



35th Fighter Wing



Integrity - Service - Excellence

Winter Awareness Briefing 2018



U.S. AIR FORCE



Mission - People - Safety



Winter Expectations



November – April

Misawa Average Snowfall: 126.3”

What to Expect

Minimum = 30”

Maximum = 240”





Why This Briefing?



Misawa Winter Fatalities & Mishap Events

2001: Car crash – military passenger and JN driver killed

2007: 2 Snowboarders lost while snowboarding

2007: 2 JN skiers die by avalanche at Mt Hakkoda

2008: 1 lost at Mt. Hakkoda over night

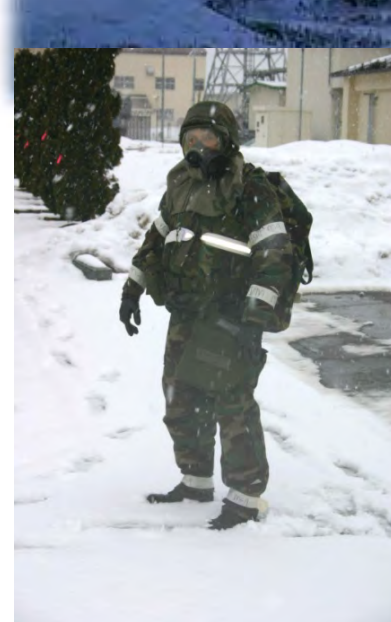
2011: JN father and son lost at Mt Hakkoda over night

2013: 3 hikers lost at Mt. Hakkoda over night



Overview

- **MISAWA LOCAL POLICE**
 - **Traffic Division**
- **WING SAFETY**
 - **Winter Driving**
 - **Mishap Prevention**
- **OUTDOOR RECREATION**
 - **Winter Sports**
- **MEDICAL GROUP**
 - **Cold Emergencies**
 - **Obtaining Care**
- **Emergency Management**
 - **Blizzard Safety**
- **FIRE PREVENTION**
- **CIVIL ENGINEERING**
 - **Snow Priorities**
 - **Road Advisories**
- **Violence Prevention Integrator**



