



# Summer 2013 safety campaign

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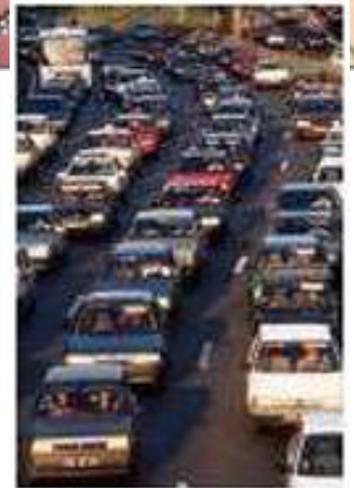
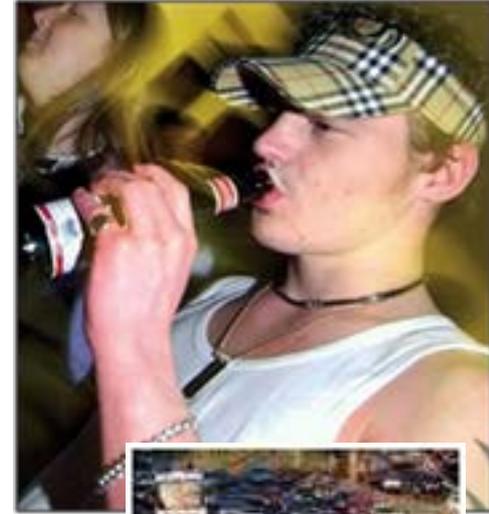


# It's Not Summer Until You've Had Your Lecture!

The summer season brings the potential for increased risk. Why?

Bad headwork leads to bad decisions all year long. So why this brief and why now?

Because we're creatures of habit, and everyone knows it's not summer until you've had your safety lecture.



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# Summer 2012 Statistics

Between Memorial Day and Labor Day 2012:

**20** Sailors and  
**13** Marines lost  
their lives



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# How They Died

- 27 PMV mishaps
  - 20 of these were motorcycles
    - 10 were “lost control” (*these usually were a result of speeding*)
    - 3 were on interstate on-ramps
    - 4 were on curves



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# How They Died

- 2 drowned
  - E-3, drowned when caught in rip current
  - E-3, drowned in pool at home



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# How They Died

- 2 died during other recreational activities
  - E-4, hit by SUV while riding bike on base
  - O-6, fatal injuries while riding personal watercraft



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# How They Died

- 2 Pedestrian fatalities
  - E-2, struck by bus while walking dog
  - E-6, left vehicle after wreck, struck by oncoming traffic



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# The Impact

**33** trained and ready Sailors and Marines are no longer with us.



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# Summer Focus Areas

- Personal Motor Vehicle
- Alcohol Awareness
- Water Safety
- Sexual Assault
- Suicide Awareness



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# Motor Vehicle Discussion Questions

- How has fatigue affected you on the road?
- How does taking short breaks fight fatigue?
- What is the craziest thing you've seen other drivers or motorcycle riders do? What did or could have gone wrong?



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# Motor Vehicle Safety Tips

- Start every trip well-rested
- Drive during daylight hours
- Schedule breaks every two hours
- Never drink and drive
- Pull over if you get tired. It's better to get there late than not at all!



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# Motorcycles: Profile of a Rider Fatality

- ✗ Sport bike rider
- ✗ First year rider
- ✗ No formal training
- ✗ Under 30
- ✗ Speeding
- ✗ Doesn't know limitations
- ✗ Failed to identify hazards



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# Close the Motorcycle Training Gap



- All Sailors and Marines who ride must take the Basic Rider Course.
- All sportbike riders must take the Military Sportbike Rider Course 60 days after completing the BRC.



