting.
- Clean up spills immediately.
- In fixed facilities, use yellow 3-inch stripes to mark railings and stair risers. Use yellow and black 3-inch stripes to mark pit and platform edges and obstructions.
- Use corner markers painted with yellow and black 3-inch stripes to prevent MHE from cutting corners too closely.

*Figure 11-3. General rules for Class I safety program*

**USING STORAGE AREAS (CONTINUED)**

- Install door latches or locking devices on freezer rooms to permit the door to be opened from the inside. Also, install bells which can be activated inside freezer areas. These should be checked at least weekly to ensure they are operable. Mount an axe marked with reflecting paint in each freezer room. Also, emergency lighting should be mounted above exits.
- Do not park gas-powered refrigeration units on asphalt surfaces. Gas degrades asphalt surfaces, causing the unit to tilt.

**PALLETIZING SUBSISTENCE**

- Use only containers, pallets and dunnage that are in good condition.
- Stack pallet loads with a 4-inch clearance on all sides. The clearance between stacks will permit air circulation.
- Limit the height of the stacks based on floor load limits and the sturdiness of the containers. A minimum of a 2-foot clearance will be maintained between the top of the stack and a unobstructed ceiling. When pallets do not exceed 15 feet high and a sprinkler system or light/heating fixtures are present, maintain an 18 inch safety clearance below the sprinkler/fixtures. If pallet heights exceed 15 feet, maintain a 36 inch safety clearance below sprinklers/fixtures.
- When a space must be left on the pallet due to the configuration of the load, load the pallets with a four-point level top. Leave spaces only in the center. Place partially loaded pallets on the top of a stack or place the supplies on a rack.

**PREVENTING FIRES**

- For interior storage, post **NO SMOKING** signs in areas where smoking is not permitted.
- Keep combustibles away from heat sources.
- Collect trash daily and place it in proper refuse containers.
- Clearly mark fire aisles and exits and ensure that they are not blocked.
- Ensure that portable fire extinguishers are readily available and in good working order. Assign an operator to each extinguisher for use in case of fire and to inspect it at least once monthly.

*Figure 11-3. General rules for Class I safety program (continued)*