

ROBINS REV-UP

MAY 19, 2017

SUCCESS HERE = SUCCESS THERE!



Building for the future

Red Horse construction to enhance 5th MOB training

ROBINS REV-UP

SUCCESS HERE = SUCCESS THERE!



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BE PROACTIVE

Across AFMC, military and civilian employees continue to embrace the command's culture and message of encouraging proactive bystander behaviors.

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CELEBRATING DIVERSITY

May is Asian American Pacific Islander Heritage Month. This week we look at some of the special people who helped shape American history.

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'I NEED A NAP'

Optimizing performance with fatigue management.

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ON THE COVER

Staff Sgt. Francis Simmon, 555th RED HORSE Structures, uses a leveling tool to ensure cinderblocks have been placed properly. The unit is at Robins to build training structures for the 5th Combat Communications Group. See more on Pages 3-5. (U.S. Air Force photo/TECH. SGT. KELLY GOONAN)

COMMANDER'S ACTION LINE

ROBINS.ACTIONLINE@US.AF.MIL DSN 468-2886

The Commanders Action Line is an open-door program for Team Robins personnel to give kudos, ask questions or suggest ways to make Robins a better place to live, learn, work and play. The most efficient and effective way to resolve a problem or complaint is to directly contact the responsible organization.

That gives the organization a chance to help you, as well as a chance to improve its processes. If you do contact the Commanders Action Line, please fully explain whom it is you want to recognize and why, what you have a question about, or your suggestion. Discourteous or disrespectful **submissions will not be processed.** Commander's Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up.

78th Comm Group First Response Center – 478-926-4357 or DSN 468-4357

78th Civil Engineer Service Call Desk – 478-327-7447 or DSN 497-7447

78th Force Support Squadron CC– 478-926-5023 or DSN 468-5023

78th Medical Group Patient Advocate – 478-327-8475 or DSN 497-8475

78th ABW Safety Office — 478-926-6271 or DSN 468-6271

78th Security Forces Squadron CC – 478-926-3212 or DSN 468-3212

Civilian Personnel Customer Service – 478-222-0601 or DSN 472-0601

Comptroller Front Office – 478-926-4462 or DNS 468-4462

Family Housing – 478-926-3776 or DSN 468-3776

Equal Opportunity – 478-926-2131 or DSN 468-2131

Household Goods – 478-222-0114 or DSN 472-0114

Inspector General Complaints – 478-222-0818 or DSN 472-0818

Inspector General Inspections – 478-327-5523 or DSN 497-5523

Sexual Assault Response Coordinator (SARC) – 478-327-7272 or DSN 497-7272

Vehicle Dispatch (Transportation) – 478-926-3493 or DSN 468-3493

SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication. They should be emailed to 78abw.pa.office@us.af.mil

Submissions should be of broad interest to the base populace. For information, call 478-926-2137.

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Building for the **FUTURE**

RED HORSE ENHANCES 5th MOB Training Area





By TECH. SGT. KELLY GOONAN
Robins Public Affairs

Air Force Reserve Rapid Engineer Deployable Heavy Operational Repair Squadron Engineers, RED HORSE, units have been tasked to build five buildings for the 5th Combat Communication Group's Combat Readiness School.

These new structures will provide the school with the ability to demonstrate, instruct and correct students as they conduct military operations in urban terrain, commonly referred to as MOUT, training.

MOUT facilities replicate urban environments similar to what may be encountered in deployed locations.

"It's great for us to be able to partner with the reserve RED HORSE units, because it provides them with hands on training critical to their proficiency and provides us with reliable and functional assets needed for our course curriculum," said Tech. Sgt. Ryan Petersen, CRS non-commissioned officer in charge. "The structures are critical to providing the most accurate training scenarios possible."

Several reserve units, including the 556th RED HORSE at Hurlburt Field, Fla., 555th RED HORSE at Nellis Air Force Base, Nev., and 567th Seymour-Johnson Air Force Base, N.C., will work on the project. The construction provides practical training opportunities that are not always available at their home stations.

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"This is a troop training project," Master Sgt. Joseph Gillo, 555th Project Manager, explained. "This is instrumental for contingency training and future deployments."

CRS is a two week, AETC Certified, pre-deployment training course with a curriculum that includes hands on training in individual and unit combat tactics; self-aid and buddy care; land navigation; convoy operations and vehicle rollover egress procedures.

The course culminates with a three-day, realistic scenario, aimed to provide Airmen an accurate depiction at prospective deployment environments. The course does pre-deployment training not only for the 5th Combat Communications Group but also the Air Force at large, ensuring deploying Airmen are fully trained to operate downrange.

The project is expected to be completed in August.



BE PROACTIVE

AFMC's Wingman Intervention Program in line with Green Dot philosophy

WRIGHT-PATTERSON AIR FORCE BASE, Ohio -- Across Air Force Materiel Command, military and civilian employees continue to embrace the command's culture and message of encouraging proactive bystander behaviors which emphasize intervening when others need assistance.