Mission - People - Safety



For your safety

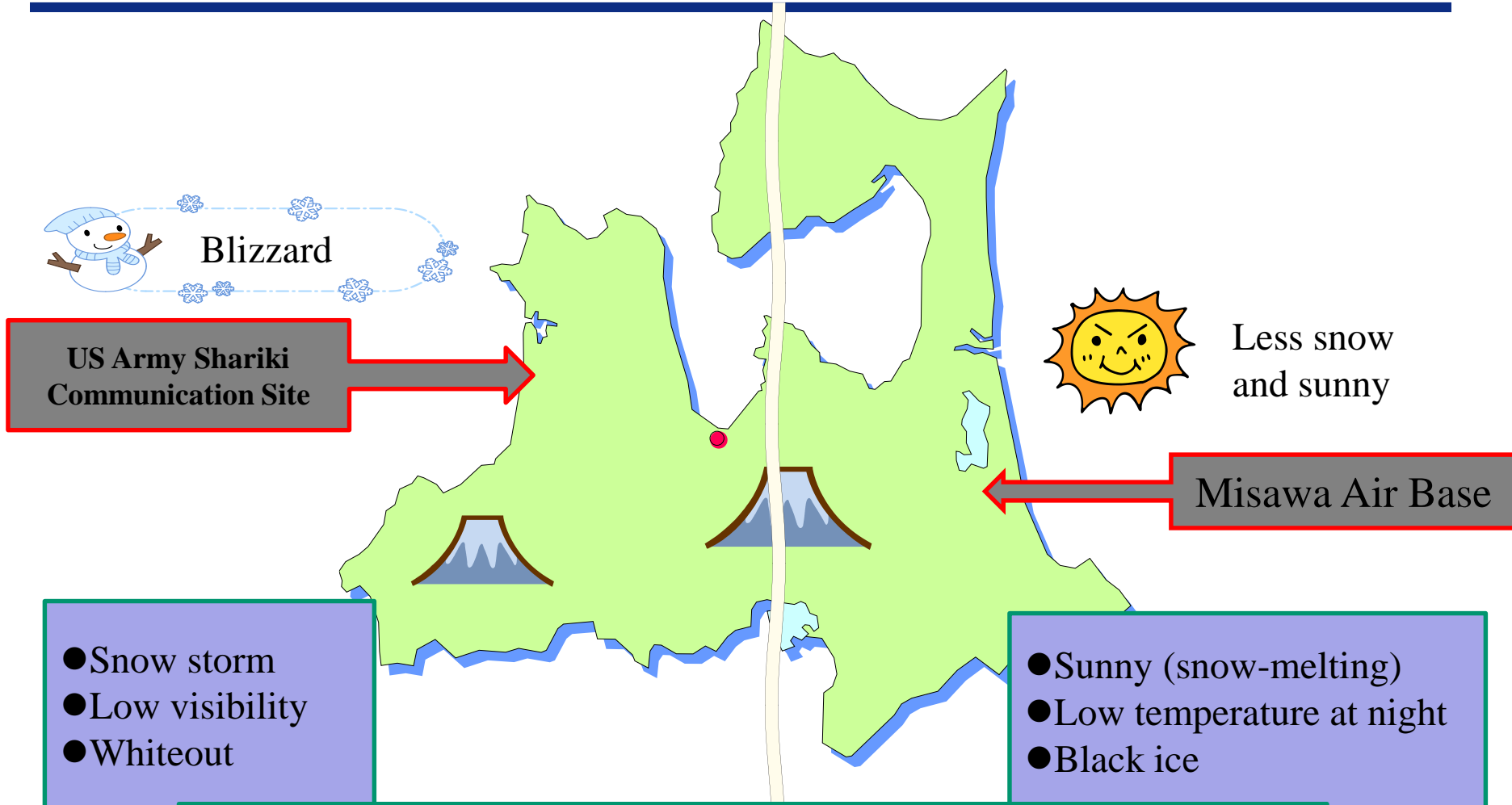


Aomori Prefectural Police
Misawa Police Station

Mission - People - Safety



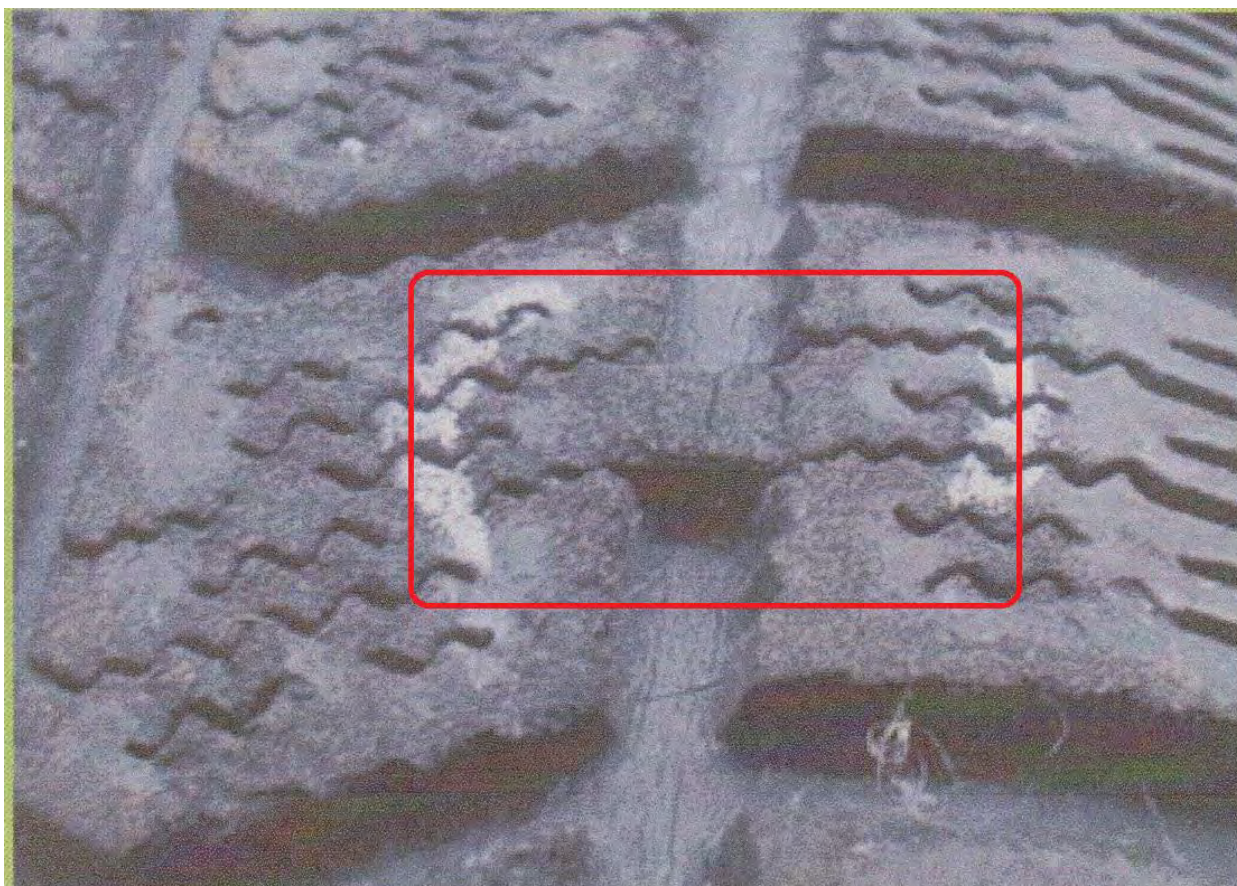
Two different types of weather in the prefecture



Always pay attention to the road condition



Check your winter tire before you travel



If platform appears to connect two blocks, then the tire is no longer good as a snow tire, but still can use as a summer tire.



Tips for Safe Driving in the Winter



Understanding winter roads

- Weather is subject to change without warning
- There are many frozen spots, especially near shades of trees and bridges
- Drifting snow impairs your ability to see
- Be cautious around tunnels.
Their entrance/exit tend to freeze.





Tips for Safe Driving in the Winter

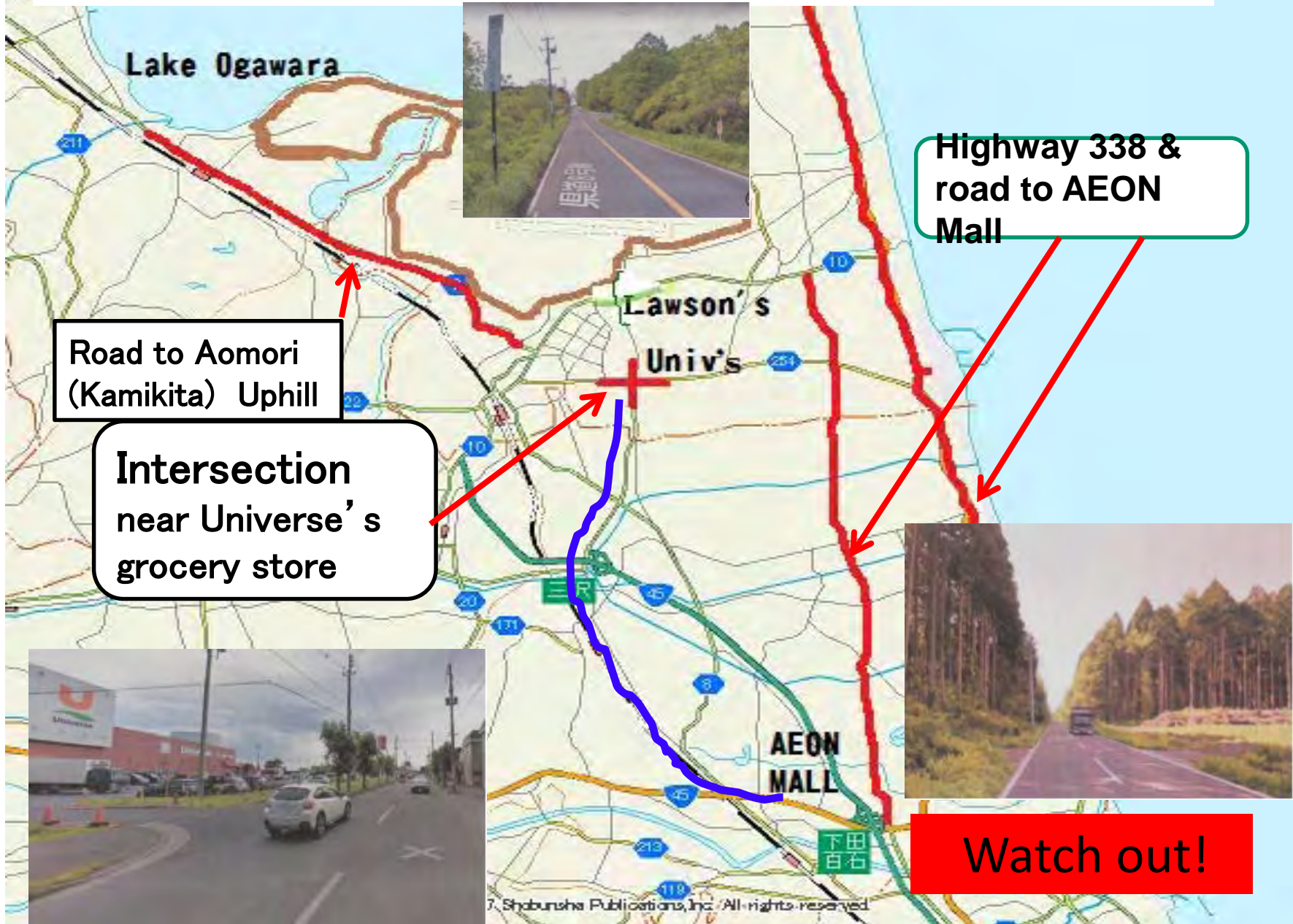


Driving on icy roads

- Do not quickly press the accelerator
- Turn lights on for better visibility
- Do not make sharp turns
- Always follow the rut
- Keep enough distance between each vehicle
- Reduce speed before approaching a curve
- Apply brakes slowly



Treacherous road around Misawa



Road to Aomori
(Kamikita) Uphill

Intersection
near Universe's
grocery store

Highway 338 &
road to AEON
Mall



Watch out!





