101 Critical Days of Summer
Summer is almost upon us and it is, once again, time for the Summer Safety Campaign. The 101 Critical Days of Summer begins on Memorial Day weekend and ends after Labor Day.

This is, of course, the largest vacation period of the year. The sun is shining and people are out swimming, boating, visiting family and friends far away, playing and having a good time.

It’s also a time of celebration, recreation, staying awake long hours and driving more miles than your body has the energy for. With all those fun summer activities, the following safety tips are offered to make your summer a safe and happy one.
Each year from FY13 – FY18, the Navy lost an average of 13 Sailors in off-duty mishaps.

Do your part - we can’t afford to lose any more Shipmates to preventable off-duty mishaps.
From FY14-FY18, there were 78 off-duty cases where alcohol was a contributing factor to the mishap.

Impaired Judgment
+ Poor vision
+ Delayed/Slow Reaction Time

= MISHAP
From FY14 – FY18, the Navy lost 8 Sailors in water-related mishaps. Water related accidents do not discriminate: junior enlisted, senior enlisted, warrant officers, and senior officers all succumb to the dangers of being around the water.

The US Coast Guard reported 4,291 mishaps that involved 658 deaths, and 2,629 injuries and approximately $46 million dollars of damage to property as a result of recreational boating accidents in 2017.
Boating Safety

Operators Responsibilities

✓ Don’t drink and boat; Boating Under the Influence (BUI) is dangerous and illegal.
✓ Make sure the boat is in top operating condition.
✓ Keep legally mandated safety equipment onboard.
✓ Maintain safe speed at all times to avoid a collision.
✓ Keep an eye out for changing weather conditions and act accordingly.
✓ Know and obey federal and state regulations and waterway markers.

National Boating Safety Week:
May 18 - May 24, 2019
Helpful Boating Safety Links and References

- U.S. Coast Guard Office of Boating Safety
  https://www.uscgboating.org/
  - Safety Course information
  - Federal and State laws and regulations
  - Free safety check information

- USCG Mobile APP
  https://uscgboating.org/mobile/
  - Contains boating.org information
  - Safety equipment list
  - Can file a float plan
  - Can report hazards, pollution, suspicious activity
  - Can request assistance
Afloat Drinking

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- It takes as little as four hours of exposure to sun, wind, glare, vibration, and other motion on the water to produce “boater’s hypnosis,” a kind of fatigue that slows reaction time almost as much as if a person were drunk.

- Alcohol amplifies your lack of judgment, motor skills, peripheral vision, depth perception, night vision, and balance.

- That’s why boaters should NEVER drink when operating a boat. Every state has strict drinking and boating laws – you can be arrested on the water.

- YES you can get a Boating Under the Influence (BUI) punishable using the same criteria as Driving Under the Influence (DUI).
Rip Currents are powerful currents of water moving away from the shore. They can sweep even the strongest swimmer out to sea.
Break the Grip of the Rip

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Swimming Safety

ALWAYS swim with a partner.
NEVER allow young children to swim without adult supervision.
NEVER swim when you are tired, under the influence of alcohol, drugs or medication.
Know and observe your swimming limitations and capabilities.
Avoid swift-moving water. If caught in a current, swim with it and angle towards shore or the edge of the current.
Observe warning signs.
Stay out of the water during thunderstorms and severe weather.
Pool and Diving Safety

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Pool Security

✓ Use an approved safety cover and keep the pool covered when not in use.

✓ NEVER allow children access to the pool without adult supervision.

✓ Fence and lock your pool. Consider installing a water surface tension alarm.

Diving Safety

✓ ALWAYS test water depth before diving.

✓ If you are unable to see below the water’s surface, don’t dive

✓ NEVER dive into rivers or other moving bodies of water.

✓ Keep your arms extended above your head when diving.
HEAT CRAMPS: Occur after several hours of physical exertion in the heat.

Symptoms:
Painful muscle spasms usually in the legs or abdomen.

Treatment:
Get out of the heat and into the shade.
Hydrate with water or sports drink.
Stretch and massage the muscle.

Prevention:
Acclimatize to the environment so your body adapts to the heat.
Hydrate with water or sports drink before and during exercise.
Avoid exercising during hottest part of the day.
Wear light, loose clothing and use sunscreen.
HEAT EXHAUSTION: Due to loss of water and salt through sweat.

