

ANNISTON ARMY DEPOT

TRACKS

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A close-up photograph of a male mechanic in a light blue t-shirt, a grey baseball cap, and safety glasses. He is wearing heavy-duty brown and black work gloves and is focused on working on a complex mechanical assembly, likely a weapon system. The background shows various industrial components and tools, creating a busy workshop environment.

**Depot mechanics
ensure weapon systems
are combat worthy**

Independence Day

By Ed Wedge | Staff writer

“Independence Day is a day of great importance for our nation and our family,” says Ken Brown, material coordinator. “Family keeps us grounded. It’s a testament to the freedom and liberty Americans are privileged to enjoy. It’s a moment to deeply honor the sacrifices and unwavering bravery of our forefathers who bravely fought for our independence.

“Life is short,” adds Anitra Davis, a heavy equipment mechanic. “I spend quality time with the people I love and enjoy my freedom.”

On the Fourth of July, our nation unites in celebration.

Communities nationwide come alive with parades, fireworks, and family gatherings.

“We love spending the day with family, swimming, cooking out and of course fireworks,” Davis said. “It’s a day that resonates with our shared patriotic spirit as we collectively and deeply reflect on the democratic and free values that form the bedrock of our nation.”

Independence Day is not just a celebration of our freedom, but also a time to acknowledge the rich diversity of our country and the contributions of people from all walks of life.

“From the Native Americans who first inhabited these lands to the immigrants who built our cities, and the civil rights activists that fought for equality,” said Joi Stamps, assembly line technician (Stryker), “each group has left an indelible mark on our nation.”

This diversity unites us as a nation, allowing us to overcome challenges and strive for a better future, embracing our unique heritage.

As we celebrate Independence Day, let’s remember the importance of preserving the freedoms we cherish and work toward a brighter tomorrow filled with hope and promise for future generations.



U.S. Army Photo by Mark Cleghorn

Cover shot!

Keith Blankenship, electronics mechanic, Building 143 shop, connects wires to remote switching module on an M1A2 Abrams tank.

(U.S. Army photo by Amanda Walker)



TRACKS

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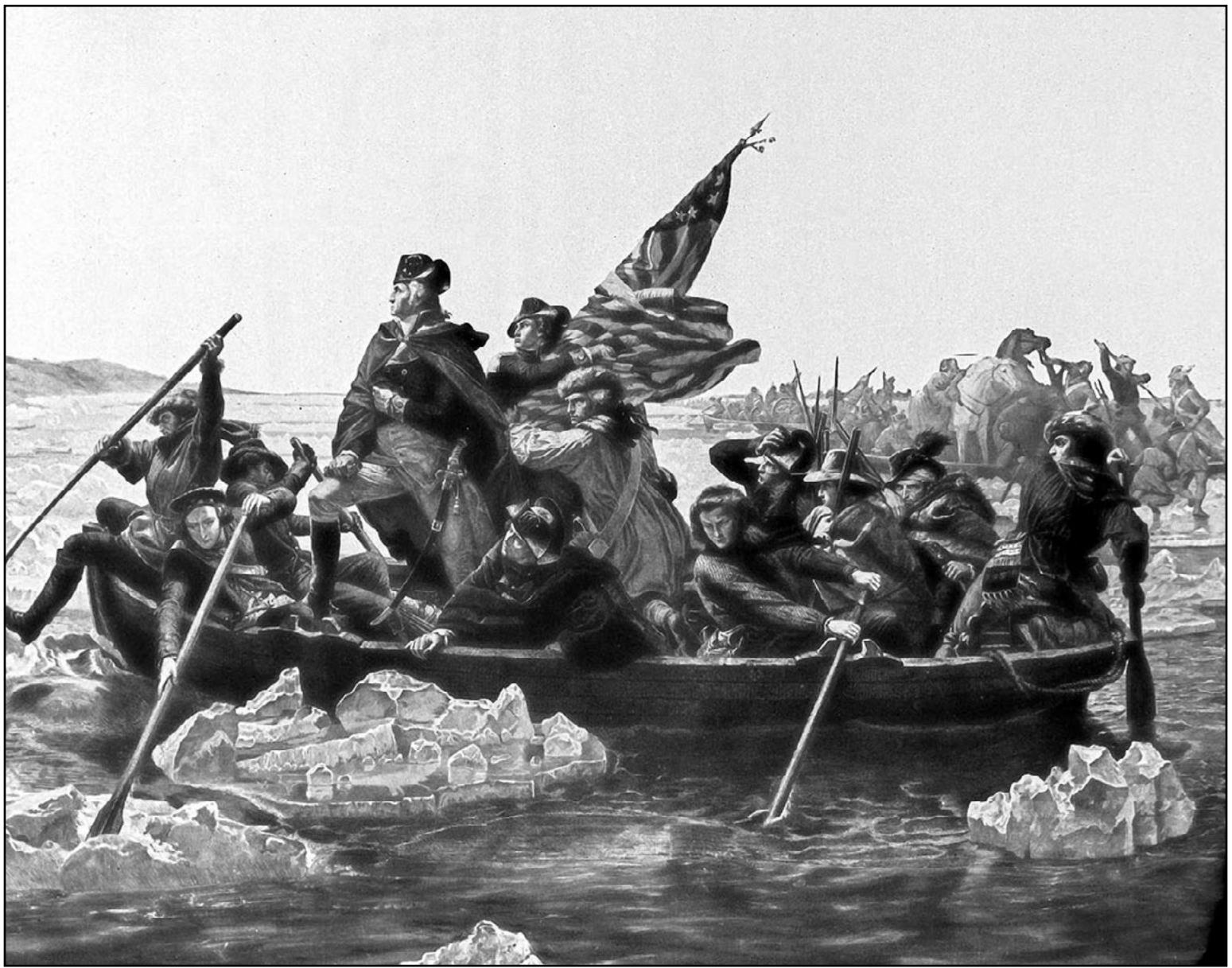


