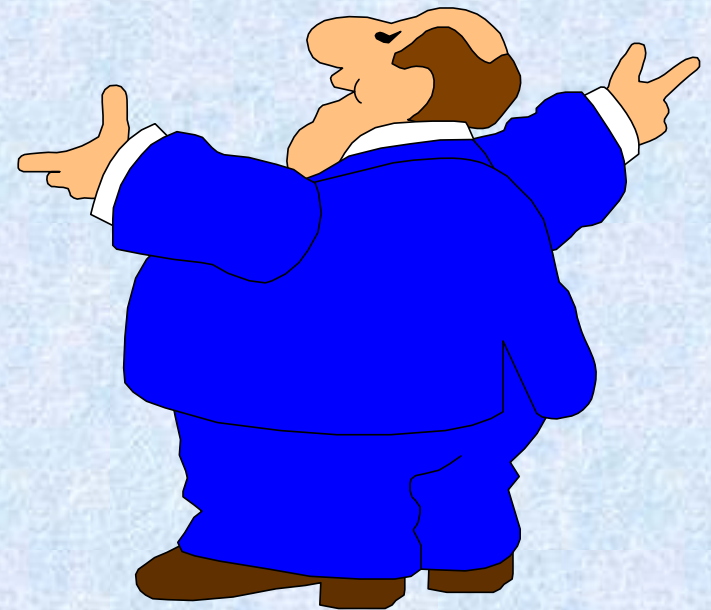


WRHCS/MEDCEN SAFETY

101 CRITICAL DAYS OF SUMMER

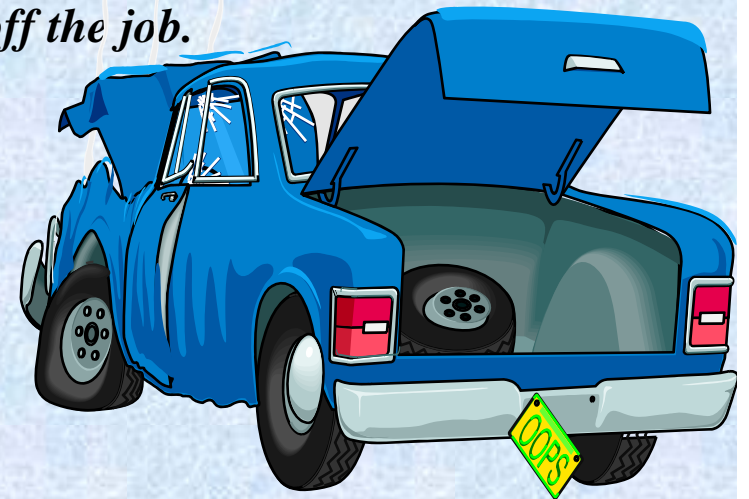
- ❑ *Introduction*
- ❑ *Traffic Safety*
- ❑ *Motorcycle Safety*
- ❑ *Recreation Safety*
- ❑ *Home Safety*
- ❑ *Off-Duty Safety*



Introduction

The 101 Critical Days of Summer

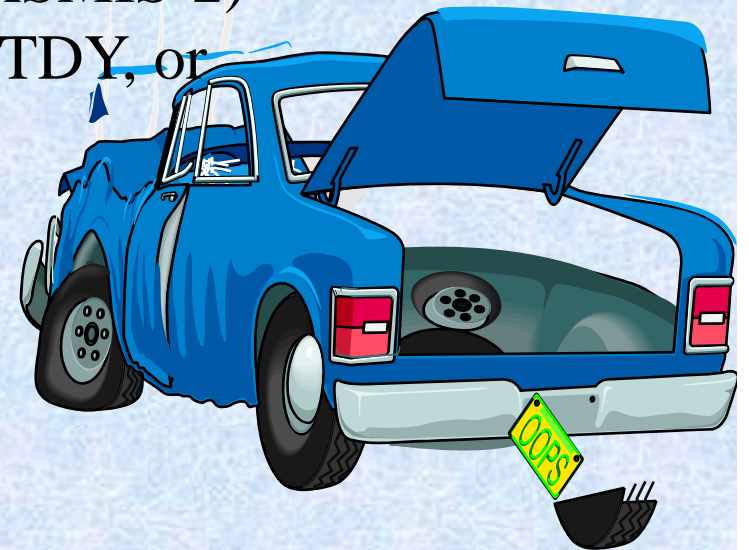
What is it? These are the days between Memorial Day and Labor Day when experience has shown a significant increase in off-duty accidents and injuries. It's a time when we start thinking about children being out of school, taking summer vacations, participating in increased outdoor activities, and "on the road again" added exposure that we haven't involved ourselves in since last fall. It's a time when we need to place extra emphasis on the personal well being of our families and ourselves. It's a time when we must make safety awareness a part of our everyday lives, on and off the job.