Symptoms: Headache, nausea, dizziness, weakness, and cool, clammy skin.

Treatment:
✓ Stop and rest.
✓ Hydrate and get into a cool room or shade.
✓ Loosen clothing and apply cool wet towels or pour cool water over the head.

Prevention: Same as heat cramp prevention.
HEAT STROKE: A serious condition when the body’s cooling system stops working and core temperature rises to dangerous levels. If ignored, heat stroke can lead to death.

Symptoms:
✓ Red, hot and dry skin.
✓ Rapid but weak pulse.
✓ Rapid but shallow breathing.
✓ Confusion, faintness, staggering, hallucinations.
✓ Unusual agitation or coma.

Treatment:
✓ Reduce body temperature by cooling the body.
✓ Remove unnecessary clothing.
✓ Apply water, cool air, wet sheets or ice on the neck, groin and armpits to accelerate cooling.
✓ Seek professional medical attention NOW!

Prevention: Same procedure concerning heat cramps or heat exhaustion.
NEVER allow children to play with or ignite fireworks.

Read and follow ALL warnings and instructions.

Be sure people are out of range before lighting fireworks.

ONLY light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials.

NEVER try to relight fireworks that have not fully functioned.

In case of a malfunction or fire, keep a bucket of water (or a garden hose) and fire extinguisher at the ready.
Extreme sports can be exhilarating but deadly.
Sports Injury Prevention

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✓ Warm-up and stretch BEFORE playing any sport.

✓ Ensure you are **physically able** to play – see your physician for periodic physicals. Don’t participate in a sporting event without a physician’s release if you’ve had a sports injury that required medical attention.

✓ Make sure to wear all proper **protective equipment** required for the sport: Shoulder pads, elbow pads, knee pads and helmet for football; batting helmets with faceguards; catcher’s face mask, throat guard, chest protector, and shin guards for baseball.
Playground Safety

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- Ensure children take off their bicycle helmets when playing on playground equipment.
- Ensure there is soft surfacing underneath the playground equipment.
- Ensure children are sitting down while swinging. Have them slow down before they get off of a swing. **DO NOT** let them walk near someone else who is swinging.
- Ensure children use both hands when using climbers. Ensure they only climb on dry equipment to prevent them from falling.
- **NEVER** let your child climb up the front of the slide as they may get hit by another child sliding down.
- Ensure your child slides down feet first. Ensure children slide down one at a time to avoid injuries from a pile up.
Walking, Jogging Safety

✓ Execute warm up exercise prior to walking, jogging or running
✓ Jog, run or walk on sidewalks facing traffic. Exercise caution when jogging, running or walking near roadways.
✓ Choose good shoes for jogging, walking or running.
✓ Wear loose clothing with light colors. In the evening use reflective clothing.
✓ Drink plenty of fluids (water or sports drinks) before and during a walk, jog, or run.
✓ Watch for signs of heat cramps, heat exhaustion or heat stroke in hot weather.
✓ Jog, run or walk in a familiar area; carry a whistle or cell phone.
✓ Allow a cool down period.
Pedestrian Mishaps

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- **33** individuals lost their lives in off-duty pedestrian mishaps from FY-13-FY17.

- Almost all were male (29) (female: 4).

- Ages ranged from **19-50**, but almost two-thirds were under 35 years old.

- **12** of the deaths occurred after dark.

- Alcohol impairment was confirmed in **85%** of the incidences and suspected in several.

- Season of the year wasn’t much of a factor.
What They Were Doing

24 personnel crossing a street or walking too near a roadway. 3 were intoxicated.

3 Sailors were killed in the vicinity of a fender bender or disabled vehicle.
Don't be a Dead Pedestrian

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See and be seen.

Use the crosswalk.

Use all your senses when near an area with moving vehicles.

Look left, right and then left again.

Avoid walking when impaired by alcohol.

Stay off train tracks!

It goes without saying: Obey ALL traffic laws.
There is NO excuse for being hit by a train.