The primary philosophy of the Green Dot program, implemented across the Air Force, is to encourage everyone to be comfortable stepping up and stepping in to help prevent potentially violent situations as well as intervening when needed, to help others.

"In AFMC, and across the Air Force, we want our members to implement the three 'Ds' of the Green Dot philosophy, Carmen Schott, Headquarters AFMC Primary Prevention of Violence Program manager, said. Airmen are encouraged to either direct, delegate or distract when a situation that needs some type of intervention is noticed."

There are different levels of awareness and comfort identified in the Green Dot program. Not everyone will react to situations the same way.

Directing

Directing is confronting a situation head on and asking if help is needed, followed by rolling up the sleeves and getting involved.

While driving home from work, an Airman exercised the directing philosophy of Green Dot when he witnessed an automobile hit and run and immediately provided aid. He stayed with the victim until law enforcement arrived and gave a statement.

Delegating

A recent example of successful use of the delegating philosophy was employed by a civilian supervisor who did a welfare check on her employee released from the hospital following a serious health crisis. As a supervisor wingman she phoned the employee at home and during the conversation realized the employee sounded strange and was having trouble getting her words out.

The supervisor promptly phoned the employee's significant other, who was traveling. She also called 911. According to the employee, she experienced a mini stroke while on the phone with the supervisor and was hospitalized. Concern for her employee resulted in the supervisor's direct intervention.

Distracting

If it is difficult to direct or delegate during an occurrence, a distraction could break or pause an event long enough to stop a situation. For example, an action as simple as deliberately spilling a drink could break up a fight in the dorm. Distractions potentially change the dynamics of the event.

"We are proud to have so many wonderful individuals in our command who are true wingmen, exercising the Green Dot philosophy by constantly looking out for the welfare of those around them," said Schott.



Celebrating Diversity

ROBINS PUBLIC AFFAIRS

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ach year, Asian American Pacific Islander Heritage Month recognizes the challenges faced by Asian Americans, Pacific Islanders, and Native Hawaiians and their vital contributions to the American story.

And, each year, we highlight some of the history makers during the month of May.

BRIG. GEN. VIET XUAN LUONG

Brig. Gen. Viet Xuan Luong achieved the rank of brigadier general, Aug. 8, 2014, at Fort Hood, Texas. Luong emigrated from Vietnam with his family to the United States in 1975 as a political refugee. He came to the U.S. as part of Operation Frequent Wind, a mission to help rescue Vietnamese citizens from the country during the final days of the Vietnam War. Luong's nearly 27-year military career stemmed from his experience on the deck of the USS Hancock when he was a boy leaving Vietnam. Almost 40 years later, family and friends watched as he became the first Vietnamese-born general flag officer during a ceremony on Cooper Field at Fort Hood, Texas, Aug. 8, 2014.

ELLISON ONIZUKA

Perhaps the most well-known Air Force member of Asian-Pacific Islander ancestry is Ellison Onizuka. Born in 1946 in Hawaii, he entered the Air Force in January 1970 and flew a variety of aircraft, eventually logging more than 1,700 flying hours. In January 1978, he became an astronaut candidate for NASA. Onizuka flew his first space shuttle mission

aboard the Discovery in January 1985. He was a mission specialist aboard the orbiter Challenger when it exploded a little over one minute after launch from the Kennedy Space Center, Florida, on Jan. 28, 1986. Congress posthumously promoted him to colonel, and the Air Force renamed Sunnyvale Air Force Station, California, after Onizuka on Jan. 26, 1994. The Air Force officially closed the installation in September 2011.

GEN. ERIC SHINSEKI

Asian American and Pacific Islanders have been serving honorably in the United States Military, since the War of 1812. The highest ranked AAPI in the military was Eric Shinseki, who was a four-star general and the Army Chief of Staff.

407TH AIR SERVICE SQUADRON AND 987TH SIGNAL COMPANY

The 407th Air Service Squadron and the 987th Signal Company consisted of Chinese Americans drafted into World War II. They served in the all-Chinese American unit supporting the 14th Air Force's famed Flying Tigers. The fighter squadrons, flying shark-faced P-40s, defended China against Japanese forces.

THE WOMEN'S ARMY CORPS

The Women's Army Corps was officially converted from an auxiliary group (the Women's Auxiliary Army Corps) to a military organization with full Army status on July 1, 1943. Although recruitment of Japanese American women began in March of 1943, they were not inducted until September 1943 when the exclusionary policy against them was lifted.

MAGGIE GEE and HAZEL YING LEE

Maggie Gee and Hazel Ying Lee were one of the first two Chinese Americans in the Women Airforce Service Pilots. (WASP).