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Gen. George Washington crosses the Delaware River, December 1776. Copy from painting by Emanuel Leutze, 1851. (Commission of Fine Arts)

Commander's 4th of July message

By Col. Craig A. Daniel | Commander, Anniston Army Depot

As we mark our nation's 248th birthday, let us reflect upon the strength of those early patriots and the spirit that lives on in our hearts and minds today.

This nation's founding was hard fought and did not come without sacrifice.

On July 4, 1776, 13 colonies revolted against the tyranny of the British Crown to form these United States.

The soldiers of the Continental Army were mostly men between the ages of 15 and 40, the average age in their early 20's. They were tradesmen, farm hands, laborers, and more. Some joined the revolt for excitement, adventure or promises of land and cash bonuses; others because of a passionate sense of duty to defend their community.

Also plagued with a smallpox epidemic, they were both ill-equipped and inexperienced against the more formidable and seasoned British army. It was reported that for each soldier killed in battle, nine died from smallpox, others from a lack of sanitation and cleanliness.

The fighting was tough, the winters were devastating. Yet, they persevered, and ever since, courageous men and women don the uniform to guard our freedom and way of life on the battlefields of distant lands to cyber and space.

Independence Day parades, flags lining the streets and firework displays make me proud to be an American.

And we're not finished. What makes this country great is that we're a nation constantly working to become a more perfect union, embodying the spirit of our founding fathers.

The future is in our hands. It is in the choices we make, every day, and it rests within each of us, trying to be better citizens for ourselves and those around us...for our nation and the world.

If we continue to do better...and we must do better...then we will truly get closer to fulfilling our principles of liberty, equality, and justice.

Happy 4th of July, enjoy your hard-fought freedoms, and continue to do what you do every day to support our warfighters!

Tips for a safe, summer vacation

By Ed Wedge | Staff writer

Four seconds of distracted driving can lead to a fatal automobile accident, underscoring the importance of driving safely during summer vacation away from Anniston Army Depot.

According to Katherine Hawkins, safety specialist, driving 55 mph while diverting your eyes from the road for four seconds is akin to driving the length of a football field with your eyes closed.

Such a lapse in attention emphasizes the importance of remaining focused on the road and the surrounding environment.

Long journeys increase the risk of fatigue, which can impair reaction times and decision-making abilities.

To mitigate these risks, ensure you are well-rested before hitting the road and take regular breaks every couple of hours.

Planning your trip ahead of time can also help reduce stress and distractions, promoting a sense of preparedness and less anxiety.

Hawkins advises travelers to monitor weather conditions while traveling and adjust plans accordingly. This may involve altering routes or times to avoid adverse driving conditions.

To minimize distractions, stow away mobile devices and keep passengers, especially children, occupied with games or entertainment. If fatigue sets in, consider switching driving duties with a well-rested driver or pulling over in a safe location for a power nap.

Maintaining alertness is essential, so stay hydrated and snack on healthy foods during the journey. Adhere to speed limits and road signs diligently, particularly in unfamiliar areas. Seatbelt usage is paramount for all occupants of the vehicle to ensure a smooth and secure summer road trip.



Courtesy photo

By prioritizing safety and minimizing distractions, travelers can enjoy a summer road trip with peace of mind.

For more information, contact the Safety Office at (256) 235-7541.

Don't let slips, trips and falls ruin your summer

By Katie Hawkins | Safety Office

June is National Safety Month and one of the topics this year is preventing slips, trips, and falls. Slips, trips, and falls are the number one cause of injuries. They contribute to numerous types of injuries from sprains and strains to broken bones and even fatalities.