- Walking or playing around railroad tracks is trespassing on private property. You could be fined, seriously injured or killed.
- Trestles are not meant to be sidewalks or pedestrian bridges. There is only enough clearance on the track for a train to pass.
- Trains overhang the tracks by at least three feet in both directions. Loose straps hanging from railcars can extend even farther.
- Trains do not follow set schedules. Another train can come along at any time.
Complacency with privately owned weapons (POW):
Handling a weapon is simple:
• Treat every weapon as if it is loaded
• **NEVER** point the muzzle at anything you don’t intend to shoot.

Alcohol and weapons don’t mix:
• Do not handle weapons while or after consuming alcohol.
Complacency with privately owned weapons:

Know your weapon

- Make sure you read the owner’s manual and take a class.

Everyone is a safety officer

- Intervene when you see a peer, friend or family member handling a weapon improperly.
**THINK About It**

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**T**reat every weapon as if it’s loaded.

**H**andle every weapon with care.

**I**dentify the target before you fire.

**N**ever point the muzzle at anything you don’t intend to shoot.

**K**eep the weapon on safe and your finger off the trigger until you intend to fire.
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Bicycle Safety

- Remember to use arm and hand signals.
- Ride WITH TRAFFIC, not against it.
- Always wear an approved bicycle helmet.
- Avoid riding at night if possible.
- If you must ride at night, install front and rear lights on your bicycle and wear reflective clothing. It’s the law!
Vehicle Trip Preparation

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Safety check your vehicle:

✓ Oil
✓ Brakes
✓ Tire wear & air pressure
✓ Coolant
✓ Power Steering Fluid
✓ Windshield Wiper Blades
✓ Spare Tire (air pressure, jack and lug wrench)

Other Items:

First Aid Kit
Blankets
Extra Clothes
Emergency roadside kit (flares/safety triangles)

For more info on trip planning visit the TRiPS website:

TRiPS Website
Private Motor Vehicles
Speeding contributed to 4 of PMV-4 (car, van, truck, SUV) fatalities.

Speeding contributed to 50% of PMV-2 fatalities.

11 Sailors are dead because of speeding.
Driving Myths

- Texting or talking on a phone and driving is just multitasking. Doing both at the same time is easy...not distracting.

- The "other guy" is the primary causes of accidents involving motorcycles.

- A motorcycle helmet will not save me in a bad mishap.

- Seatbelts don’t save lives.
Drinking and Driving

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• Impaired driving randomly kills one person in America every 48 minutes. That means you, your family or friends could be innocent victims.

• All 50 States, the District of Columbia, and Puerto Rico have by law set a threshold making it illegal to drive with a BAC of .08 g/dL or higher.

• In 2017 there were 10,874 people killed in alcohol-impaired driving crashes. These alcohol impaired-driving fatalities accounted for 29 percent of all motor vehicle traffic fatalities in the United States in 2017.

• Of the 10,874 people who died in alcohol-impaired driving crashes in 2017, there were 6,618 drivers who had BACs of .08 g/dl or higher. The remaining fatalities consisted of 3,075 motor vehicle occupants and 1,181 non-occupants.

1-800-TAXICAB - http://www.1800taxicab.com/
Seat belts will be worn by ALL personnel driving or riding in an automobile whether **ON OR OFF THE INSTALLATION**.

No one shall be authorized to ride in the cargo areas of motor vehicles when prohibited by State or local laws.

In FY18, **10** Sailors died when involved in a mishap where they were **NOT** wearing their seat belts or listed as unknown.

**ONE BAD DECISION COST THEM THEIR LIVES!**
Distracted Driving

At any given daylight moment across America, approximately 660,000 drivers are using cellphones or manipulating electronic devices while driving.

Multitasking = Distracted Driving

DISTRACTED DRIVING KILLS!!
There are several warning signs of fatigue, however, individuals often don’t understand them or, worse, choose to ignore them.

**Who is Most at Risk?**

- Sleep-deprived.
- Driving long distances after working a full shift.
- Driving through the night, the early afternoon, or at other times when normally asleep.
- Drinking alcohol or taking medication that increases drowsiness.
- Driving alone for long distances without rest breaks or much change in scenery.