— Compiled by Holly Logan-Arrington





Asian & Pacific Islander BBQ

Please come join us and celebrate cultural diversity

May 24, 2017

Museum of Aviation

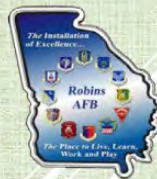
1100 - 1400

FREE!!! Donations welcome

Delicious Food Sample Entertainment

Open to military, civilians, and local community

Event POC: MSgt Charletia Johnson 478-201-4111



PERSPECTIVE

Leading through Change



'Victory smiles upon those who anticipate the change in the character of war, not upon those who wait to adapt themselves after the changes occur.'

-- **Giulio Douhet**



'The only thing harder than getting a new idea into the military mind is to get an old one out.'

-- **B. H. Liddell Hart**

By LT. COL. ROBERT SMITH

12th Airborne Command & Control Squadron

As my time leading the daily operations of a combat flying squadron is coming to a close, I look back with awe upon the amazing accomplishments Airmen can produce.

You see I was fortunate.

Over the past 12-months, the opportunity to lead as Director of Operations for two squadrons, both in-combat and in-garrison, provided valuable insight into the challenges that organizations (squadrons) and the leaders within them, must adapt to in an ever-changing environment, in order to ensure mission success.

The eloquent statements above by Douhet and Liddell Hart elucidate two constant truths that leaders within the profession of arms must routinely address: Identifying the need for change within an organization and providing the commensurate level of leadership to communicate that need to both superiors and subordinates.

In classic Physics, inertia can be described as a physical object's resistance to change in speed or direction, unless that object is changed by an external force. In the context of organizational inertia, two facts serve as rival tensions in the development of change. The first is that change is the only true constant.

The second is that organizations habitually reject this certainty in the belief that the status quo is perpetual and necessary.

Bill Gates once famously stated that "success is a lousy teacher. It seduces smart people into thinking they can't lose."

After many successes, today, our nation is at the doorstep of a new set of challenges we haven't seen in years.

Whether you consider China's fait accompli, perpetuating a peaceful narrative whilst masking tactical military actions in the East and South

China Seas, recent Russian border incursions and posturing, or the rise of threats like ISIS, one thing stands out.

The solutions to these challenges aren't easy. The solutions are found in innovation.

Innovation is the bridge between change and creativity. Innovation **challenges the status quo. Innovation sparks new ideas. Innovation's favorite question is "why are we doing this?"**

In order to foster the innovation required to promote change in an organization, the following suggestions have benefited me well:

Have patience. Effective change within organizations cannot be forced and therefore must be given the adequate space and time to take hold. External pressures will undoubtedly challenge these time considerations.

Encourage Airmen to take professional risks within the bounds of safety, order, and discipline. As my current boss, Lt. Col. Nelson **"Bigfoot" Rouleau would say, "Make the irrational rational."**

Promote innovative thinking. Embrace education and youth as a means to understand and foster that innovation. Diversity of thought overcomes stagnated ideas; many of those challenged ideas should be your own.

Resist the cliché that military services prepare to fight the last war. Understand that military success over time constrains the victor rather than provides freedom due to complacency.

In closing, leading through change demands constant pressure over time to foster an environment that awards new ideas, promotes calculated risk taking, all while rejecting the status quo.

Pressing the boundaries to break the cycle of organizational inertia **is a leader's charter. One in which I hope to continually improve on.**



'I need a nap'

Optimizing Performance and Safety with Fatigue Management

By STUART BAPTIES

Robins Health Promotions Office

Fatigue for the Air Force is defined as “the state of tiredness associated with long hours of work, prolonged periods without sleep, physiologic stressors of the flight environment or the requirement to work at times that are out of sync with the body’s biological, or circadian, rhythms.

During the past decade, workplace mishaps, along with auto, rail and air accidents, have dramatically increased the focus on the dangers of fatigue.

Fatigue has become a growing concern in the Department of Defense as sustained and continuous operations, along with global deployments are stretching the ability of our forces to meet growing mission demands.

Human fatigue is known to be a significant contributor to Air Force mishaps and incidents as well as off-duty accidents.

Ensuring everyone gets the proper amount of sleep has become a huge challenge.

As we increasingly strive to do more with less, the problem will only get worse without the proper safeguards and attention. For the military environment the root of the problem boils down to two main issues:

Sleep loss stemming from extended duty periods and restricted sleep opportunities or body clock disturbances that result from jet lag and shift lag.

So what's the solution? After years of study, it's become clear that the only real answers are to understand the nature of sleep and fatigue, and implementing scientifically proven countermeasures.

We have to remember that people are our most important and valuable resource. Airmen are an integral part of all weapons systems and require the same type of life cycle support and maintenance that can only be accomplished with optimal sleep, nutrition and physical activity. **So let's explain why sleep is so important for us to be at our best.**

Sleep is important for optimal performance and good health

It plays a vital role in good health and well-being throughout our lives. By getting enough quality sleep at the right times we can help protect our mental health, physical health, quality of life, and safety. The way we feel while awake greatly depends on what happens

while sleeping because during sleep the body is working to support healthy brain function and maintain physical health.