Maintaining situational awareness is the best way for an individual to avoid injuries from tripping. To avoid injury, pay attention to where you are walking, avoid distractions like texting, or talking on a cell phone. Read signs warning you of the surrounding hazards. The use of electronic listening devices lowers your situational awareness and puts you at risk to not hear warning horns, sirens, or alerts to danger.

Another cause of slips, trips, and falls is poor housekeeping. Take the time during the day and at the end of each shift to clean up and put things where they go. Clean up spills immediately and use wet floor signs to warn others of slippery walkways. Keep all walkways clear, ensure adequate lighting is used, and keep floors in good repair.

Avoid falls by using the proper ladders; hold handrails when climbing or descending stairs and use appropriate fall protection when required. Always inspect ladders before use to ensure they are in good condition. Never use makeshift climbing devices like boxes, pallets, or chairs to reach higher levels.

Slip, trip, and fall injuries are avoidable, ensure you are doing your part to keep yourself and fellow employees safe.

For more information, contact the Safety Office at (256) 235-7541.



Courtesy photo

OSHA Challenge – the road to Voluntary Protection Program

By KATIE HAWKINS | Safety Office

The Occupational Safety and Health Administration works together with industries all over the United States to build safer, and more effective workplaces.

The OSHA Challenge provides employers and workers a roadmap to develop and improve their safety programs. Anniston Army Depot is currently enrolled in the three-stage OSHA Challenge Program.

The depot has been working through the three stages of the challenge and the finish line is in sight. The depot is over half complete with the third and final stage. Each stage of OSHA Challenge requests that the installation not only create an excellent safety program but implement and sustain safety excellence for future generations of the depot workforce.

OSHA Challenge benefits

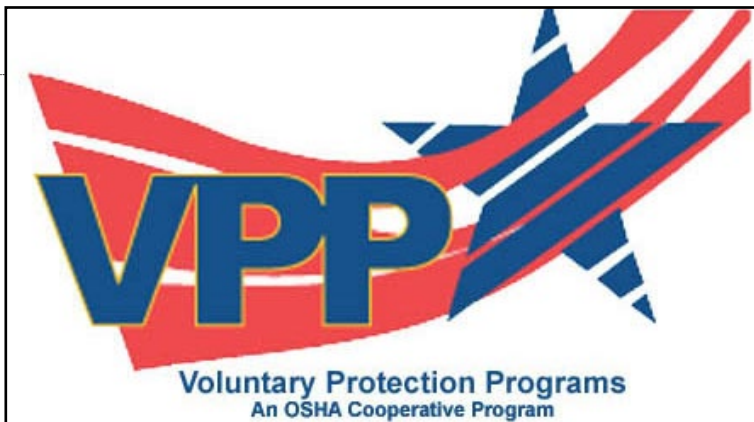
- Increased focus on worker safety and health at all levels of the organization.
 - Increased worker involvement in safety and health issues.
 - Increased chances of being contracted by a company due to having an effective safety and health management program (also known as “preferred bidders’ status”).
 - Increased profitability by providing better leverage for negotiating liability insurance and workers’ compensation premiums.
 - Improved safety and health policies and procedures.
 - Creation of a collaborative and positive relationship with OSHA.
- Completing the OSHA Challenge will shift the depot into the application process for OSHA VPP.

The Voluntary Protection Programs recognize employers and workers in the private industry and federal agencies who have implemented effective safety and health management systems and maintain injury and illness rates below national Bureau of Labor statistics averages for their respective industries. In VPP, management, labor, and OSHA work cooperatively and proactively to prevent fatalities, injuries and illnesses through a system focused on hazard prevention and control; worksite analysis; training; and management commitment and worker involvement.

Obtaining the VPP Star status requires every employee at Anniston Army Depot to commit to safety excellence. A VPP Star site demonstrates “exemplary achievement in the prevention and control of occupational safety and health hazards the development, implementation and continuous improvement of their safety and health management system”.

Employees should have received an updated VPP Passport through their directorate. The Safety Office staff encourages each employee to read the information provided in the VPP Passport and keep it somewhere you can access it to prepare for audits. We want to encourage each and every employee to get involved with safety!

For more information, contact the Safety Office at (256) 235-7541.



Heard around the depot...

“How are you involved in safety here at ANAD?”



“I look out for others and do the job correctly the first time, using all the correct personal protective equipment.”

Ronald Loveberry

Machinist
Directorate of Public Works



“I always make sure I have on my personal protective equipment.”

Brenda Bates

Forklift Driver
Directorate of Production



“I attend six-minute huddles with my supervisor for safety and health training as well as to discuss safety in my cost center.”