Try to keep your High Beams on!



High Beams illuminates 100 meters away, low for 40 meters



Do NOT drink and drive!



■ What will you get with drunk driving?

Driver	Imprisonment up to 5 years or fine up to 1,000,000 JPY (approx 10,000 USD).
Vehicle provider	Imprisonment up to 5 years or fine less than 1,000,000 JPY (approx 10,000 USD).
Alcohol provider	Imprisonment up to 3 years or fine up to 500,000 JPY (approx 5,000 USD).
Fellow passenger	Imprisonment up to 3 years or fine up to 500,000 JPY (approx 5,000 USD).

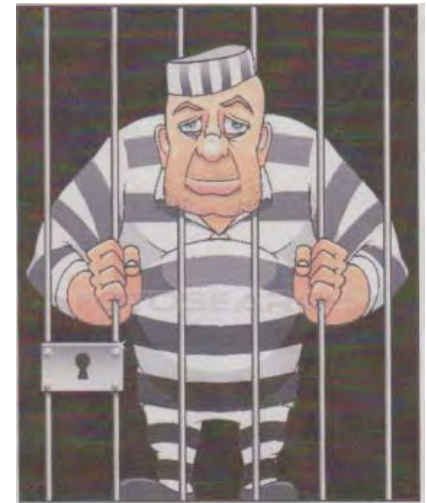
If you don't want be an accomplice, stop him from driving!



Just a moment!



- If you fail to make a report of your accident to the Japanese police, you will get less than three months imprisonment or fine less than 50,000yen(approx \$500)
- If your accident causes a death under the condition of drunk driving, drugs, high-speed, ignoring a traffic light or in other dangerous situations, you will get:



**Max 20 years of imprisonment
in Japan!**



35th Fighter Wing

Integrity - Service - Excellence

Wing Safety



U.S. AIR FORCE



Mission - People - Safety



Overview

- **Vehicle Readiness**
- **West Falcon Drive**
- **High Risk Activity Program**



Mission - People - Safety



Overview

- **Vehicle Readiness**
- **West Falcon Drive**
- **High Risk Activity Program**



Mission - People - Safety



Traction Devices

15 Nov – 31 Mar



Summer

All-Season

Snow





Clear Your Vehicle



Leave with enough time to clear:

- **Windows**
- **Mirrors**
- **Hood**
- **Trunk**
- **Roof**
- **Light lenses**
- **License plates**





Winter Car Kit

- Flashlight
- Flares or reflective triangle
- Small/collapsible shovel
- Money (yen)
- First aid supplies
- Basic tools
- Fully charged cell phone w/ emergency phone numbers
- Boots
- Hat
- Coat
- Gloves
- Jumper cables
- Sand or kitty litter for traction
- Ice scraper and brush
- Blanket/sleeping bag
- Water
- High energy food



Mission - People - Safety



Driving in School Zones



- **Reduce Speed!**
- **Allow extra stopping distance**
- **Be vigilant for children crossing crosswalks**
- **DO NOT pass school buses boarding or dropping off students**



Mission - People - Safety



Vehicle Accident Causes



- **Driving too fast for conditions**
- **Inattentive driving**
- **Following too close**
- **Unserviceable tires**



Mission - People - Safety



West Falcon Dr.



Mission - People - Safety



High-Risk Activities



A HRA worksheet (AF4391) is required for the activities listed below

[All-Terrain Vehicle \(ATV\)](#)

[Auto Racing](#)

[Bungee Jumping](#)

[Civil Light Aircraft Flying](#)

[Cliff Diving](#)

[Combative Sports](#)

[Free Diving/Extended Breath-Holding](#)

[Hunting](#)

[Jet Skiing/Personal Water Craft \(PWC\)](#)

[Motocross/Off-Road Riding](#)

[Motorcycle Racing \(Street/Track\)](#)

[Mountain Biking \(Trails Riding/Racing\)](#)

[Parasailing](#)

[Rock Climbing/Rappelling](#)

[Rodeo Activities](#)

[Scuba Diving](#)

[Ski Jumping \(Snow\)](#)

[Sky Diving](#)

[Snowmobiling](#)

[Snow Skiing/Snowboarding](#)

[Soaring](#)

[Ultralight Aircraft/Powered Parachute](#)

[Underwater Exploration/Cave Diving/Spelunking](#)

[Whitewater Rafting or Kayaking](#)

This listing above is not all inclusive for further information contact your Unit Safety Rep.



Check 3 GPS



CHECK 3 ... THREE SIMPLE AND QUICK QUESTIONS TO ASSESS ANY ACTIVITY



Do you have the right gear?

Do you have a good plan?

Do you have the right skills?



35th Fighter Wing

Integrity - Service - Excellence

Winter Awareness Briefing 2018



Mr. Ronald Stark
35 FSS Outdoor Recreation

U.S. AIR FORCE

Mission - People - Safety



Overview

- Getting the RIGHT GEAR
- Avalanche Awareness
- Rescues Cost BIG \$\$\$\$
- Pack some
COMMON SENSE!
- Survive and Enjoy!





Getting the Right Gear



Let's Review some Important Facts

- Winter's **COLD!**
- Winter's **WET!**
- Winter's **FUN**,
AWESOME,
EXCITING,
EXHILERATING

ONLY if you're WELL-PREPARED!



Getting the Right Gear

- Dress in Smart Layers
- AVOID Cotton (**NO JEANS!**)
- Don't Overdress
- Have Extra Essentials
 - Socks, Glove, Hats



Overdressed!



NO!



YES!



Getting the Right Gear



- **Dressing in Smart Layers**

Base Layer – This is next to your skin. Polypro, Thinsulate, Under Armor Extreme etc. Any fabric designed to wick moisture away from your skin is ideal.