Just consider the damage that can occur from sleep deficiency. It can occur in an instant (such as a car crash or on the job accident from inattentiveness) or it can harm you over time by raising your risk for chronic health problems. Sleep deficiency affects how well you think, react, work, learn, and get along with others. The following information is a synopsis from the National Heart and Lung Institute and the Center for Disease Control and Prevention discussing why we shouldn't take sleep lightly.

Sleep is important for healthy brain function and emotional well-being

While you're sleeping, your brain is preparing for the next day by forming new pathways to help you learn and remember information. Basically, sleep helps your brain work properly.

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A good night's sleep improves learning. Whether you're learning math or how to drive a car, sleep helps enhance your learning and problem-solving skills. It helps you pay attention, make decisions and be creative.

Sleep deficiency alters activity in some parts of the brain. If you're sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior and coping with change.

Sleep deficiency has also been linked to depression, suicide, and risky behavior. Children and teens who are sleep deficient may have problems getting along with others and may feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation. They also may have problems paying attention, and they may get lower grades and feel stressed.

Physical Health

Sleep also plays an important role in your physical health. Proper sleep is involved in healing and repairing your heart and blood vessels and ongoing sleep problems are linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes and stroke.

Sleep deficiency also increases the risk of obesity. Studies have shown that with each hour of sleep lost, the odds of becoming obese go up. It helps maintain a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin). When you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down making you feel hungrier than when you're well-rested.

Sleep also affects how your body reacts to insulin, the hormone that controls your blood glucose (sugar) level. Sleep deficiency can result in higher than normal blood sugar levels, which may increase your risk for diabetes.

Sleep supports healthy growth and development when deep sleep triggers the body to release the hormone that promotes normal growth in children and teens, boosts muscle mass and helps repair cells and tissues.

Even your immune system relies on sleep in order to defend your body against foreign or harmful substances. Ongoing sleep deficiency can change the way your immune system responds, and you may have trouble fighting common infections.

Daytime Performance and Safety

Getting enough quality sleep at the right times helps you function well throughout the day while people who are sleep deficient are less productive at work and school even when they are there. They take longer to finish tasks, have slower reaction times and make more mistakes.

After several nights of losing sleep — even a loss of just one to two hours a night — your ability to function suffers as if you haven't slept at all for a day or two. Lack of sleep also may lead to microsleep, brief moments of sleep that occur when you're normally awake. **You can't control microsleep, and you probably aren't even aware of it.**

Have you ever driven somewhere and then not remembered part of the trip? If so, you may have experienced microsleep.

Even if you're not driving, microsleep can affect how you function. If you're listening to a speaker at a meeting, you might miss some information or feel like you

don't understand the point. In reality, you may have slept through part of the lecture and not been aware.

How Much Sleep Is Enough?

The amount of sleep you need each day will change over the course of your life. Although sleep needs vary from person to person, the chart below from the National Heart and Lung Institute shows general recommendations for different age groups.

Routinely losing sleep or choosing to sleep less

Age	Recommended Amount of Sleep
Newborns	16–18 hours a day
Preschool-aged children	11–12 hours a day
School-aged children	At least 10 hours a day
Teens	9–10 hours a day
Adults (including the elderly)	7–8 hours a day

than needed adds up and becomes your sleep debt. For example, if you lose 2 hours of sleep each night, you'll have a sleep debt of 14 hours after a week.

Some people nap as a way to deal with sleepiness but, while naps can provide a short-term boost in alertness and performance, it doesn't provide all of the other **benefits of regular sleep so it's hard to really make up** for lost sleep. Some people sleep more on their days off than on work days which may be a sign that you aren't getting enough sleep and although extra sleep on days off might help you feel better, it can upset your body's sleep-wake rhythm.

Sleeping when your body is ready to sleep is very important and sleep deficiency can affect people even when they sleep the total number of hours recommended for their age group. For example, people whose sleep is out of sync with their body clocks (such as shift workers) or routinely interrupted (such as caregivers or emergency responders) might need to pay special attention to their sleep needs.

There is a common misconception or myth that people can learn to get by on little sleep (such as less than six hours a night) without adverse effects but more than one third of all adults report daytime sleepiness so severe that it interferes with work, driving, and social activities at least a few days a month because they sleep less than seven hours a night. The U.S. Department of Health and Human Services lists these other Top 10 Sleep Myths associated with sleep:

TOP 10 SLEEP MYTHS

Myth 1: Your body and brain shut down during sleep for rest and relaxation.

There is no evidence showing that any major organ, including the brain or regulatory system in the body shuts down during sleep. Some Physiological processes actually become more active. For example, secretion of certain hormones is boosted, and activity of the pathways in the brain linked to learning and memory increases.

Myth 2: Getting just an hour or two less sleep per night won't effect daytime functioning.

