



Winter/Holiday Season Safety 2013



UNCLASSIFIED

FY13 Marine Fatality Summary

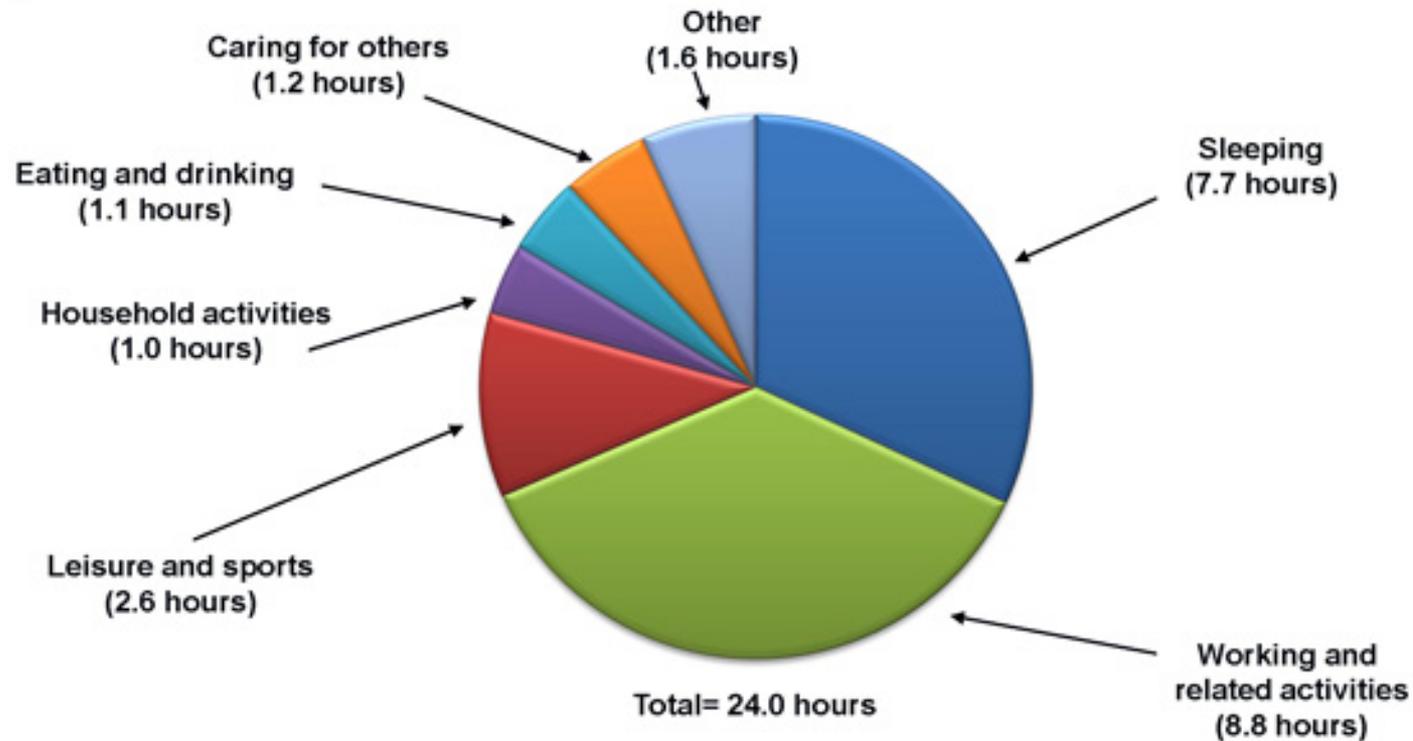
Safety First!

- 49 Marines died in mishaps in FY-2013:
 - Private Motor Vehicle: 25 (51%)
 - Ground Operational, Including PT/Excluding MV: 12 (24%)
 - Operational motor vehicle: 3 (6%)
 - Off-duty Shore/Recreation: 9 (18%)
 - PT: 1 (2%)



Think Safety 24/7!

Time use on an average work day for employed persons ages 25 to 54 with children



NOTE: Data include employed persons on days they worked, ages 25 to 54, who lived in households with children under 18. Data include non-holiday weekdays and are annual averages for 2012. Data include related travel for each activity.

SOURCE: Bureau of Labor Statistics, American Time Use Survey

Slips, Trips and Falls

- 200,000 injuries from falls per year
- 21,600 Americans died from falls in 2007
- Causes most lost work days for military and DON civilians



*Numbers courtesy of the Bureau of Labor Statistics

Winter Sports

- Don't exceed your limits.
- Get trained.
- Use proper PPE and equipment.