Introduction, cont.

The 101 Critical Days of Summer

The following suggestions will help make this critical time of the year safer. If you plan on taking a vacation, always allow yourself plenty of time to “arrive alive.” Supervisors should conduct vehicle inspections and remind everyone to use the Travel Risk Planning System – TRIPS (formerly ASMIS-2) for Soldiers who plan to be on leave, pass, TDY, or PCS status.



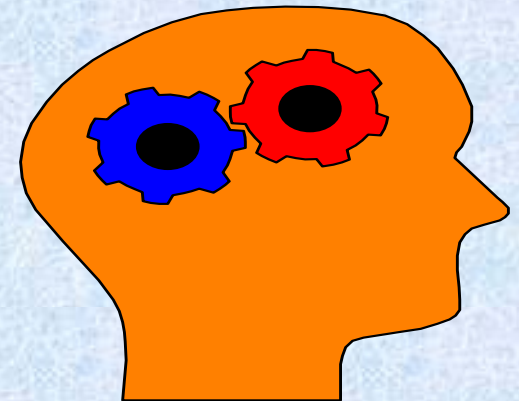
Traffic Safety

- *Travel*
- *Fatigue and You*
- *Alcohol Kills - Don't drink and drive*



Travel

- *Plan ahead--prepare vehicle*
- *Buckle up every time - Seatbelts are mandatory*
- *Children in backseats - Airbags can kill*
- *Speed commensurate with conditions*



More Travel

→ *Trip Planning:*

- *Have travel routes planned out.***
- *Take scheduled rest breaks-power naps.***
- *Have emergency plans - Know who to notify in case of emergency.***

Fatigue and You



- Fresh air and frequent stops*
- Avoid heavy food and alcohol*
- Rest periodically*
- Sleep in a hotel, not your car*

Get the sleep your body demands!

Alcohol Kills

Why didn't I call a cab???

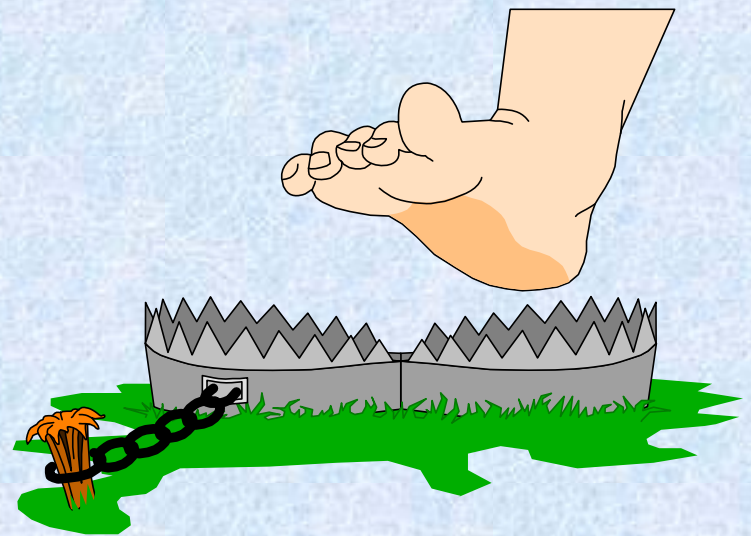
He didn't even see the pedestrian in the crosswalk!!



Alcohol Kills

- *Alcohol is a depressant*
- *Lessens inhibitions*
- *Only way to sober up is time*
- *What to do?*
 - *limit consumption*
 - *designated driver*

DON'T DRINK!