The lack of sleep may not make you noticeably sleepy during the day; however, even slightly less sleep can affect your ability to think properly and respond quickly. It can also impair your cardiovascular health and energy balance and

your body's ability to fight infections. If you consistently don't get enough sleep, a sleep debt builds up that can never be repaid.

Myth 3: Your body adjusts quickly to different sleep schedules.

Your biological clock makes you most alert during the daytime and least alert at night. So even if you work the night shift, you'll naturally feel sleepier when nighttime comes. Most people can reset their biological clocks; however, it can take more than a week to adjust to a substantial change in your sleep-wake cycle.

Myth 4: People need less sleep as they age.

Older people don't need less sleep, but they may get less sleep or find their sleep less refreshing. That's because as people age, the quality of their sleep changes. Older people are more likely to have insomnia or other medical conditions that disrupt their sleep and should be discussed with their physician.

Myth 5: Extra sleep for one night can cure you of problems with excessive daytime fatigue:

Not only is the quantity of sleep important, but so also is the quality of sleep. Some people sleep 8 or 9 hours a night but don't feel well rested when they wake up because the quality of sleep was poor. There are a number of sleep disorders and other medical conditions that affect the quality of sleep and sleeping more won't lessen the daytime sleepiness that these disorders or conditions cause. The good news is that many of these can be treated effectively with changes in behavior or with medical therapies so talk to your doctor if you fall into this category.

Myth 6: You can make up for lost sleep during the week by sleeping more on weekends.

Although this will make you feel more rested, it will not completely make up for your lack of sleep or correct your sleep debt. It will also not necessarily make up for impaired performance during the week or the physical problems that can result from not getting enough sleep. Also sleeping later on the weekends can affect your biological clock making it harder to go to sleep at the normal time on Sunday night and getting up on time on Monday mornings.

Myth 7: Naps are a waste of time.

It's true that naps are no substitute for a good night's sleep, but they can be restorative and help counter some of the effects of not getting enough sleep at night. And they can actually help you learn to do certain tasks quicker. Make sure you avoid taking naps later than 3 p.m., as late naps can make it harder to fall asleep when you go to bed. Limit naps to 20 minutes because longer naps make it harder to wake up.

Myth 8: Snoring is a normal part of sleep.

While snoring during the day is common, evidence is growing that snoring on a regular basis can make you sleepy during the day and increase your risk for diabetes and heart disease. Loud, frequent snoring could be a sign of sleep apnea, a disorder that should be evaluated and treated.

Myth 9: Children who don't get enough sleep at night will show signs of sleepiness during the day.

Unlike adults, children who don't get enough sleep at night typically become hyperactive, irritable, and inattentive during the day. They also have increased risk of injury, more behavior problems and their growth rate may be impaired.

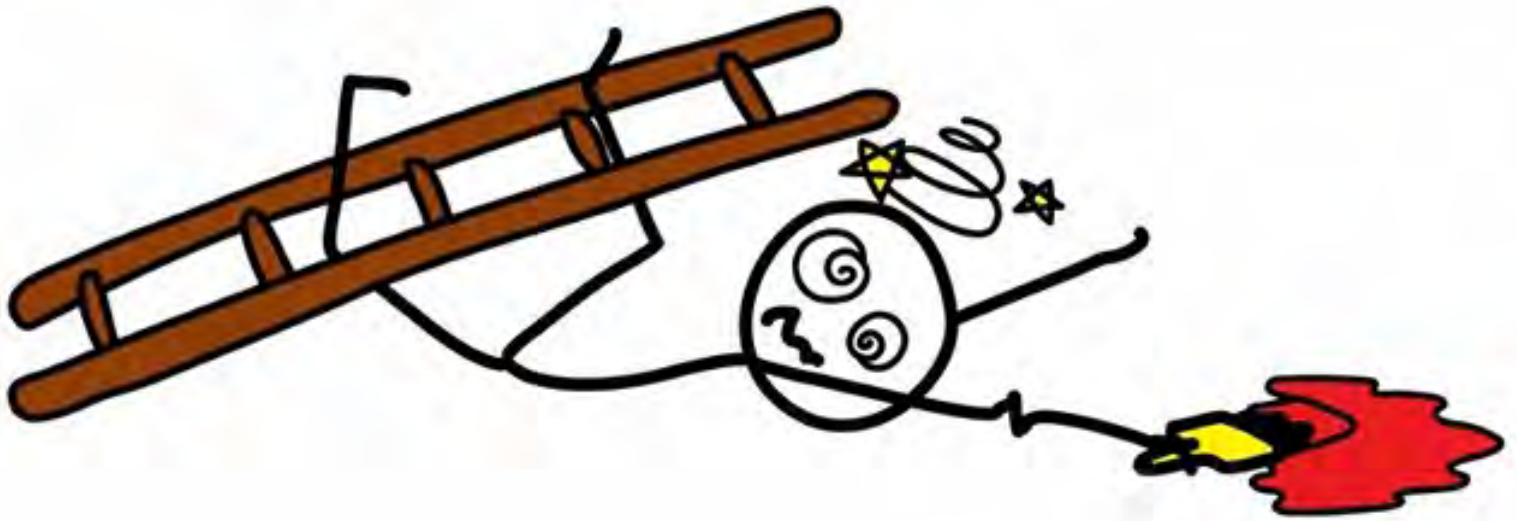
Sleep debt appears to be quite common during childhood and may be misdiagnosed as attention-deficit hyperactivity disorder.