Kelly Jones

Electroplater
Directorate of Production

Surviving Alabama's hot, summer days

By Staff Reports | Anniston Army Depot

On Anniston Army Depot, heat stress and heat stroke are significant concerns, particularly in environments where high temperatures are prevalent.

Heat stress occurs when the body's cooling mechanisms are unable to regulate internal temperature, leading to symptoms such as excessive sweating, fatigue, dizziness, and nausea. If left untreated, heat stress can escalate to heat stroke, a severe medical emergency characterized by a dangerously elevated core body temperature, confusion, loss of consciousness, and even organ failure.

Preventing heat-related illnesses in industrial settings requires implementing various measures, including adequate hydration, frequent breaks in shaded or cool areas, proper ventilation, and the use of personal protective equipment designed to mitigate heat exposure.

Additionally, employee training on recognizing the signs of heat stress or heat stroke and knowing how to respond promptly is crucial.

By prioritizing worker safety and implementing preventive measures, industrial workplaces can reduce the risk of heat-related illnesses and ensure a healthier work environment.

According to Katie Hawkins, safety specialist, during this time of season, individuals should be taking measures to make sure you stay hydrated.

"Drink plenty of fluids, avoid sugary drinks and alcohol," she said. "Wear light, loose clothing. Try to schedule outside work during the morning hours or late afternoon."

To help cope with the summer heat, Hawkins adds that the Safety Supply Store has cooling neck ties available for employees' comfort and safety.

TURN DOWN THE HEAT!

1. Take it easy with outdoor activities in the heat.
2. Many heat injuries are preventable.
3. Stay hydrated and use sunscreen.
4. Proper clothing is important.
5. Monitor the wet bulb globe temperature, and your daily workload/heat exposure.
6. Recognize symptoms of heat injury and know what to do.

U.S. ARMY

<https://safety.army.mil>

SPRING INTO SUMMER WITHOUT MISHAPS!

CHECK OUT THE USACRC ON SOCIAL MEDIA

Facebook, X, Instagram, YouTube

notes from around the TRACK

Maintenance Shutdown

This July, Anniston Army Depot will take the opportunity to have a short shut down for maintenance on our facilities and equipment. The shutdown will start on July 4 and end on July 7 with normal operations resuming on July 8, 2024.



Cafeteria menu

Most plate specials include one serving of meat item, choice of two side items and one serving of bread for \$12.

June 20

Snack line &
Sandwich line

Plate Special: Fried

Catfish, Baked
Beans, Coleslaw,
Hushpuppies

June 21

Snack line &
Sandwich line

June 24

Snack line &
Sandwich line

Plate Special:

Crispitos

June 25

Snack line &
Sandwich line

Plate Special:

Country Fried Steak,
Mashed Potatoes &
Gravy, Sweet Corn,
Green Beans, Roll



June 26

Snack line &
Sandwich line

Plate Special:

Pulled BBQ Pork,
Baked Beans,
Coleslaw, Bun

June 27

Snack line &
Sandwich line

Grill Out!

Hamburgers or Bratt,
Drink with Chips \$8
with Fries \$10

Editor's note:

The July menu was
not finalized in time
for publication.

Feeling stressed, overwhelmed, overworked, angry or maybe feeling a little "off"?

The Anniston Army Depot Employee Assistance Program can help with issues such as depression, alcohol/drug addiction, stress management, marital/family issues, grief and loss, as well as many other issues that may influence employee wellbeing.

Call your employee assistance program at (520) 669-6650. We may can help!



See something, say something

If you see something
suspicious, report it
to security at
Ext. 6222.



Derogatory Reporting

Report all derogatory information to
ISMO, POC: Karena Goedde.

NEW reporting email address -

usarmy.anad.tacom.list.reporting-persec@army.mil.

Non-derogatory information also reportable: unofficial foreign
travel, foreign contacts/associations, financial anomalies
(i.e., inheritance/winnings \$10K and over).

Employee Spotlight



U.S. Army Photo by Mark Cleghorn

CASSANDRA BEAVERS - DEPOT OPERATIONS OFFICER

During the June 2024 Commander's Town Hall, Cassandra Beavers, depot operations officer, was presented a one-star note from Brig. Gen. Michael B. Lalor, commander, U.S. Army Tank-automotive and Armament Command, in congratulations for her recent selection as the 2024 Industrial Base Leader of the Quarter Award for the second quarter.

An Air Force veteran, Beavers has served at Anniston Army Depot since 2008 and says she enjoys providing service to the warfighter. "We're a small shop, but make a huge impact on the installation," she said, boasting that her shop gets a lot of the work done behind the scenes.

Still, despite a hectic work schedule, Beavers finds time to enjoy with her family, shopping and physical fitness.