



# CAP National Safety Down Day

## Preparing For CAP National Safety Day

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# Why a Safety Day?

- **Pause for introspection**
  - Look at unit culture – how the unit trains, talks, acts and listens
  - Look at your self – your attitude toward risk
- **Focus on problem areas (trends)**
  - Both from a National and a local perspective
- **Learn how to manage risks**
  - Formally and informally
- **This is a pre-emptive strike on future mishaps**
  - To help keep us safe on and off-duty



# Getting Organized

- CAP Safety Day will be in October
- Commanders will choose the day
- Recommend selection of a project officer
- Involve all sections, seniors and cadets
- Be creative and keep people's interest
- Perhaps, have seminars given by subject-matter experts
- Keep it fun and informative
- Limit topics to maybe 3-aviation, 3-driving and 3-bodily injury
- Cover local risks and discuss risk controls



# Other Suggested Topics

- Aviation
  - Taxiing safely
  - Winter flying
  - Carburetor icing
  - Local bird hazards
  - Emergency procedures
  - Ground handling techniques
  - Distractions in the cockpit
  - Weight and balance
  - Landing characteristics of the C-182, C-206, MT-7-235 or GA-8
  - The challenges for aging pilots
  - Instrument refresher course
  - Crew Resource Management
  - Carbon monoxide – insidious killer



# Other Suggested Topics Cont.

- Driving
  - Turning characteristics and roll hazards of 15 passenger vans
  - Coping with deer on our highways
  - Hazards of winter driving
  - Cell phones and driving
  - Fatigue
  - Highway emergencies
  - Defensive driving
  - The dangers of driving impaired
  - Railroad crossings
  - Aggressive driving and road rage
  - Tire maintenance
  - How aging affects driving safety
  - The effectiveness of seatbelts



# Other Suggested Topics Cont.

- Personal Safety
  - Preventing falls
  - Knife safety
  - Confidence course safety
  - Eye protection
  - The dangers of mixing cleaning solutions
  - Power line safety
  - Cadet sports injuries
  - Avoiding lightning strikes
  - Protecting yourself in a tornado
  - Food safety
  - Cadet supervision
  - Fire extinguisher training
  - Lawnmower safety
  - Protecting your hearing



Remember

When you look in the  
mirror, you see the  
person most responsible  
for your safety.