Myth 10: The main cause of insomnia is worry.

While it's true that worry or stress can cause short bouts of insomnia, a persistent inability to fall asleep or stay asleep at night can be caused by a number of factors. Certain medications and sleep disorders can keep you up at night and more common causes of insomnia are depression, anxiety disorders, asthma, arthritis and other medical conditions with symptoms that tend to be troublesome at night.

Fall Protection

Safety Focus



The Team Robins Quest for Zero Fall Protection Focus is to raise awareness of fall hazards and prevent fall-related mishaps. The week is designed to focus on activities accomplished on- and off-duty at levels above ground and on the ground.

The Fall Protection Focus draws attention to avoidable mishaps due to falls and reminds Team Robins and their family members what they can do to avoid fall-related injuries.

Information will be provided in a range of outlets throughout the week.

During this focus week, every individual or unit should take some time to review fall hazards in their workplace and at home. The main cause of these mishaps is personnel not being

aware of their surroundings.

Situational awareness must be a priority for all personnel at Robins, and we must continually increase our efforts to promote a base-wide culture where safety is an integral part of everything we do.

Commanders, directors, civilian leaders and supervisors set the safety attitude within their units and work centers by ensuring their personnel know the expectations when it comes to safety on and off the job. Supervisors, in particular, need to know and understand they are accountable for the overall safety within their work centers.

During the Fall Protection Focus week, we have provided various training materials for your use to enhance your safety and

health program.

We strongly encourage you to use these training materials during your work center safety meetings and briefings. Information can be found at the link below on the [Team Robins Safety SharePoint Site](#).

Editor's note: As part of this week's focus, the 78th Air Base Wing Safety Office requests each unit submit the number of personnel trained to the 78 ABW/SE Workflow at 78abw.se.frontoffice@us.af.mil by May 31. If you have trouble accessing the materials or if you have any questions, please call Kat Blakley at 468-5655 or 468-6271.

— Base Safety Office



HAZARD ALERT

CPWR [O]
THE CENTER FOR CONSTRUCTION
RESEARCH AND TRAINING

FALL PROTECTION HARNESSES



Am I in danger?



Falls are the leading cause of death in construction.

Almost every workday, somewhere in the United States, a construction worker dies as a result of a fall.

When am I at risk?

If you are working ...

- more than 6 feet above the ground, and
- you are not protected by a system of guardrails or safety nets,

Then you need a Personal Fall Arrest System.

A Personal Fall Arrest System consists of a ...



You are not safe from a fall unless you tie off.

Find out more about construction hazards.

Get more of these Hazard Alert cards – and cards on other topics.

Call 301-578-8500

To stop a fatal fall ...



PHOTO COURTESY OF ED REHFELD, LECET

1 Wear a full-body harness

A proper fall protection harness has straps worn around the trunk and thighs. If you fall, it will distribute “stopping force” across your thighs, pelvis, chest and shoulders to prevent severe injury.



PHOTO COURTESY OF MILLER® FALL PROTECTION

2 Inspect your harness It must be worn properly and be in good condition

- Inspect your harness for worn or damaged straps, buckles, D-ring and lines.
- Follow the manufacturer's instructions when you put on your harness.
- Make sure all straps are fastened and adjusted correctly.
- **Don't start work** until you are satisfied with the condition and fit of your fall protection harness.



PHOTO COURTESY CAPITAL SAFETY

3 Make sure you are connected

Your lanyard should be attached to the D-ring on your fall arrest harness, then **anchored securely** to an anchor point. Ask your supervisor if your anchor point can sustain the load without failure. **Guardrails are not anchor points.**

It's not over when the fall stops!

OSHA requires employers to have a plan to ...

“provide for prompt rescue of employees in the event of a fall.”

Time is of the essence. In a short time, the harness will restrict blood circulation, which can lead to unconsciousness or even death.

If you think you are in danger:

**Contact your supervisor.
Contact your union.**

**Call OSHA
1-800-321-OSHA**



PLAN ahead to get the job done safely.

PROVIDE the right equipment.

TRAIN everyone to use the equipment safely.

For more information, visit www.osha.gov/stopfalls or www.osha.gov/stopfalls/spanish.



WORKLIFE4YOU

Civilians - Simplify Your Life

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No matter what life brings, our experts can help you understand your options.