Top USN/USMC Rec/Off-Duty Mishap Activities

1. Basketball	105
2. Snowboarding	85
3. Football	46
4. Snow Skiing	43
5. Motorcycle	41
6. Jogging/Running	36
7. Skateboarding	30
8. Bicycling	30

- There were 1,129 reported mishaps
- 146 mishaps involved people who tripped while walking (not during any particular activity)



Holiday Travel

- **Fact:** Heaviest holiday traffic occurs the Wednesday before Thanksgiving and the Sunday after.
- **Fact:** Many Sailors and Marines drive long distances over the holidays to visit family and friends.



Fact: Risk management, proper planning, and safe driving practices help prevent traffic mishaps.

The **Fatal** Four

- Speed
- Alcohol
- Fatigue
- No Seatbelts



These four factors account for the vast majority of all motor vehicle fatalities. The good news is that these factors are completely under your control!

The **Fatal** Four

- **SPEED**
 - A contributing factor in 31% of all fatal crashes
 - \$ of speed-related crashes is \$40 billion/year
 - Nearly 12,000 lives lost due to speed
 - 88% of speed-related fatalities occur on non-interstate highways.



*Statistics courtesy of the National Highway Traffic Safety Administration

The **Fatal** Four

- ALCOHOL
 - Alcohol-impaired-driving fatalities **increased by 4.6%** in 2012.
 - 31% of all traffic fatalities involved alcohol (2012)
 - The largest increase (86%) from 2011-2012 was among large-truck drivers!
 - While fatalities from alcohol-impaired driving have increased from 2011 to 2012, fatalities from crashes involving young drivers and alcohol have decreased, by 15 percent (16- to 20-year-old).



*Statistics courtesy of the National Highway Traffic Safety Administration National Center for Statistics and Analysis
<http://www-nrd.nhtsa.dot.gov/Pubs/811856.pdf>

The **Fatal** Four

- FATIGUE
 - Symptoms of fatigued driving
 - Involuntarily closing your eyes
 - Yawning
 - Car drifting in lane
 - Hard time paying attention
 - Slow reaction times



The **Fatal** Four

- SEATBELTS

- Seatbelts do help save lives!
- 61% of passenger vehicle occupant fatalities during the night were not wearing restraints in 2012.
- 52% of vehicle occupant fatalities did not wear seatbelts in 2012.
- Sailors and Marines are **REQUIRED** to wear seatbelts.
- No excuse!

*Statistics courtesy of the National Highway Traffic Safety Administration National Center for Statistics and Analysis
<http://www-nrd.nhtsa.dot.gov/Pubs/811856.pdf>



Thanksgiving Holiday Driving

- AAA projects 43.4 million Americans will journey 50 miles or more from home during the 2013 Thanksgiving holiday weekend. Down 1.5% from last year!
- Ninety percent of travelers or 38.9 million to travel by automobile.
- Holiday air travel to decline 3.7% to 3.14 million travelers from 3.26 million in 2012.
- Average distance traveled to increase to 601 miles from 588 miles.
- 27 November will be the busiest day of travel for the year!
- **More traffic congestion means more risk.**
- **Use caution and slow down as the winter road conditions worsen!**



