

Safety Message comes in 3-D

By DDC Public Affairs

You might think, after you've taken a seat and donned the special headsets, that you are about to enter the world of virtual reality—but you'd be wrong. You have entered the world of a new high-tech 3-D safety training course offered to Defense Distribution Depot Susquehanna, PA (DDSP) and Defense Distribution Depot San Joaquin, CA (DDJC) employees in recently.

The use of the newest technology in 3-D visual headsets and surround sound audio earphones, create an illusionary experience of having a personal and private theatre within a few feet of each attendee. These presentation choices enhanced the core message that Safety depends on the use of all the senses, including gut feeling or intuition. Paying attention to the warnings our senses provide, is a tool to making the correct choices as we work and live our lives.



Because stress interferes with ones ability to make the best choices, the program begins with a stress reducing technique. For the first 10 minutes, the 3-D film shows images of nature and talks the participant through the process of creating mind and body harmony. An audio CD of this portion is provided to each attendee as the instructors recommend the use of the exercise on a regular basis.

The training video emphasizes making safe choices, reinforcing personal value, thinking ahead and keeping a positive attitude.

“When was the last time you looked in the mirror and said, ‘I am valuable,’” said Dave Hodgson, producer of the video and president and CEO of the 3-D Experiential

Training Company. “You are very valuable. People depend on you and need you.”

“It’s All About Choices” is an accelerated, 3-D Experiential Training Program that captivates participants in an immersive 3-D Stereoscopic environment and motivates them to work and live safely. It inspires participants to adopt safety as a core personal value and ultimately assume primary responsibility for personal safety. Just because a worker knows the proper safety policies and procedures does not always mean that he or she makes the safest choices. Some of the best-trained people become injured because they make a poor, unsafe choice.

DLA Chief of Safety and Occupation Health, Richard Garver, who has 25 years of safety experience, first introduced the 3-D Safety Training Program in 2002 as a demonstration project at an Army maintenance depot when he worked at the Army Materiel Command, the headquarters for Army depots, to help improve its safety record.

Garver took the 3-D Safety Training Program to DDJC in July and August 2003, where it was well received. An exit survey revealed the training had a high impact with a 98.6 approval rate among employees. “We had employees who were standing outside the room actually looking forward to take the training,” said Garver.

“I gave a briefing to a Defense Safety Oversight Council task force on our 3-D Safety Training Program, which has an aggressive 50 percent accident reduction goal, on how this unique DLA training can have a powerful positive effect. The Air Force and Navy centers were very interested in this training program.”

Thomas Wickizer, PhD, Professor of Health Services at the University of Washington, conducted an evaluation of the “It’s All About Choices” training program at the United States Army Materiel Command—Corpus Christy Army Depot—from July 1, 2000 through September 30, 2002. The results of the analysis suggested the training program reduced injury rates by approximately 20 to 30 percent, yielding an estimated cost savings of approximately \$45,300 for the first year alone.

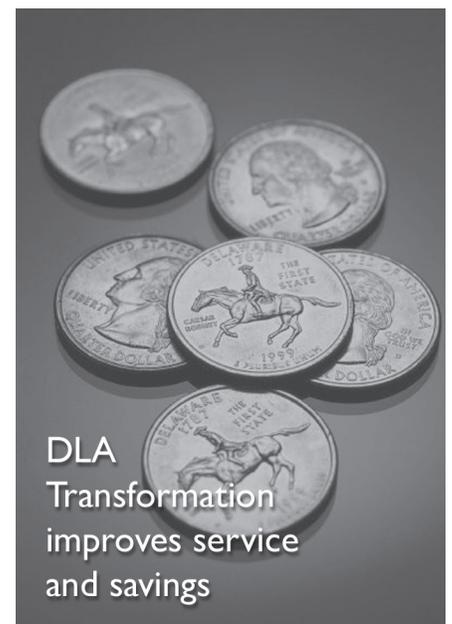
DDC Safety Manager Dave Mack said the 3-D Safety Training Program “heightens the

safety consciousness to a whole new level you can’t get from any other training.”

“Personal safety, like attitude, is a do it yourself kit with your senses as your tools,” the video’s narrator proclaims. “Using your attitude that safety is all about choices and trusting your senses will allow you to trust your choices. If you see something out of place, your senses will tell you.”

All who attend the 3-D session get to take a DVD of the video home and a relaxation CD. Attendees are asked to listen to the CD for at least three weeks, to master the art of relaxation. Listening to the CD is the key ingredient to strengthening and training your mind for permanent success.

Efforts are underway to make this training available to all DDC employees and to include Defense Reutilization and Marketing Service and other DLA activities by the end of the next fiscal year, Garver said.



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