Middle Layer – Something that traps air such as Fleece, Wool, Merino Wool, Down etc. This is the layer that keeps you warm.

Outer Layer – Wind & Waterproof is a MUST! This doesn't have to be thick and heavily insulated if you have good base and middle layers.



Getting the Right Gear

1



QUIZ Who's correctly dressed for fun on an Outdoor Rec Ski & Snowboarding Trip?

2



3





Getting the Right Gear

Helmets are HIGHLY RECOMMENDED!

- Helmets **SAVE LIVES**
- Helmets **REDUCE** the Severity of Injuries



Mission - People - Safety



Getting the Right Gear

This is NOT the time to think

“Hey! I should get a helmet!”



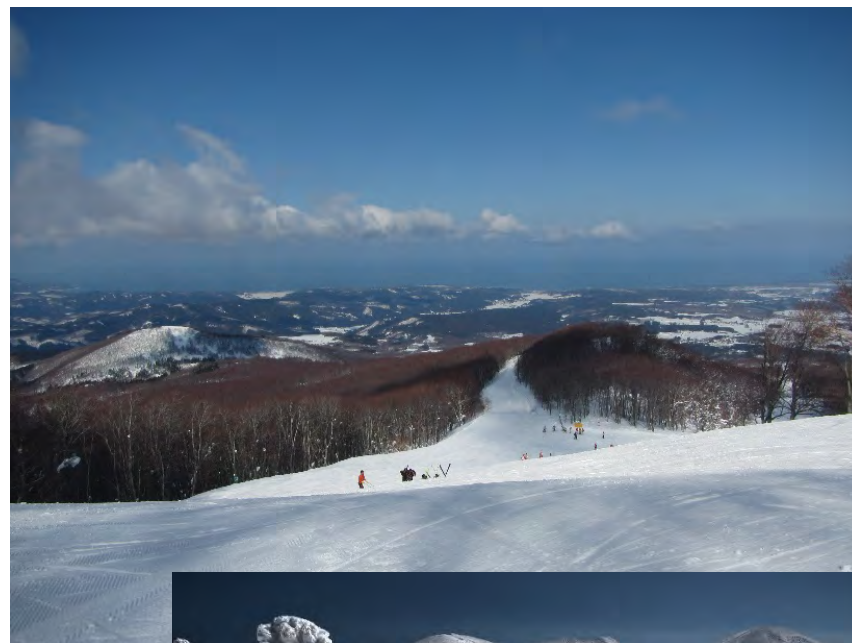


Getting the Right Gear



There's a BIG difference between these two locations

- At a resort help is usually **MINUTES** away
- In the backcountry help may take **HOURS** to arrive. You may even have to wait until the next day!





Getting the Right Gear

Pack to Survive

- Backpack
- First Aid Kit
- Snow Shovel
- Cell Phone
- Extra Warm Clothing
- Signal Mirror/Whistle
- Light / Headlamp
- Water / Sport Drink
- High-Energy Food
- Knife / Para-Cord
- Mylar (space) Blanket
- Snowshoes (*essential for backcountry survival!*)



Ask yourself “If something goes wrong today will I still be alive tomorrow?”



Avalanche Awareness



Going into the Backcountry?

Hakkoda Mountains?

*Out of Bounds ANYWHERE?
(Just don't do it !!!)*

Remember ...

Mission - People - Safety



Avalanches KILL!



2017 has been DEADLY!

- **February 20th** - A Navy civilian vanishes in an avalanche at Hakuba ski resort in Nagano Prefecture. He was in a dangerous backcountry area prone to avalanches. His body wasn't recovered until May when the snow melted.
- **Search efforts cost over \$60,000**





Avalanches KILL!



2017 has been DEADLY!

- **February 27th** - A New Zealander (*and experienced local guide*) is killed in an avalanche near Niseko in Hokkaido after ignoring danger signs to keep out of an off-limits area. Several members of his group were injured.
- **March 20th** - Seven Japanese high school students and 1 teacher killed in avalanche in Tochigi Prefecture. The teachers thought it was too late in the season for an avalanche – they were DEAD wrong!





Avalanches KILL!



A Little Closer to Home!

- Heavy snowfall!
- High winds!
- Avalanche warning issued but ignored!
- Guides
- were ill-prepared!
- Emergency crews
- took 4 hours to
- get there!