**Warning Signs!**

- Can’t remember the last few miles driven.
- Drifting from lane or hitting a rumble strip.
- Yawning repeatedly.
- Difficulty focusing or keeping eyes open.
- Tailgating or missing traffic signs.
- Trouble keeping head up.
ATV / ROV SAFETY TIPS

- ATVs are not toys; get training.
- Never ride alone and always tell someone where you are going and when you will return.
- Read the owner’s manual carefully.
- Check locals laws.
- Be careful when operating ATVs and ROVs with added attachments; these affect the stability, braking and operation of the vehicle.
- Always supervise young operators.
- Never carry extra riders.
- Never operate ATVs or ROVs on streets, highways or paved roads, except to cross at safe, designated areas.
- Always make sure the ATV or ROV is in good condition.

REMEMBER ATGATT: “ALL THE GEAR, ALL THE TIME.”
ATV/ROV Safety

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✓ Children and young people under the age of 16 should not ride adult ATVs (with engines bigger than 90 cubic centimeters).

✓ Take a hands-on training course.

✓ ALWAYS wear an approved helmet.

✓ NEVER drive an ATV on paved roads.

✓ NEVER drive an ATV while under the influence of drugs or alcohol.
52% of all PMV Accidents in FY18.
Riding Tips

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RIDING TIP

SEEING is the best way to avoid dangerous situations.

S- SEARCH
around you for potential hazards.

E- EVALUATE
any possible hazards such as turning vehicles.

E- EXECUTE
the proper action to avoid the hazard.

A SOUND STREET STRATEGY CAN PREVENT A DANGEROUS SITUATION
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Motorcycle PPE

PERSONAL PROTECTIVE EQUIPMENT

WHAT’S REQUIRED?

1. Helmets, certified to meet DOT standards
2. Impact- or shatter-resistant goggles, wraparound glasses or full-face shield
3. Sturdy footwear, leather boots or over-the-ankle shoes
4. A long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens designed for use on a motorcycle

Riders are highly encouraged to select PPE that incorporates protective padding, fluorescent colors and retro-reflective material.

PPE IT’S WORTH EVERY DIME, EVERY TIME!
ALL sailors shall complete LEVEL I training prior to operating a motorcycle and then must complete LEVEL II training within 60 days of LEVEL I.

ALL sailors shall complete either LEVEL II or LEVEL III refresher training every three (3) years.
Home Safety

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Hazards Around Home

Top 5 Hazards

- Poisoning
- Falls
- Choking and Suffocation
- Drowning
- Fires/Burns
Top 5 Home Hazards

- Magnets
- Recalled Products
- Furniture Tip-Over
- Window & Coverings
- Pool and Spa Drains
Each year an average of **8,900** home fires are caused by grilling.

**Safety Tips:**

- Use grill outside **ONLY**, away from siding, deck rails, and overhanging branches.
- Periodically remove grease buildup.
- **NEVER** add charcoal starter fluid to fire.
- **NEVER** use gasoline or any flammable liquids other than starter fluid.
- Check the gas cylinder hose for leaks.
U.S. fire departments responded to an estimated average of 358,500 home structure fires per year during 2011-2015, which represents 3/4’s of all structure fires.

Home fires cause an annual average of 2,510 civilian fire deaths and 12,300 fire injuries.
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Across the U.S.:

• Leading cause of home fires **cooking (47%)**

• 43% reported home structure fires started in the kitchen.

39% of home fire injuries were cause by these incidents. In addition, 17% of home fire deaths resulted from kitchen fires.
A properly installed and maintained smoke alarm is the only thing in your home that can alert you and your family to a fire 24 hours a day, seven days a week.
Fire Prevention

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✓ **NEVER** smoke in bed.

✓ Avoid grease build-up in kitchen.

✓ Use space heaters properly.

✓ Inspect wires and never overload circuits or extension cords.

✓ Use extreme caution when using candles.

✓ Keep washers and dryers clean. Pay particular attention to lint traps and dryer vents.
Carbon Monoxide

What is it?

- Colorless/odorless gas
- Extremely poisonous and can kill within minutes

Caused by poorly maintained:

- Heating systems
- Gas stoves
- Gas-powered generators
Controls:

✓ Maintain your heating system and fuel-burning appliances.

✓ Install a carbon monoxide (CO) detector.

✓ DON’T use a portable generator indoors.

✓ DON’T run your vehicle inside the garage.

✓ DON’T heat your house with a gas oven.
For more information, please contact the Naval Safety Center Shore Safety Group at (757) 444-7820, or via E-mail at: NRFK_SAFE-All_HANDS@navy.mil