Motorcycle Safety

- *Choosing Proper Protective Equipment*
- *Fatigue and You*
- *Alcohol Kills - Don't drink and drive*



Motorcycle Safety

Choosing Proper Protective Equipment



Motorcycle Safety

HELMET

THE most important piece of your protective equipment

*Helmet must fit **SNUGLY**...too loose, lessens effectiveness...too tight, uncomfortable*

*Must meet **D.O.T.** standards
(preferably meet **Snell 2000** standards)*

Motorcycle Safety

HELMET, Cont.

Helmets are MANDATORY, in most states, and for all military personnel, on or off base, regardless of the local laws.

Helmets are required by law to be properly fastened and secured using the attached straps

Don't forget your eyes...half-helmet?

Eye protection!!!

Motorcycle Safety

Protective Clothing:

- Best protection: Leather*
- Better protection: Polyester Mesh with Kevlar Armor Lining*
- Good protection: Denim (blue jeans)*
- Goggles/Impact resistant Glasses
(windshield doesn't count!)*

Motorcycle Safety

Protective Clothing, Cont.

- Jacket and Pants or full-body riding suit*
- Full fingered motorcycle gloves*
- Over-the ankle, sturdy boots*
- Rain gear*
- Dress for the weather*

Motorcycle Safety

RIDER RESPONSIBILITY

- Know the limits of your motorcycle*
- Know your riding limit*
- Know the limits of the environment you will be riding in*
- RIDE WITHIN THESE LIMITS**

Motorcycle Safety

USAF Requirements

- ALL military personnel who operate a motorcycle (on-off duty, on-off a DOD installation and regardless of the member's decision to register their vehicle on a DOD installation) ***ARE REQUIRED TO ATTEND OR TO HAVE ATTENDED AN APPROVED MOTORCYCLE RIDER SAFETY COURSE.***

Motorcycle Safety

Military Requirements

- ❑ Definition of “Military Personnel”: All U.S. Military personnel on active duty; reserve or national guard on active duty or performing inactive duty training; service academy cadets; officer candidates in OCS or AOCS; ROTC cadets when engaged in directed training activities; and foreign national military personnel assigned to the DOD components.

Motorcycle Safety

USAF Requirements

- ❑ All *USAF* Civilian personnel who operate a motorcycle on duty (on-off a DOD installation, and regardless of the employee's decision to register their vehicle on a DOD installation) are required to attend or have attended an approved motorcycle rider safety course.

Motorcycle Safety

USAF Requirements

- ❑ Retirees, contractors, dependants, and all other non-military civilian personnel who operate a motorcycle while on an DoD installation are highly encouraged, but not required, to attend an approved motorcycle rider safety course.

Motorcycle Safety

Training Requirements

- ❑ Approved Motorcycle Rider Safety Programs: Course IVA- Motorcycle Rider Course: Riding and Street Skills (MRC:RSS) or the new Basic Rider Course (BRC); Course IVB- Experienced Rider Course (ERC) (curriculum provided by the Motorcycle Safety Foundation, MSF)

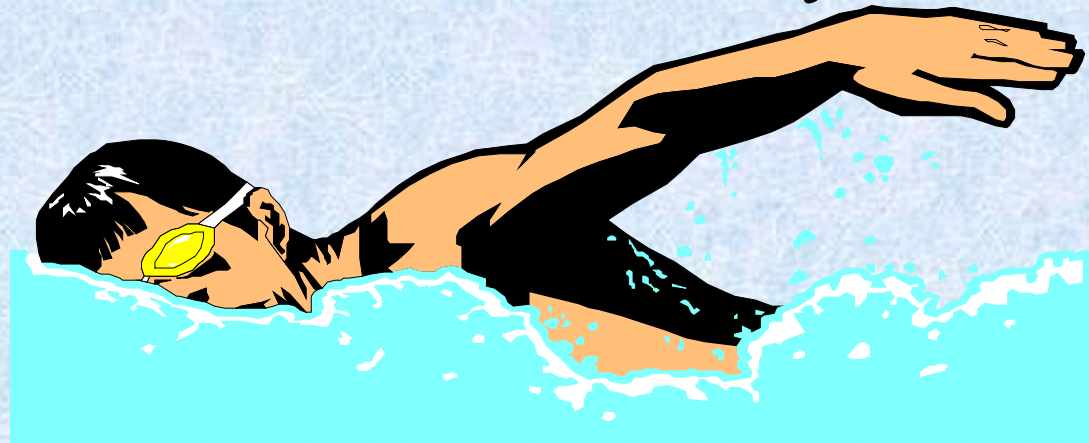
Recreation Safety



- *Water Sports*
- *Jogging*
- *Bicycling*
- *Camping*

Swimming

- ✓ *Swim only in designated swimming areas*
- ✓ *Swim with a buddy!! - Never swim alone*
- ✓ *Know your swimming ability*
- ✓ *Check water before diving*
- ✓ *Hypothermia - cold water draws body heat*