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1-800-222-0364

Worklife4You.com

Click on "Start Now" and enter the Registration Code: **AFMC**



"I was anxious to find a new nursing home for my father. WorkLife4You allowed me to focus on the nursing homes that met his needs. The program helped alleviate my anxiety, plus it saved me a lot of time." – Federal Employee

What's Happening

78th FSS

Swim Lesson Registration
Call Outdoor Rec - 478- 926-4001
or DSN 468-4001

Saturday Brunch

10 a.m. to 12 p.m.

Pancakes, Waffles, Scrambled Eggs,
Sausage, Hash Browns, Chicken Ten-
ders, Mac 'N Cheese, Roast Beef &
Vegetable

Members & Family \$5 per person

Non-Members \$7 per person

5 to 7 p.m.

Spaghetti & Meatballs and Pizza Buf-
fet

Members & Family \$5 per person

Non-Members \$7 per person

Pizza Depot - Comm. 478-926-0188
or DSN 468-0188

2017 Air Force Photo Contest

Theme: Travel Destinations

Categories for adults and youth

Prizes: awarded in each category

For more information go to

MyAirForceLife.com/photo-Contest

Sunday Fun Day

Bowl till you drop

Sundays, 4 to 8 p.m.

Bowling Center - 478-926-2112 or
DSN 468-2112

Friday Special at the Pizza Depot

Two Fried Catfish Filets, Hush Pup-
pies, Vegetable & Mac 'N Cheese
\$6.95

11 a.m. to 1 p.m.

Pizza Depot - Comm. 478-926-0188
or DSN 468-0188

Daily Special at the Pizza Depot

Soup of the Day, Salad &

Breadstick Combo \$6.25

Pizza Depot - 478-926-0188 or
DSN 468-0188

On-Spot Café Special

Spicy Chicken Sandwich, Fries

with Medium Drink, \$6

Bowling Center - 478-926-2112

or DSN 468-2112

Twilight Special Rates

Every day

4 to 7 p.m.

Play 18 holes with cart for \$20 per
person

Play 18 holes walking for \$12 per
person

Pine Oaks Golf Course - 478-926-
4103 or DSN 468-4103

DEERS/ID Card Appointments

If you need: A New ID Card, PIN Re-

set, DEERS Update, and Designated

Agent Letter

Save time – Schedule an appointment

[https://rapids-](https://rapids-appointments.dmdc.osd.mil/)

[appointments.dmdc.osd.mil/](https://rapids-appointments.dmdc.osd.mil/) on any

computer or mobile device

Base Library Hours

Tuesdays through Fridays,

10:30 a.m. to 7 p.m.

Saturdays, 11 a.m. to 5 p.m.

Closed Sundays, Mondays

& Federal Holidays, 478-327-8761



Memorial Day Holiday Hours

	Family Day Fri., May 26	Sat., May 27	Sun., May 28	Holiday Mon., May 29	Tue., May 30
Fairways Grille	0700-1330	0700-1030	0700-1030	0700-1030	0700-1330
Golf Course	0700-1900	0700-1900	0700-1900	0700-1900	0700-1900
Bowling Center	1100-2300	1100-2300	1300-2000	1300-1800	Normal
Library	0900-1600	0900-1200	Closed	Closed	0900-0900 sks
CDC West	CLOSED	CLOSED	CLOSED	CLOSED	NORMAL
CDC East	CLOSED	CLOSED	CLOSED	CLOSED	NORMAL
Youth Center	CLOSED	CLOSED	CLOSED	CLOSED	NORMAL
Main Fitness Center	0800-1600	0800-1600	0800-1600	0800-1600	
Annex Fitness center	(24 Hr Access)	(24 Hr Access)	(24 Hr Access)	(24 Hr Access)	
MPS					
Heritage Club	Family Day Fri., May 26	Sat., May 27	Sun., May 28	Holiday Mon., May 29	Tue., May 30
Lounge	1530-2100	CLOSED	CLOSED	CLOSED	NORMAL
Bingo	NORMAL	CLOSED	CLOSED	CLOSED	NORMAL
Pizza Depot	1100-1400	CLOSED	CLOSED	CLOSED	NORMAL
Pool Snack Bar	CLOSED	1100-1700	1100-1700	1100-1700	1300-1700
Heritage Pool	1300 - 1800	1100 - 1800	1100 - 1800	1100 - 1800	1300 - 1800
Outdoor Rec/Equipment Rental	0800-1200	0800-1200	Closed	Closed	Normal
FamCamp	0800-1200	Closed	Closed	Closed	Normal
Skeet Range	Closed	1200-1800	1200-1800	1200-1800	Normal
ITT	0800-1200	Closed	Closed	Closed	Normal
Arts & Crafts	0800-1200	Closed	Closed	Closed	Normal
Aero Club	Normal	Closed	Closed	Closed	Normal
NAF AO	Open	Closed	Closed	Closed	Open
Marketing	Closed	Closed	Closed	Closed	Open
NAF HRO	Closed	Closed	Closed	Closed	Normal
A&FRC	CLOSED	CLOSED	CLOSED	CLOSED	NORMAL
Civilian Personnel Customer Service	Closed	Closed	Closed	Closed	Open
Education and training	Normal	Closed	Closed	Closed	Normal
Wynn Dining Facility	Family Day Fri., May 26	Sat., May 27	Sun., May 28	Holiday Mon., May 29	Tue., May 30
Breakfast	0530 - 0800	0530 - 0800	0530 - 0800	0530 - 0800	0530 - 0800
Lunch	1100 - 1300	1100 - 1300	1100 - 1300	1100 - 1300	1100 - 1300
Dinner	1630 - 1900	1630 - 1900	1630 - 1900	1630 - 1900	1630 - 1900
Flight Kitchen	24/7	24/7	24/7	24/7	24/7