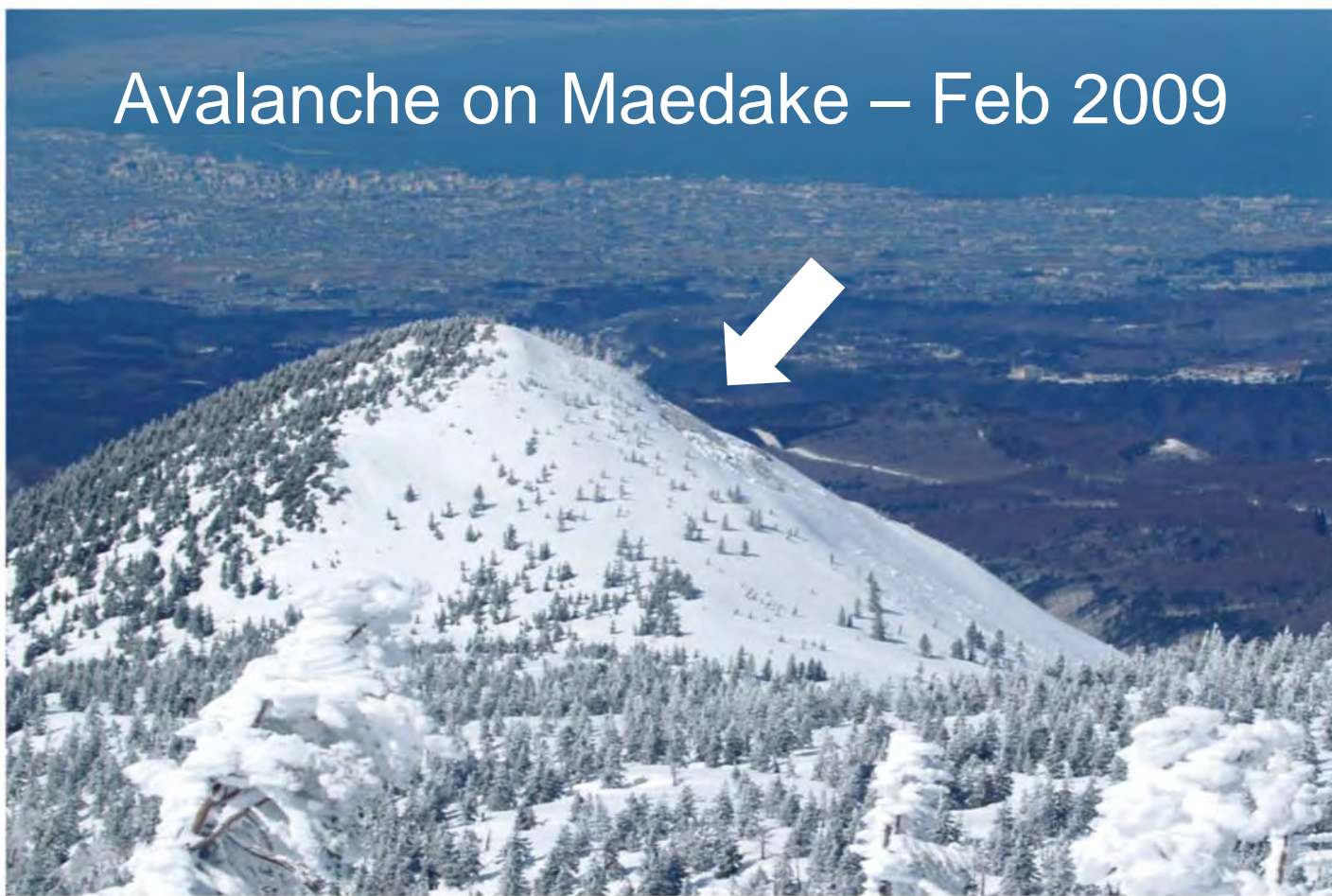


**15 Feb 2007 – 2 Japanese Skiers DEAD!
8 more critically injured in the Hakkoda Mountains!**



Avalanches KILL!

Avalanche on Maedake – Feb 2009



Mission - People - Safety



Rescues Cost BIG \$\$\$\$

Expect to pay
to be rescued!



Treerun Area Regulation

ツリーランエリアご利用

滑走にはヘルメットの着用が義務と
Wearing a helmet is obligatory

超 上級
advanced

We shall not be responsible for any loss, damages and troubles and accidents.

このエリア及びコース外は
救助有料
You will be charged a fee for rescue

携帯電話への登録をお願いします。
緊急連絡先 **0197-72-8848**
Emergency contact number
Please carry a fully charged mobile phone with an emergency contact number registered in it at all times when skiing.

スキースノーボードに伴う危険
スキー・スノーボードをする場合は次のような危険と出会う事があります。スキー場利用者はこれをよくわきまえ、注意深く行動するように努めます。
①積雪、霧、強風、積雪など、天候による危険
②崖、急斜面、凹凸などの地形による危険
③アイスバーン、新雪、クレバス、ツリーホール、雪崩など、雪や氷の状態による危険
④岩石、茂み、切り株、立木、露出した地表など、自然障害物による危険
⑤リフト支柱、索道設備などの人工障害物による危険
⑥他のスキー場利用者との接触衝突による危険
⑦スキー場利用者自身の失敗による危険
⑧その他、これらに類する危険

エリア端の目印

シューター Shooter 出口は第2ヘアリフト山頂駅 **CLOSE**

サミット Summit 出口はA4コース上部 **OPEN**
~14:00迄 (以降は、CLOSE)

ビーチ **OPEN**
~14:00迄 (以降は、CLOSE)

Costs can range from several hundred at a resort to thousands in the backcountry



Rescues Cost BIG \$\$\$\$



Niseko, Hokkaido

\$500 Backcountry Area (2 hours or less)

\$1000 Off-Limits Area (2 Hours or less)

Plus

\$20 per Rescue Personnel (per hour)

\$100 if Snow Cat is required (per hour)

\$30 if Snowmobile is required (per hour)

In 2016 the average rescue fee in Japan was \$4000. The highest was \$39,000.

Insurance is recommended. Make sure it covers those “here, hold my beer” moments (not all policies do!)





Pack Some Common Sense



- Have the proper training!
- Keep your equipment in good shape!
- Have the knowledge to stay safe!
(*weather, directions, emergency phone #'s etc.*)
- Have a plan and leave it with someone who isn't going!





Pack Some Common Sense



- Know your abilities and don't get yourself into a situation you can't handle!
- If you're a beginner stay on the beginner slopes! (and off the jumps!)
- Hakkoda is NOT a beginner area! Going there without experience and the right gear can KILL YOU!



Pack Some Common Sense

- Know your abilities!



Looks easy from here
doesn't it ?

Pack Some Common Sense

How about from
HERE ?



Don't be "That Guy"



Pack Some Common Sense



ALCOHOL & Snow Sports DON'T MIX!

**Shattered collar bone
resulting from
intoxicated snowboarding!**





Pack Some Common Sense



THIS is not how you want to end your day on the slopes!

Mission - People - Safety



Enjoy an Accident Free Winter



35th Fighter Wing

Integrity - Service - Excellence

Winter Awareness Briefing 2018



35 CES/CEX

U.S. AIR FORCE

Mission - People - Safety



Overview



- **Blizzards**
- **Types of blizzards**
- **What to do in a blizzard**



What is a Blizzard



- What makes a blizzard different than a snowstorm is that, unlike snowstorms, a blizzard must have high winds of at least 35mph, or 56 km/h.





Types of Blizzards



■ Snowstorm-Type Blizzard

- Heavy snow and below-freezing temperatures
- Reduces visibility to no more than 1,300 feet for extended periods of time

■ Ground Blizzard

- Do not dump any kind of significant snowfall
- High winds blow snow that has already fallen
- Three main types of ground blizzards
 - Horizontal advection
 - Vertical advection
 - Thermal-mechanical



What To Do



- Once you find yourself stuck in your car in a snowstorm, the best thing to do is stay put (unless you see a building nearby).
- Ensure that the exhaust on the car is clear of snow so you don't get carbon monoxide buildup in the car.
- Turn the car off. Turn it on every once in a while to heat it up, and then turn it back off to conserve gas.
- Check the tailpipe each time you turn the heater on.



What To Do



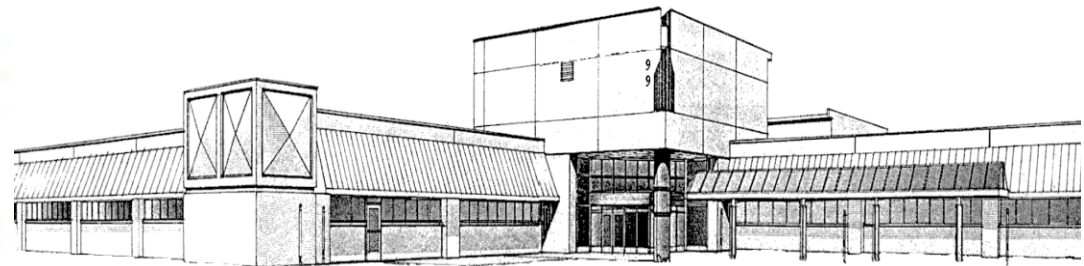
- **Exercises, just do a set of pushups or flutter kicks every once in a while to stay warm.**
- **stay hydrated, if you don't have water in the car you will need to melt snow. The more hydrated you are, the warmer you will be.**
- **Keep your seatbelt on, and put on your hazard lights or place roadside flares. Even if you're pulled over, people can still hit you.**
- **Keep in mind the colder the air temperature and the higher the wind speeds the colder it will feel on your skin if you're outside.**



35th Fighter Wing

Integrity - Service - Excellence

Winter Awareness Safety Briefing 2018



35 MDG

U.S. AIR FORCE

Mission - People - Safety



Cold Weather Injuries



- Frostbite
- Hypothermia
- Slips & Falls
- Influenza

Did You Know: A Typical Victim of a Cold Weather Injury is...