Boating



Know the rules



*Use personal floatation devices
(PFD)*



*Don't overload -follow
manufacturers
manual*



Check weather



*Get off water during
threats of high winds
or lightning*



Personal water crafts (PWCs)

- ✓ *Take water safety course before getting on\in the water*
- ✓ *Water-skiing - Wear PFD*
- ✓ *Jet Ski - Mind your speed*
- ✓ *Know your environment*



Jogging



- *Warm-up*
- *Be visible day and night*
 - *light colored clothes*
 - *reflective belt/vest*
- *Use sidewalk/path or jog facing traffic*
- *Headphones are not authorized in a traffic environment*

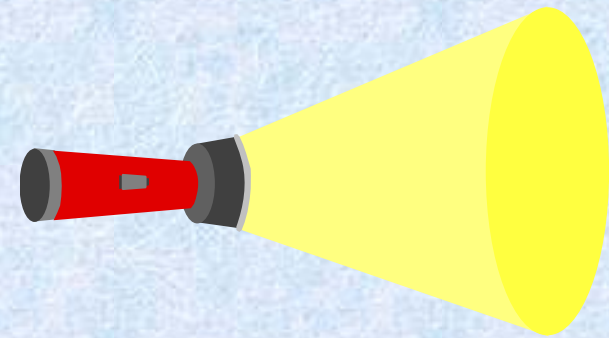
Bicycling

- *Obey traffic signs*
- *Use hand signals*
- *Ride single file*
- *Ride on right side of road*
- *Be visible day and night*
 - *light colored clothes*
 - *reflective belt/vest*
 - *always wear helmet, not carry it*

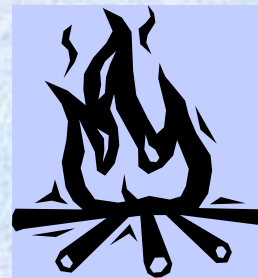


Camping

- ✓ *Let someone know your whereabouts*
- ✓ *Camp in approved areas*
- ✓ *Check equipment*



- ✓ *Use caution when starting **fires!***



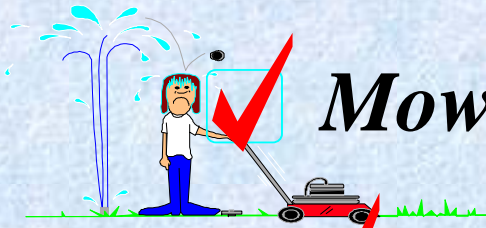
Home Safety

- *Lawn Care*
- *Home Maintenance*
- *Cooking Outdoors*



Lawn care

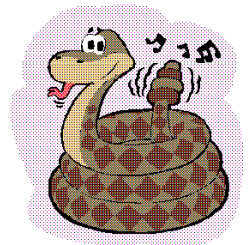
- ✓ *Inspect yard for toys and obstacles before mowing*
- ✓ *Complete proper maintenance on mower*
- ✓ *Wear sturdy shoes not sandals*