Memorial Day Holiday Hours

	Family Day Fri., May 26	Sat., May 27	Sun., May 28	Holiday Mon., May 29	Tue., Feb. 21
After Burner	Closing @ 1000	Closed	Closed	Closed	Normal
After Burner					
Cafeteria	Closed	Closed	Closed	Closed	Normal
Fast Food (Limited)		Closed	Closed	Closed	Normal
Mobile	Closed	Closed	Closed	Closed	Normal
2	Closed	Closed	Closed	Closed	Normal
3	Normal	Closed	Closed	Closed	Normal
4	Normal	Closed	Closed	Closed	Normal
5	Normal	Closed	Closed	Closed	Normal
6	Normal	Closed	Closed	Closed	Normal
91	0630-1100	Closed	Closed	Closed	Normal
91 Nights	Closed	Closed	Closed	Closed	Normal
645	Closed	Closed	Closed	Closed	Normal
640	Closing 1300	Closed	Closed	Closed	Normal
376	Closed	Closed	Closed	Closed	Normal
125	Closing 1300	Closed	Closed	Closed	Normal
125 Nights	Closed	Closed	Closed	Closed	Normal
300 Hallway	Closed	Closed	Closed	Closed	Normal
301	Closing 1300	Closed	Closed	Closed	Normal
140	Closing 1300	Closed	Closed	Closed	Normal
300 Foyer	Closing 1300	Closed	Closed	Closed	Normal
210	Closed	Closed	Closed	Closed	Normal
QUICK TURN	Closed	Closed	Closed	Closed	Normal

Current Chase Club Card Members



Things You Should Know

May 15th

Credit Card payment ability from Club-Works will stop. Chase card members will need to go to Chase.com to make credit card payments or they can go to any Chase Branch to pay in person.

June 12th-June 23rd

Chase will communicate to card holders explaining the end of the Chase Air Force partnership and the benefits of their new card (it will include their new Visa benefits and Rewards brochure).

August 15th

Will start to send out new credit cards to Chase card holders.

Private Label card holders accounts will close and they will be responsible for their balance.

Carbs, Calories and Counting

Free two-hour Diabetes Nutrition Education
class

June 14, 1 to 3 p.m.



This class is open to all with access to Robins AFB and provides education and training concerning the nutritional management of diabetes through healthy food choices. It enables newly diagnosed and those who need a refresher with the basic nutritional goals of diabetes and understanding diabetes and its health implications. It will also help you identify healthy behaviors that can improve your blood sugar control, lose weight, and give you more energy! You will leave this class with a new understanding of how nutrition plays a vital role in controlling your diabetes.

Contact Health Promotions to sign up for this FREE class! Call 478-327-8480
or DSN 472-6904

No matter how hard the winds blow ...
No matter how tough the challenge ...

Like steel, I rise.

If you need help, it's only a phone call away

Finances & Work-Life Balance — 478-926-1256

Work, personal or Family Issues — 800-222-0364

Work Stress, Psychological Issues — 478-327-9803

Mental Health & Substance Abuse (Houston Healthcare) — 478-922-4281

78th MDG Mental Health Clinic — 478-327-8398

Suicide Prevention Lifeline — 800-273-8255

Sexual Assault & Victim Advocacy — 478-926-2946

Crime Victim Advocacy — 478-327-4584

Chapel — 478-926-2821

(U.S. Air Force graphic/GEOFF JANES)

Parting Shot

The Robins Air Force Base Health Promotions staff partnered with Houston County Family Connections and the International City Community Farmers' Market May 11, 2017. Visitors could enjoy the taste of oatmeal protein pancakes with strawberries cooked by Marita Radloff, Robins Air Force Base health dietitian (shown here). Civilian Health Promotion Service members also set up a booth to promote healthy lifestyles. At the CATCH Kids play zone the children could play with tee balls and participated in the ladder run. (U.S. Air Force photo/MISUZU ALLEN)