- Male***
- E-4 or below***
- Approximately 20 years old***
- From a warm climate***
- Less than 18 months time in service***
- Uses tobacco, alcohol or medications***





Cold Weather Injuries



- Tissue temp in cold wx regulated by two factors: external temp and internal heat flow
- Factors influencing cold injuries
 - Low ambient temp
 - Wind chill
 - Moisture
 - Dehydration
- Cold induced vasodilation
 - When hand or foot cooled to 59°F, maximal vasoconstriction/minimal blood flow
 - Cooling continues to 50°F, vasoconstriction interrupted by periods of vasodilation w/ increase in blood and heat flow
 - 5-10 minute cycles to provide some protection from cold



Cold Stress Equation



Low temperature + wind speed + wetness
= injuries & illness

- When the body is unable to warm itself, serious cold related illnesses and injuries may occur, and permanent tissue damage and death may result
- Hypothermia can occur when land temperatures are above freezing or water temperatures are below 98.6°F/37°C.
- Cold related illnesses can slowly overcome a person who has been chilled by low temperatures, brisk winds, or wet clothing.



Prevention



■ Shivering

- Increases internal heat production and helps offset of heat being lost
- Increased physical activity helps even more

■ Acclimation

- We don't acclimate to cold weather as well as hot weather
- We habituate...Proper training is crucial

■ Hydration

- Requirements just as important in the cold as they are in the heat

■ Caloric Requirements

- We expend more energy when cold and use more calories trying to keep warm
- Increase caloric input by 25-50%



Prevention



- **Prevent loss of heat**
 - Avoid prolonged exposure
 - Clean, dry clothing worn in loose layers
 - Prevent overheating
 - Material can make a difference
- **Don't drink alcohol/caffeine**
 - Causes vasodilation of blood vessels which leads to increased heat loss
- **Don't use nicotine**
 - Decreases blood flow to the skin and increases susceptibility to frost bite



Slips and Falls

Humans & Ice...Don't play well together

- STF's account for 20% of workers' compensation claims
- **Misawa's largest source of non-sports winter injuries**
- A joint injury occurs in 79% of falls
- Back injured in 66% of falls – usually sprains/strains
- Fractures occur in 10% of falls



Mission - People - Safety



Avoid the Ice!



Slips often happen with the first step out of your car. Hold the door handle.





Countermeasures



- Walk on textured surfaces, slowly and deliberately
- Watch your step – plan your path to avoid danger areas
- Don't let what you carry obstruct your view
- Dump the distractions
- Step flat-footed, *NOT* heel-first
- Shorten your stride & widen your turns
- Use handrails on exterior stairways & ramps
- Wear the right boots
- Ice Spikes or **Yaktrax** recommended
 - Remove while driving / indoors
- Beware of ice under the snow





35th Fighter Wing

Integrity - Service - Excellence

**Be safe and have fun but
Know Your Limits**



U.S. AIR FORCE



Mission - People - Safety



35th Fighter Wing

Integrity - Service - Excellence



Winter Safety

Fire Prevention Section
226-4055



U.S. AIR FORCE

Mission - People - Safety



Overview



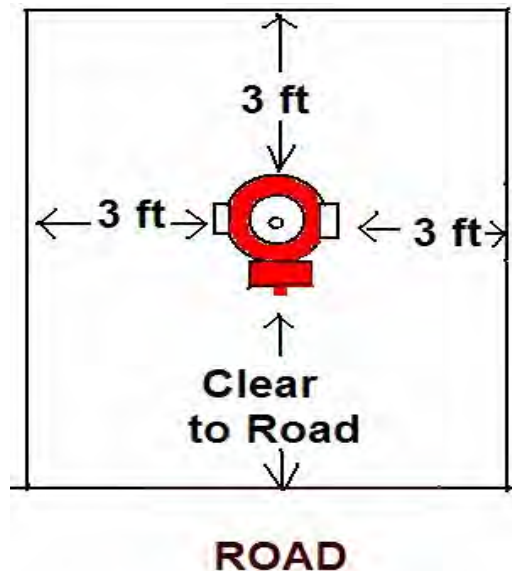
- **Hydrants and Fire Lanes**
- **Space Heaters**
- **Christmas Trees**
- **Turkey Fryers**
- **Emergency Numbers**



Hydrants and Fire Lanes



- **DO NOT** block/park in front of fire hydrants, fire department connections, or fire lanes.
- It is the responsibility of facility managers and housing residents to keep fire hydrants clear of snow.





Space Heaters

- **Kerosene heaters are prohibited in all facilities**
- **Must be UL/JIS listed**
- **Must have “Tip-Over” shut-off switch**
- **Never leave unattended/unplug when not in use**
- **No combustible material within 3 feet**



Holiday Decorations



- **Don't cover/conceal or obstruct access to:**
 - **Exit Doors**
 - **Exit Lights**
 - **Fire Alarm panels and pull stations**
 - **Standpipe/Hose cabinets**
 - **Fire Extinguishers**
 - **Exit aisle ways**
 - **Emergency lighting**



Christmas Trees

- Examine each string of lights for fraying/damage
- Plug directly into wall or surge protector
- Place wires where they will not become a tripping hazard
 - DO NOT place them under rugs**
- Ensure all light sockets have bulbs in them
- DO NOT use flammable decorations
- Use only UL/JIS listed decoration lights
- Turn off lights when you leave the house or prior to bed-
 - FW requirement – lights on only between 1800 and 2300 hours**
- NEVER use burning candles to decorate trees
- NEVER place near heat sources (space heaters, radiators, etc)



Turkey Fryers

- Follow ALL manufactures guidelines
 - **Turkeys must be thawed!**
- Outdoor use only, keep minimum of **10 ft** from buildings and trees
- **NO** fryers on Tower Balconies
- Never leave fryers unattended
- Keep an **ALL-PURPOSE** fire extinguisher nearby



Turkey Fryer Video



Turkey Fryer Video YouTube



Emergency Numbers



- In the case of an emergency call:
 - On Base DSN: **911**
 - From a cell phone: **0176-53-1911**
Recommend programming this number now
 - For Off-Base: **119**



Questions?

