2017 SUMMER SAFETY

Warm Weather Presentation
Here comes Summer…

And for many in the fleet this means warm weather!
Before you rush off for whatever fun-filled activities you have let’s go over a few safety topics.

*(we will try to make this is painless as possible)*
In 2016, Between Memorial Day and Labor Day:

11 Sailors and
8 Marines lost their lives

Impact: 19 trained and ready Sailors and Marines are no longer with us.
Summer 2016 Overview
Traffic and Off-Duty/Recreation Fatalities

Total Traffic and Off-Duty/Recreation Fatalities
- 30% decrease from overall 5-year average (19 vs. 27.2)
- 24% decrease from previous year (19 vs. 25)

Automobile Fatalities
- 11% increase from 5-year average (8 vs. 7.2)
- 100% increase from previous year (8 vs. 4)

Motorcycle Fatalities
- 35% decrease from 5-year average (8 vs. 12.4)
- 20% decrease from previous year (8 vs. 10)

Pedestrian Fatalities
- 38% decrease in pedestrian fatalities from both 5-year average (1 vs. 1.6)
- 75% decrease from previous year (1 vs. 4)

Off-Duty/Recreation Fatalities
- 68% decrease from 5-year average (2 vs. 6.2)
- 75% decrease from previous year (2 vs. 8)
Is Summer More Dangerous?

Data show average Off-Duty/Recreational Fatalities, FY12-16, for Navy and Marine Corps; total includes pedestrians.
Summer Traffic Deaths Dominate

Data show types of Off-Duty/Recreational Fatalities, FY14-16, Navy and Marine Corps
Summer 2016 Fatalities
Traffic and Off-Duty/Recreation Mishaps

17 fatal traffic mishaps
  ▪ 8 were motorcycles

2 died during recreational activities
  ▪ 1 fall (window)
  ▪ 1 unresponsive
Safe Barbecuing

• **Keep your grill outside.** Keep away from house, trees, and deck railings.

• **Read the owner’s manual.** Make sure your grill is assembled properly and stable.

• **Protect yourself.** Grill gloves, utensils with long handles, and avoid loose fitting clothing.

• **Clean thoroughly.** Keep a fire extinguisher handy.

• **Man the fire.** Never leave unattended when flames are present or hot.

• **Start a gas grill with the lid open.** Lighting while closed can cause a dangerous buildup of gas.

• **Be responsible with lighter fluid.** Only use to start a charcoal grill.

• **Check the gas lines.** Conduct a gas leak test at the beginning of every season. Inspect propane tanks.

• **Use the right cords.** Only use an outdoor extension cord that is properly grounded.

• **Shut down your grill correctly.** Turn off burners and fuel supply.
Swim 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.
Rip Currents

A rip current: A strong channel of water flowing seaward from the shore. It can occur at any beach with breaking waves.

How to escape a rip current:
1. **Relax.** Don’t swim back to shore directly against a rip. You risk exhaustion and drowning.

2. **Calmly** float or tread water to conserve energy. Swim parallel to shore until outside of the rip or in a **diagonal direction** towards the shore.

3. Swim where **lifeguards** are present.
Heat Stress

• Don’t allow yourself to become thirsty, drink **WATER** frequently
• Eat well-balanced meals and wear loose-fitting breathable clothing
• Limit physical activities during hot conditions and postpone strenuous activities if heat exceeds **90°F**
• Continually assess the situation and be alert for signs of heat stress
Boating Safety

Operating a boat requires concentrated skill and a keen sense of awareness in the boat and on water. A clear head and a responsible outlook are necessary to make a day on the water as smooth and as safe as possible.

1. Don’t overload - check the boat manufacturer’s capacity plate
2. Know your boat - what it can and can’t do
3. Keep a good lookout and situational awareness of other boats and objects
4. Ensure crew and passengers wear a USCG approved personal flotation device
5. Operate at safe and legal speeds- watch your wake
6. Know and respect the weather - heed weather warnings!
Fireworks Safety

- **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/garden hose and/or fire extinguisher at the ready!!!
Defensive Riding

- More riders being hit by cars
- Not just visibility – traffic position and awareness are critical
- Riders must protect a clear path of travel
- Drivers must reduce in-vehicle distractions
- Drivers must be more aware of motorcycles, pedestrians and bicycles

AND NEVER TEXT & DRIVE! No message snap, or tweet is ever worth it!
Motorcycle Fatality Trends

- 5 of 8 involved speeding
- 6 of 8 riders were at fault
- 5 of 8 lost control and were single-vehicle
- 4 of 8 below 26 years of age
- 6 of 8 during daylight hours
Sobering Drunk and Drugged Driving Facts

• In 2015, 10,265 people were killed nationwide and approximately 290,000 were injured by drunk driving. Each crash, each death, each injury impacts not only the person in the crash, but family, friends, classmates, coworkers and more.

• There are many impairing drugs—both legal and illegal—that can impair driving skills: over-the-counter, prescription, legal medicinal/recreational marijuana, and illicit drugs.
Don’t Drink and Drive

There are things a person can do if they have been drinking (or know they will be). These include:

Call a cab. Use UBER or other ride application.

If the destination is nearby, walk home.

Have a designated driver before drinking. Give them the keys before drinking.

**Things that won't work:**

- Drinking coffee
- Waiting for it to wear off
Motorcycle Safety

*ALL Sailors and Marines must complete Level I training prior to operating a motorcycle.

*ALL Sailors and Marines must complete a Level II training course upon successful completion of Level I training.

- Standard/Cruiser Riders
  - Advance Rider Course
  - Experienced Rider Course

- Sportbike Riders
  - Military Sportbike Rider Course (MSRC)

*ALL Sailors and Marines must complete a Level II or Level III Refresh training course every three years.

*Contact your command Motorcycle Safety Representative for course information or visit www.navymotorcyclerider.com to sign up for a course.
Fighting Fatigue

✓ Start every trip well-rested.
✓ Drive during daylight hours.
✓ Schedule breaks every two hours.
✓ Never drink and drive.
✓ Pull over if you get tired.
Summer Sports Safety

✓ Warm-up and stretch prior to activity
✓ Stay hydrated
✓ Know your limits, maintain current physicals.
✓ Wear the proper protective equipment gear and footwear for the activity or sport.
✓ Watch for signs of a heat stroke in warm weather.
✓ Wear light-colored and reflective clothing when running.

Visit the Naval Safety Center website at http://www.public.navy.mil/NAVSAFECEN/Pages/shore/off-duty_rec/off_duty_rec.aspx to see more info and resources for Off-Duty and Recreation
How Sailors and Marines Got Hurt
Top Five Injury-Producing Activities, Summer 2016

1. Basketball
2. Football
3. Baseball/Softball
4. Bicycling
5. Soccer
Did you know: ORM Phone App

Operational Risk Management (ORM) free phone application became available Feb 2017.

- Can be downloaded through Apple Store (iPhone) or (Android) devices.
- Allows the fleet access to training and resources.
- Complete your required training.
Manage those risks, and you’ll have a fun and safe summer!

www.public.navy.mil/navsafecen

***And be sure to like and follow us on FB at https://www.facebook.com/NavalSafetyCenter***