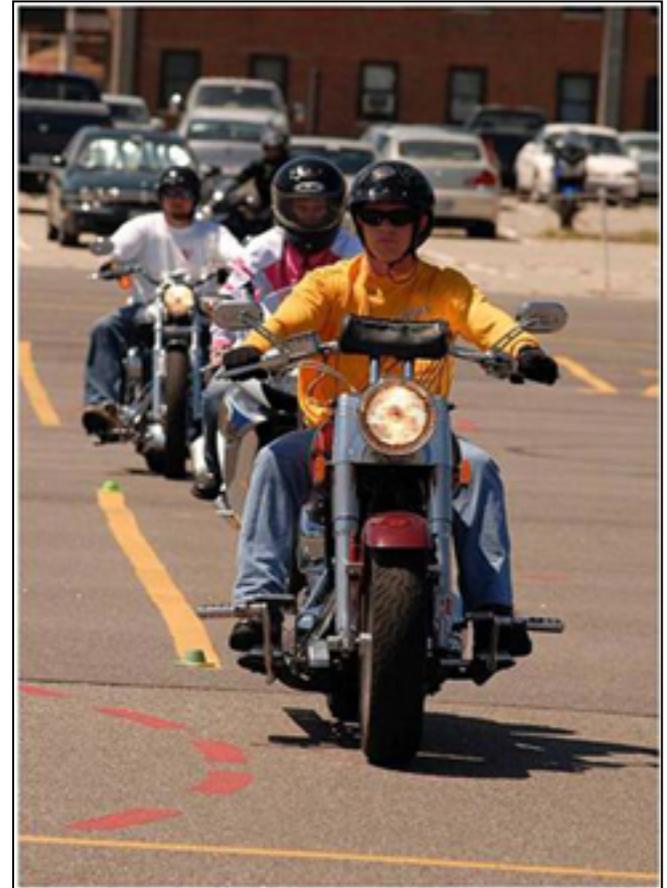
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# Close the Motorcycle Training Gap

- All cruiser riders must take the Experienced Rider Course.
- Refresher training is required every three years.
- See your command Motorcycle Safety Representative to sign up for classes!



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# Alcohol Awareness Discussion Questions

- What do you think the Navy/Marine Corps culture is regarding alcohol.
  - Has this culture changed? For better or worse?
- What would you do if you were at a party and had too much to drink?
- What are other options for getting home safely?
- What are other issues (besides driving) associated with misuse of alcohol.



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# Alcohol Awareness

- Drinking Facts:
  - Absorption of alcohol depends on
    - Your size, weight, body fat and sex
    - Amount of alcohol consumed
    - Amount of food in your stomach
    - Use of medications
  - 60% of STDs are transmitted by drunk partners
  - In 67% of unplanned pregnancies, at least one partner was drunk.

Information courtesy of [www.thatguy.com](http://www.thatguy.com)



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# How Do You Know if You Need Help?

- Have you ever felt you should cut back on your drinking?
- Does your drinking ever make you late for work?
- Do you ever forget what you did while you were drinking?
- Do you ever drink after telling yourself you won't?
- Have people annoyed you by criticizing your drinking?
- Do you ever need a drink first thing in the morning to steady your nerves or get rid of a hangover?



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# How Do You Know if You Need Help?

If you answered yes, even once, to the questions on the pervious slide, you may have a problem with alcohol.

- Help is easy to find!
- Learn what Tricare can do by visiting [www.tricare.mil/ProviderDirectory/](http://www.tricare.mil/ProviderDirectory/)  
<http://www.tricare.mil/mtf>
- To find a local resource, call the Center for Substance Abuse Treatment at 1-800-662-HELP



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# It's No Laughing Matter

Alcohol-related mishaps kill and injure Sailors and Marines every summer.



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# Water Safety Discussion Questions

- Name three reasons why alcohol and water can be a dangerous combination.
- What is the best way to escape a rip current?
- Discuss ways to protect kids around the water.



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# Water Awareness

- Learn to swim
- Swim where lifeguards are present
- Keep a close eye on kids
- Obey signs about water conditions

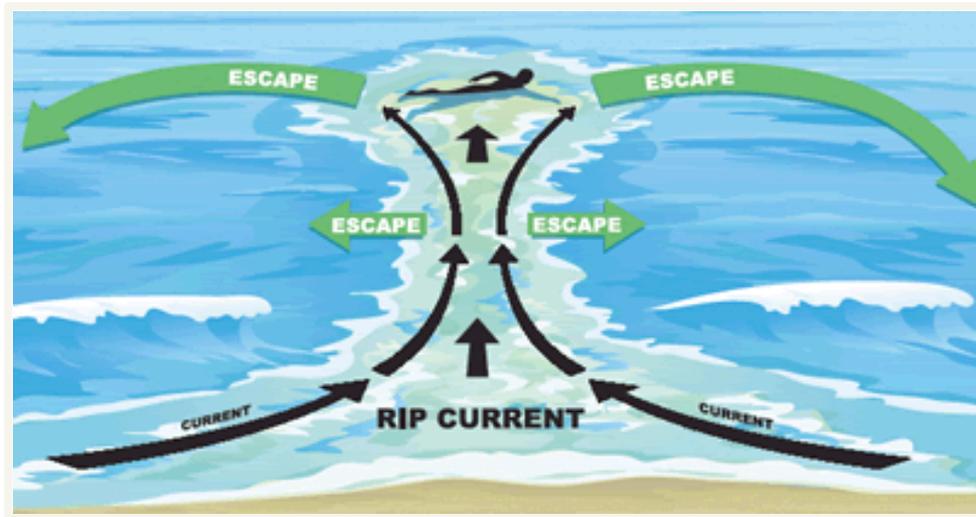


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# Rip Currents



- Don't panic!
- Swim parallel to the shore until you are out of the current.