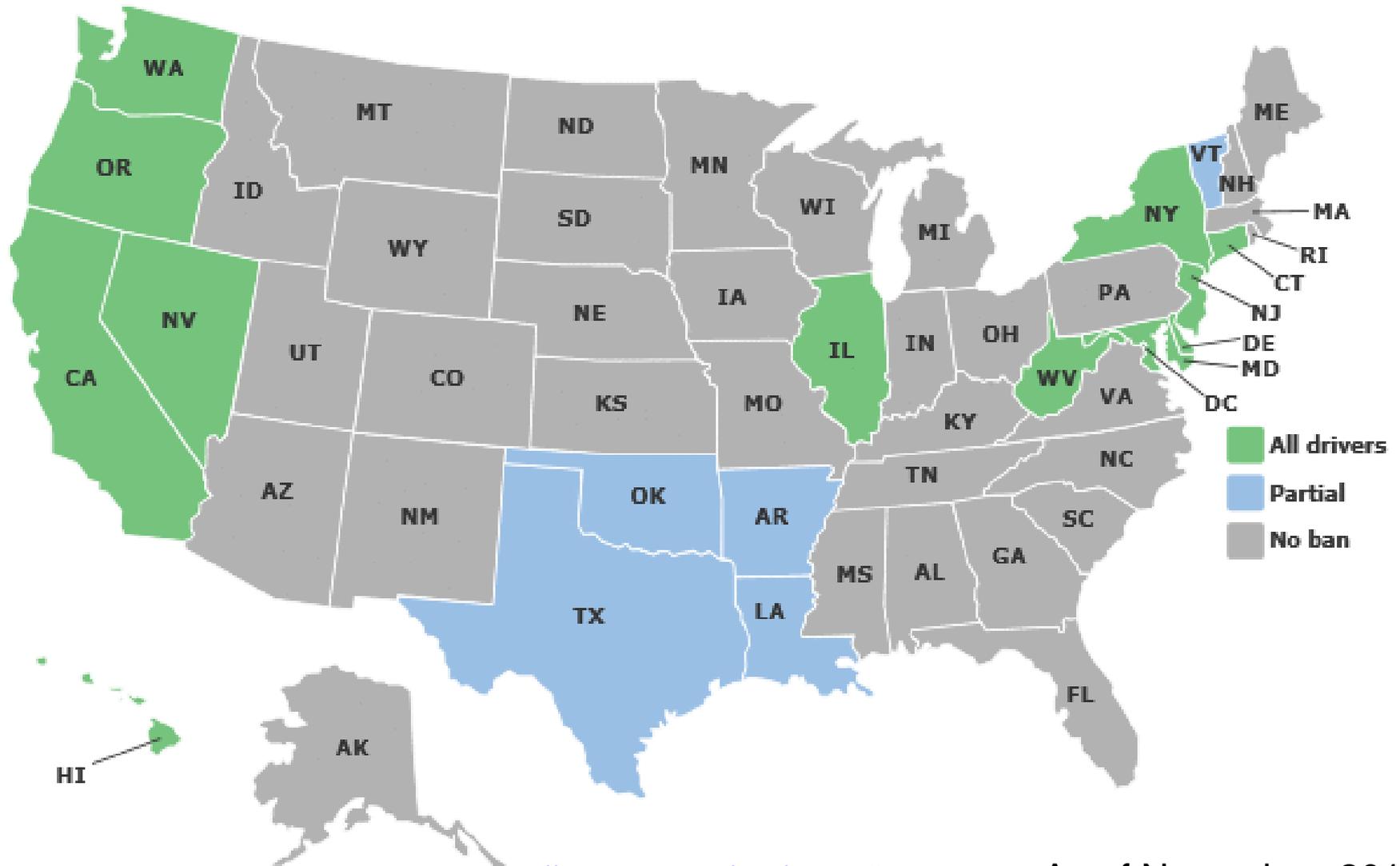
Holiday Driving

- 34,080 people died in vehicle crashes in 2012.
- Don't get frustrated by traffic congestion. Expect it and keep your cool.
- Drive reasonable distances. Take a break every two hours.
- If you feel tired, PULL OVER. Coffee doesn't replace rest.
- Do most driving during daylight hours.
- Plan appropriately to avoid the need to rush!
- Drive appropriately depending on conditions.
- Concentrate on driving...don't be **distracted**.
- Cell phones are becoming a major distraction for drivers!