Fire Prevention Office
226-4055



Mission - People - Safety



35th Fighter Wing

Integrity - Service - Excellence

Winter Awareness Briefing 2018



**TSgt Daniel Ray
TSgt Kyle Torrey
35 CES/CEOHP**

U.S. AIR FORCE

Mission - People - Safety



Agenda



- General information**
- Areas of responsibilities**
- Snow removal priorities**
- Parking lot closures**
- Winter advisories**



General Information



24/7 S&IC Operations begin 19 November, 2018

**Stay Tuned to AFN, CAC, Weather Channel, Misawa
Connects App**

Off Base is not maintained

**Leaving Misawa for extended periods, please
park in Long-Term Parking**



Special Interest Clearing & Long-Term Parking



Mission - People - Safety



General Information



Housing Residents:

Ice Melt is purchased by residents

Available @ BX or off-base

Facility Managers:

Ice melt

Icicle poles

Available @ U-fix-it (Bldg 794)





U-Fix-It



Mission - People - Safety



Areas of Responsibility



Civil Engineers

Clear 85% of Base Roads, Parking Areas, Sidewalks and flight-line
(226-SNOW)

JASDF

JASDF Areas Streets, Parking Areas and Runway

Contracted

Towers, FSS Facilities, Schools, MSOC (226-3624)

Facility Managers

Sidewalks within 10 feet of facility

Housing Residents

Sidewalk in front of and leading up to residence

Fire Hydrants



USAF Snow Removal Priorities



Priority #1 - Flight line, Base Emergency
Access Routes and Main Streets

Priority #2 - Remainder of Airfield, Industrial
Areas & Primary MFH/Secondary Base
Roads

Priority #3 - Parking Lots & Secondary
Housing Roads.



USAF Snow Pile Identifier



**DO NOT PARK IN FRONT OF MULTI
COLORED POLES!**



Pay Attention to Signs



Dorm Signs



Temporary Signs



Comply With Policy



Mission - People - Safety



Winter Advisory



Do Not Shovel Snow Into Streets.

Do Not Stop on main roads to drop children off at Schools.

Do Not Park Illegally.

Do Not Tamper with Snow Poles.

Do Not Leave vehicles unattended in parking lots.

Do Not trail behind equipment (stay 100 feet back).



Winter Advisory



Do clear entry/exits 10 feet from Industrial Facilities

Do clear snow from around hydrants

Do clear Housing/Facilities sidewalks by 0800

BE RESPONSIBLE!