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# Boating Safety



- Take a Coast Guard approved boating safety class
- Ensure everyone aboard has a personal flotation device.



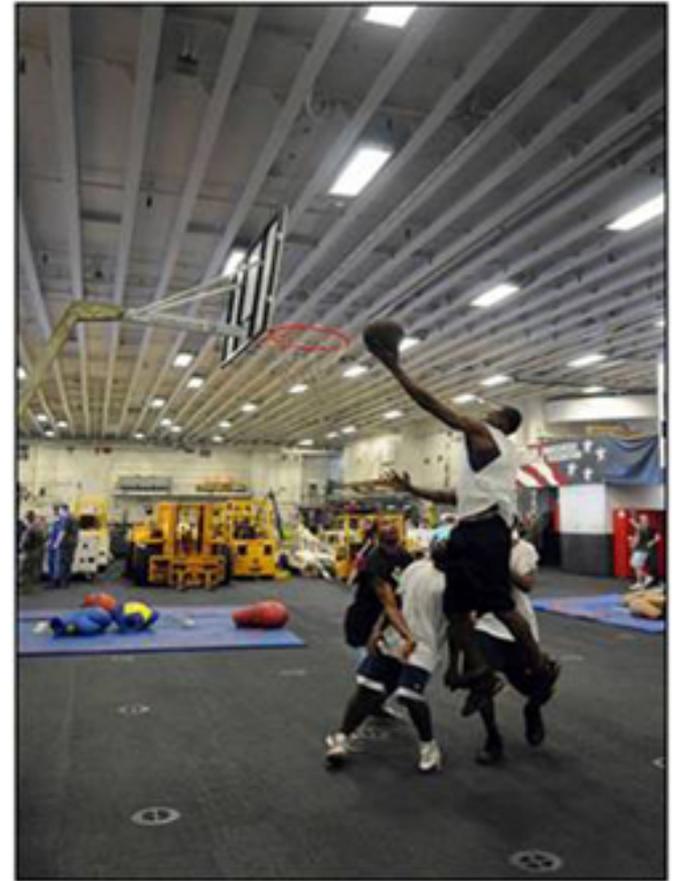
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# Summer Sports Safety

- Stretch prior to activity
- Stay hydrated
- Wear proper gear and footwear
- Know your limits



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# Sexual Assault Resources

Live 1-on-1 Help   Confidential   Worldwide 24/7

DoD  
**Safe Helpline**  
Sexual Assault Support for the DoD Community

Help is just a *Click, Call or Text* away!

For confidential victim assistance  
visit [www.SafeHelpline.org](http://www.SafeHelpline.org)



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# Sexual Assault Discussion

- What would you do if you witnessed a shipmate being harassed or assaulted?
- What resources are available for victims?
- Can men be victims?
- How can you help?



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# Preventing Sexual Assault

## Be an Active Bystander

### **Distraction**

Make up an excuse to get your friend get away from the creep (e.g., “I think I lost my phone. Can you help me look for it?” “I was thinking of grabbing some food, want to come with me?”)

### **Be a Third Wheel**

If it seems like the potential perpetrator is trying to isolate your shipmate (offering him or her a ride, inviting him or her to their home, etc.) go with them.



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# Preventing Sexual Assault

## Be an Active Bystander

### Direct Approach

- Talk to your friend to ensure he or she is doing okay
- Pull your shipmate aside and say you think the situation is dangerous
- Point out the potential perpetrator's disrespectful behavior in a safe manner to de-escalate the situation
- Recommend to a bartender or party host that potential victim or perpetrator has had too much to drink

### Involve Others

- Grab a friend or two before speaking with the potential perpetrator
- If the situation seems to be escalating, call the police



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# Suicide Warning Signs

- Expressing suicidal thoughts
- Increased drug and/or alcohol use
- Withdrawal from friends and family
- Recklessness

**ACT: Ask, Care, Treat**



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# Veterans Crisis Line – Call, Chat or Text



 **Veterans  
Crisis Line**  
1-800-273-8255 **PRESS 1**

**IT'S YOUR CALL**

Confidential help for  
Veterans and their families

• • • • Confidential chat at [VeteransCrisisLine.net](http://VeteransCrisisLine.net) or text to **838255** • • • •



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# Have a Fun, Fabulous and SAFE Summer Season!

Questions?



[www.public.navy.mil/navsafecen](http://www.public.navy.mil/navsafecen)



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