✓ *Mow across, not down hills/angles*

✓ *Never mow wet grass*

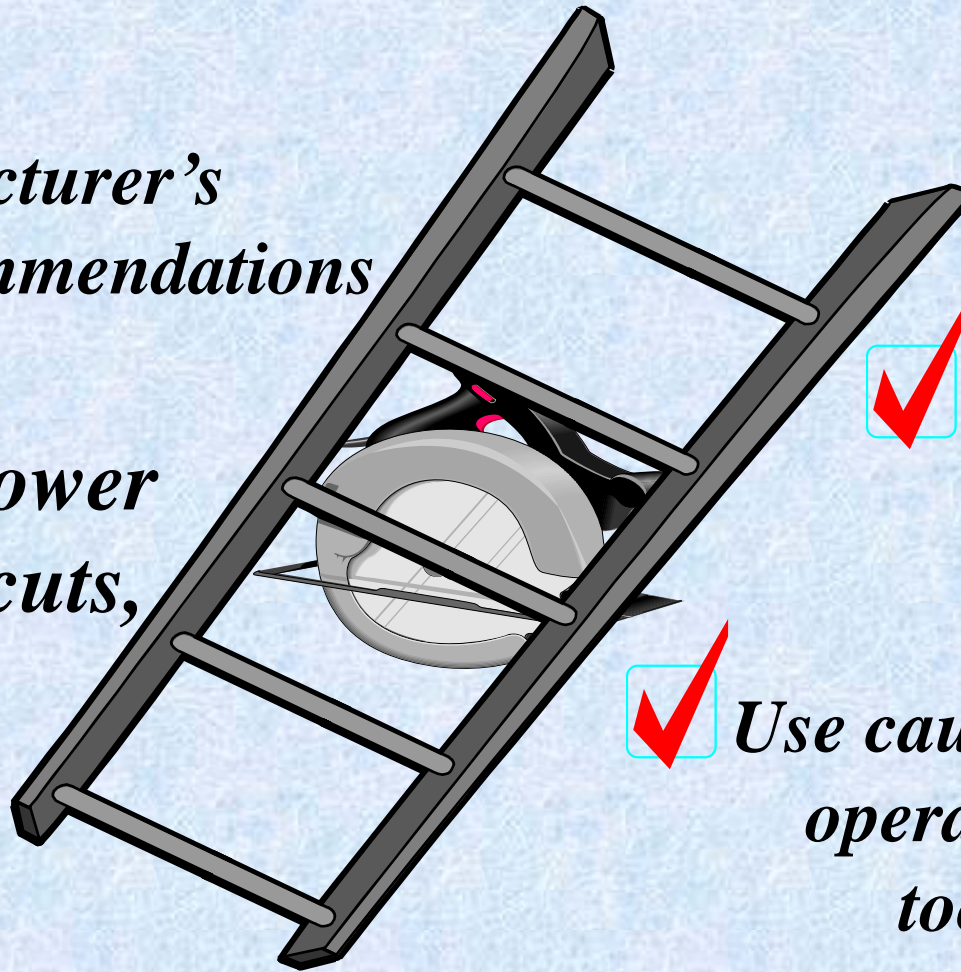
✓ *Wear eye protection*



Home Maintenance/Repair

✓ *Follow
the manufacturer's
safety recommendations*

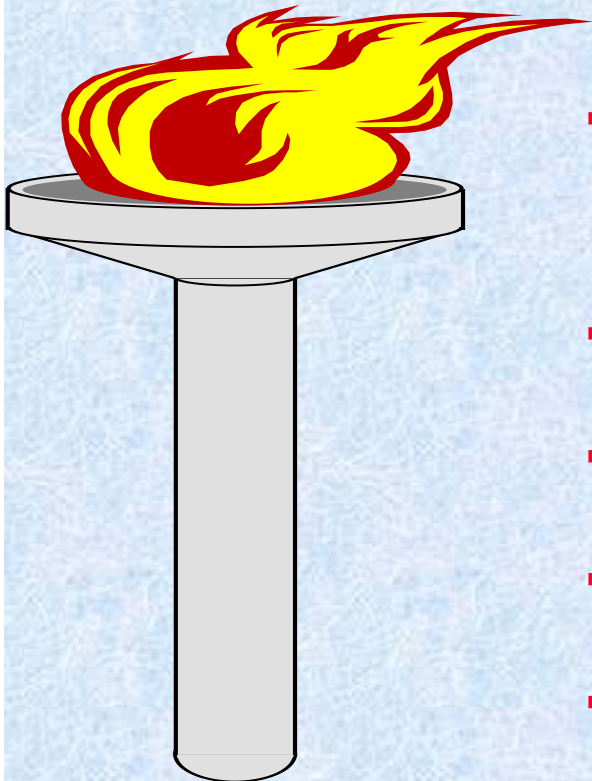
✓ *Inspect power
cords for cuts,
frays and
broken
plugs*