Mission - People - Safety

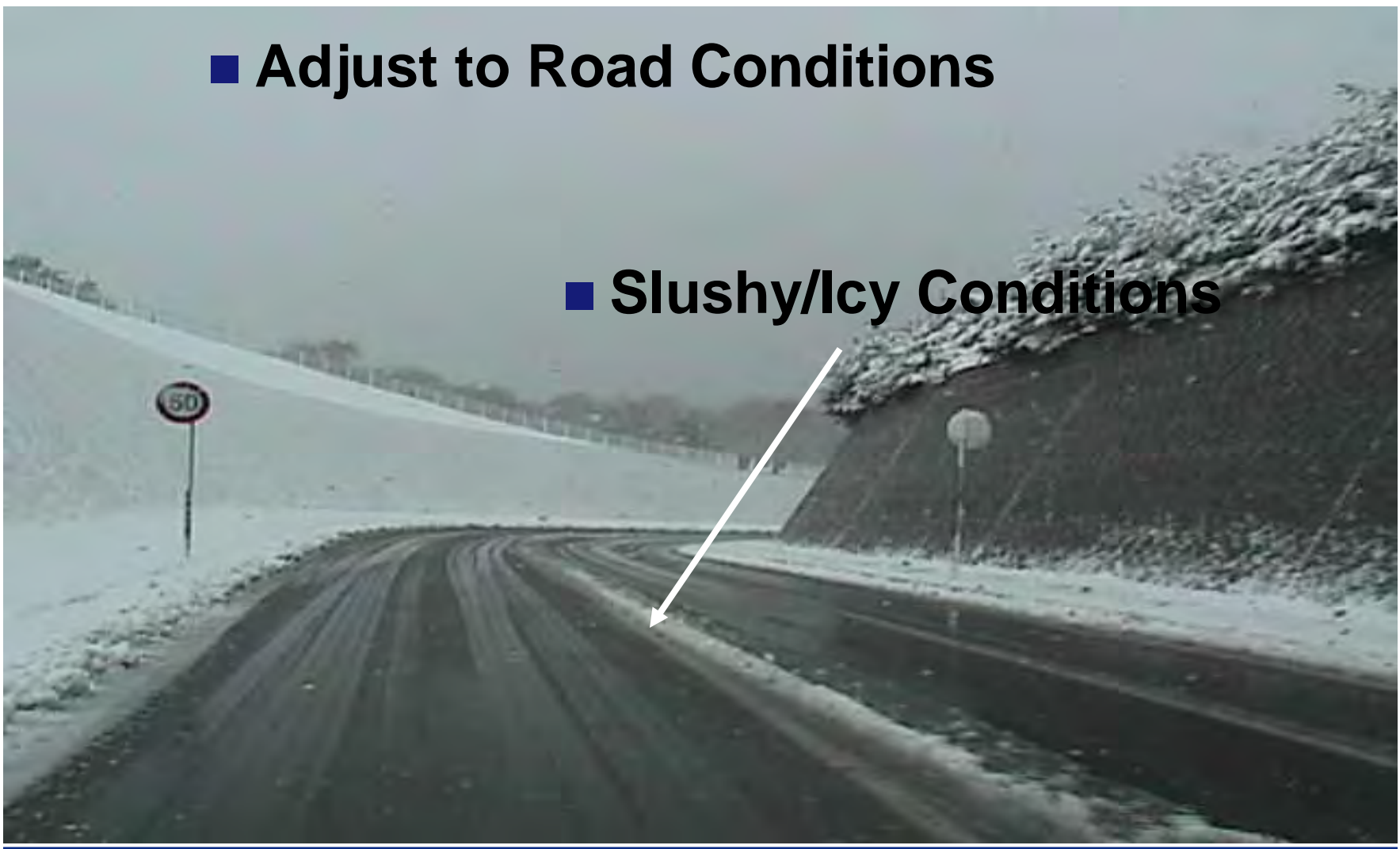


Winter Advisory



- Adjust to Road Conditions

- Slushy/Icy Conditions



Mission - People - Safety



Winter Advisory

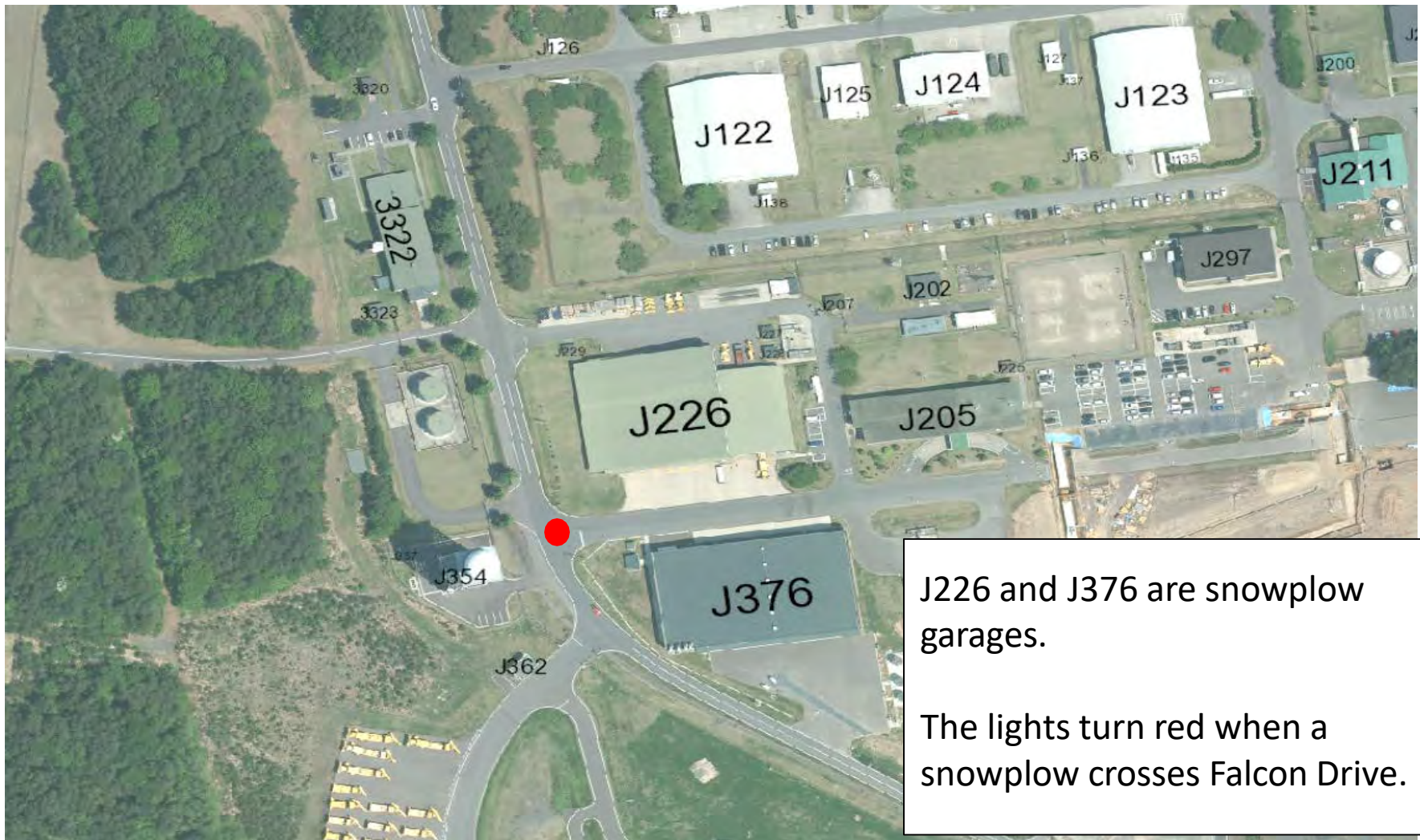


Adjust to Road Conditions

Mission - People - Safety



WATCH OUT ! JASDAF SNOWPLOW GARAGES



J226 and J376 are snowplow garages.

The lights turn red when a snowplow crosses Falcon Drive.



35th Fighter Wing

Integrity - Service - Excellence

Violence Prevention Integrator



Michelle Aldana
35 FW/CVP

U.S. AIR FORCE

Mission - People - Safety



Violence Prevention Integrator



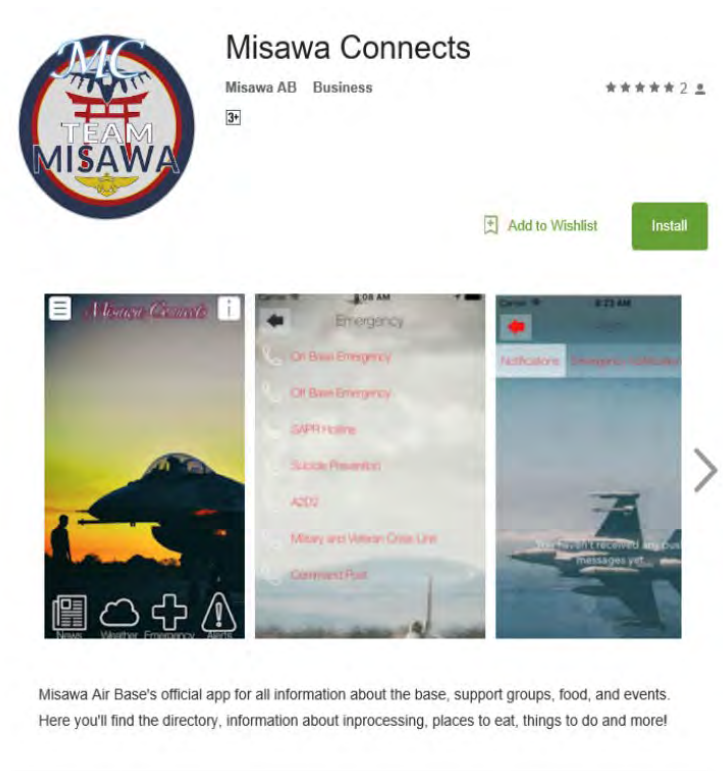
- Incidents of interpersonal and self directed violence statistically increases during the winter months.
- Take care of yourself, and those around you!
- Connect with others, social organizations, and helping agencies.
 - BHOP: 226-6372
 - Chapel: 226-4630
 - Domestic Abuse Victim Advocate: 080-9158-8735 24/7
 - Family Advocacy: 226-2123
 - Mental Health: 226-3230
 - MFLC: 226-2147
 - Sexual Assault Prevention & Response: 226-SAPR(7277) OR 226-7277
 - Suicide Prevention Lifeline: 94-800-273-TALK (8225) or DSN 118



VPI



■ Please download the Misawa Connects App in GooglePlay or Apple App store





Final Thoughts

- **Defensive Driving--Assume slick roads**
- **Give yourself plenty of time**
- **Make smart decisions**
- **Apply Risk Management**

