

FALL/WINTER 2018 SAFETY CAMPAIGN

Insert Command
Logo



Dun Dun Da Da Dun Dun Da Da Dun Dada Dun.....



WINTER IS COMING!



1. Motor Vehicle – 362 Injuries

2. Basketball – 85 Injuries

3. Football – 77 Injuries

4. Weight Lifting – 30 Injuries

5. Skiing/Snowboarding – 27 Injuries



TOP FIVE OFF-DUTY INJURY-PRODUCING
ACTIVITIES SEPT 2017-FEB 2018

- ▶ Check lights, tire pressure, fluids, and roadside equipment and reference your owner's manual for cold weather specifications
- ▶ Pay attention while driving and put the phone down
- ▶ Drive slow on icy or wet roads especially when driving over bridges
- ▶ Buckle up and DON'T drink and drive
- ▶ Don't drive if you're tired

MOTOR VEHICLE SAFETY



- ▶ Get plenty of sleep
- ▶ Wash your hands and don't touch your face
- ▶ Wipe down your phone, door handles and other surfaces
- ▶ Exercise regularly and eat healthy to boost your immune system
- ▶ Drink plenty of water to stay hydrated



COLD/FLU PREVENTION TIPS

- ▶ Warm up and cool down
- ▶ Drink plenty of water to stay hydrated and prevent cramping
- ▶ Wear protective gear
- ▶ Know the rules of the game
- ▶ Watch out for others
- ▶ Don't play when you're injured

SPORTS SAFETY TIPS



- ▶ Get in shape. Don't try to ski yourself into shape. You'll enjoy skiing and snowboarding more if you're physically fit.
- ▶ Obtain proper equipment. Be sure to have your ski or snowboard bindings adjusted correctly at a local ski shop. Or, you can rent ski or snowboarding equipment at resorts.

SKIING/SNOWBOARDING SAFETY



- ▶ When buying skiwear, look for fabric that is water- and wind-resistant.
- ▶ Look for wind flaps to shield zippers, snug cuffs at wrists and ankles, collars that can be snuggled up to the chin and drawstrings that can be adjusted for comfort and keep wind out.
- ▶ Buy high-quality clothing and products.

SKIING/SNOWBOARDING SAFETY



- ▶ Wear sun protection. The sun reflects off the snow and is stronger than you think, even on cloudy days.
- ▶ Always wear eye protection. Have sunglasses and goggles with you. Skiing and snowboarding are a lot more fun when you can see.

SKIING/SNOWBOARDING SAFETY



- ▶ Dress in layers. Layering allows you to accommodate your body's constantly changing temperature. For example, dress in polypropylene underwear (top and bottoms), which feels good next to the skin, dries quickly, absorbs sweat and keeps you warm. Wear a turtleneck, sweater and jacket.

OUTDOOR ACTIVITY SAFETY



- ▶ Be prepared. Mother Nature has a mind of her own. Exposed skin, such as the head and neck, lose more heat than covered skin. Your cheeks, ears and nose are the most prone to frostbite. Wear a hat, scarf and turtleneck sweater to protect these areas.

OUTDOOR ACTIVITY SAFETY



- ▶ Ensure you packed all your luggage, gifts, etc. securely in the vehicle and out of site from thieves
- ▶ Do not place items near the pedals, steering wheel, or gearshift
- ▶ Check lights, tire pressure, fluids, and roadside equipment
- ▶ When pumping gas, do not top-off your tank as this can cause spillage

HOLIDAY TRAVEL TIPS



- ▶ Never use lighted candles near trees or boughs
- ▶ Keep poisonous plants out of reach of children and pets
- ▶ Keep trees away from fireplaces, radiators and other heat sources
- ▶ Choose an artificial tree that is labeled fire resistant
- ▶ If using a natural tree, make sure to water it well

HOLIDAY DECORATING



- ▶ Check holiday lights for fraying, bare spots, gaps in the insulation or excessive kinking in the wire
- ▶ Turn off all tree lights and decorations when not in use
- ▶ When putting up decorations, use a step stool or ladder to reach high places



HOLIDAY DECORATING

- ▶ When preparing a meal, wash your hands, utensils, sink and anything else that touches raw meat
- ▶ Reheat leftovers to at least 165 degrees Fahrenheit
- ▶ [Never Deep-Fry A Frozen Turkey – YouTube](#) Here's the explosive results!



HOLIDAY DINNER PREPS

- ▶ Take a firearms-safety course. The more you know, the better.
- ▶ Keep your firearms unloaded. Keep your gun in its case until you get to the hunting area.
- ▶ Assume every firearm is loaded, and don't take someone's word for it– check it yourself.
- ▶ Don't engage in horseplay with weapons.

HUNTING SAFETY



- ▶ Never point a gun at something you don't intend to shoot. Always keep your gun pointed in a safe direction.
- ▶ Keep the barrel clear.
- ▶ Use the right ammunition.
- ▶ Keep the safety on until just before you are ready to shoot. Immediately put it back on when you are finished.
- ▶ If you aren't positive about your target, don't shoot.



HUNTING SAFETY

- ▶ Know what is on the other side of your target.
- ▶ If you pull the trigger and the gun doesn't fire, wait 45 seconds before removing the cartridge.
- ▶ Don't climb fences or trees, cross slippery areas, or jump ditches and creeks while carrying a loaded gun. Unload, then reload when you arrive.
- ▶ Carry handguns in holsters.
- ▶ Don't drink alcohol, and be especially careful when you get tired.

HUNTING SAFETY



- ▶ Pages - index-safetips
- ▶ <https://www.public.navy.mil/NAVSAFECEN/Pages/media/seasonal/index.aspx>
- ▶ https://www.public.navy.mil/NAVSAFECEN/Pages/shore/motor_vehicle/trips.aspx
- ▶ <https://www.navyfitness.org/>

REFERENCES

MAKE SOLID DECISIONS, AND HAVE
A FUN AND SAFE FALL/WINTER SEASON!

WWW.PUBLIC.NAVY.MIL/NAVSAFECEN