✓ *Secure tools
when not in
use*

✓ *Use caution when
operating electrical
tools and other
equipment*

Cooking outdoors



- *Use charcoal/lighter fluid, not gasoline***
- *Keep grills away from house and overhangs***
- *Never leave grill unattended***
- *Never put lighter fluid on lit coals***
- *Let coals cool before disposal***
- *Have fire extinguisher ready***

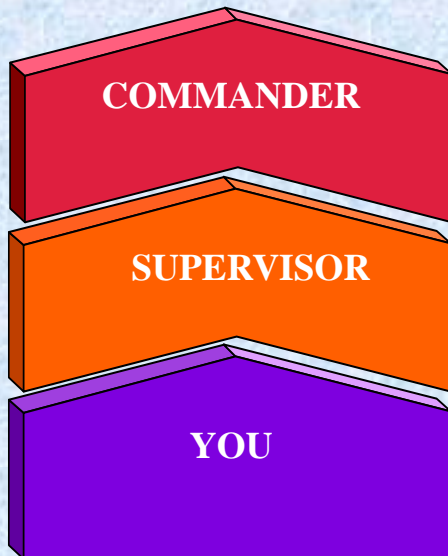
A Thought

Every man is a fool for at least five minutes a day; wisdom consists of not exceeding the limit.

Manage Risk On and Off Duty!



Use Risk Management

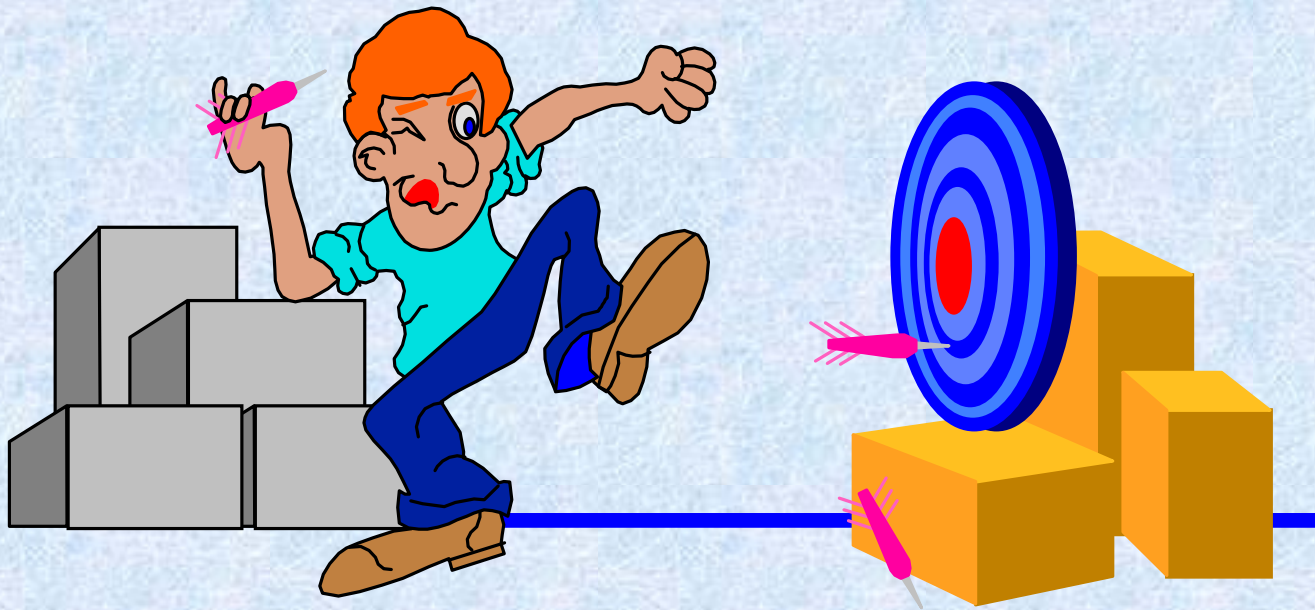


- ↪ *Do not accept unnecessary risk*
- ✳ *Make risk decisions at the appropriate level*
- ✳ *Accept risk when benefits outweigh costs*



Conclusion

*This summer, be careful, be risk wise,
and most of all, be back after the
101 Critical Days of Summer!*



Thought for the Day

**A wise man knows the difference between
acting safe and being safe.**

