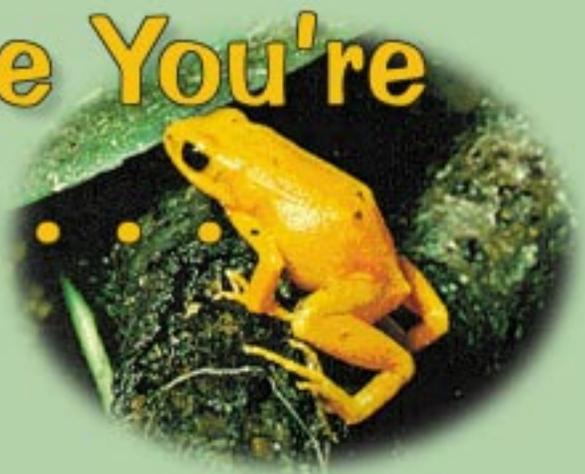


# "The Next Time You're Feelin' Froggy"



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... Find someone else to jump on." That's probably what most people say once they've become the victim of a horseplay stunt gone wrong.

Horseplay seldom ends without one person getting the short end of the stick, and Sailors are no exception to that rule. For example, two of them started fooling around one Saturday in a ship's berthing compartment. Their fun ended when one got knocked unconscious. Besides spending two days in a hospital, the victim lost six workdays.

How about the case of two seamen who met on a ship's cargo deck? One had a bucket full of deck stripper. As they passed, the empty-handed seaman kicked the bucket in the other's hands, splashing some stripper on him. Irritated, the victim chased down the other seaman and threw the remaining contents of the bucket at him. The witty shipmate, however, ducked just in time for an innocent bystander, an HT3, to catch the stripper in her face. After flushing her face at an emergency-eyewash station, she went to medical for treatment of chemical burns.

Now consider these three tales of Sailors who were injured while arm-wrestling:

A Sailor felt his arm snap and reported to medical, where doctors diagnosed a spiral fracture of the humerus. The doctors placed his arm in a sling and sent him to a naval hospital for treatment. Doctors there set his arm and assigned him to seven days of limited duty. However, he ended up requir-

ing surgery and, ultimately, spent 30 more days on convalescent leave.

Two Sailors kneeled down to arm-wrestle, putting their elbows on a desk. While one was straining with his arm at about the one-o'clock position and most of his body weight applied for more force, an audible pop was heard. He stopped wrestling and grabbed his upper arm, then was escorted to medical by his opponent. Doctors had to surgically implant several screws and a plate to set the broken humerus.

A Sailor visiting his father at home challenged him to a series of matches.

During the third match, the Sailor put more effort into winning and snapped his humerus. He spent 21 days on convalescent leave.

In many such cases, the problem is that the people involved aren't experienced in or prepared for the activity. Many lack the conditioning and training necessary, and they don't know their bodily limitations. These elements are essential to safe participation in any type of physical activity.

As one victim's CO said, "There are better ways to blow off steam. The only thing this little act of machismo accomplished was breaking the arm of a vital crew member." ☹

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As you see here, arm-wrestling is a popular competitive sport. The reality, though, as some Sailors have learned, is that like most sports, arm-wrestling involves injuries.