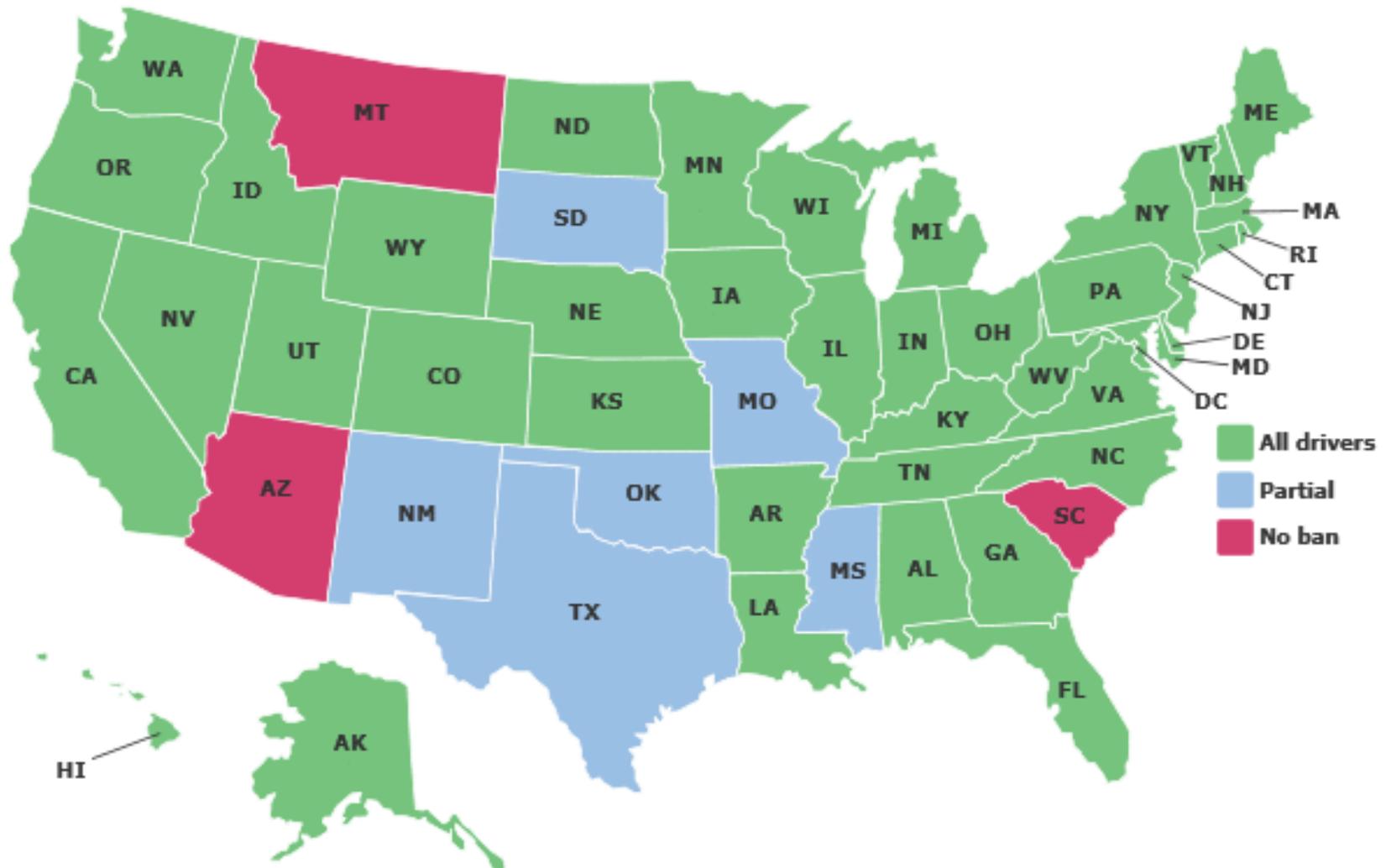


Canals

Cell Phone Laws – Hand-held Bans

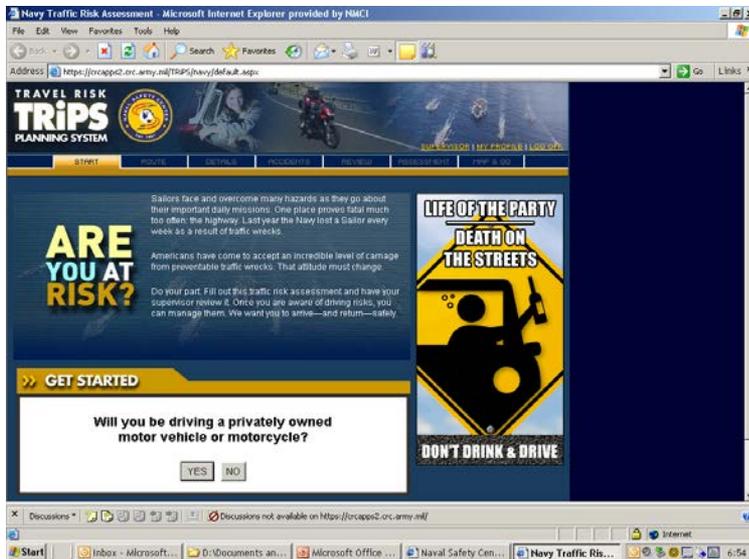


Cell Phone Laws – Texting Bans



TRiPs

- Travel Risk Planning System
 - Web-based self-assessment
 - Offers suggestions to mitigate driving risk
 - Located at www.nko.navy.mil



Make sure your road trip is a *round* trip!

Responsible Drinking

- Alcohol related incidents are down across the Fleet, but there's still room for improvement.
- NEVER drink and drive.
- Call a cab, a sober friend, or use your command's tipsy taxi service
- Be familiar with the Henderson Hall policy!





UNITED STATES MARINE CORPS
HEADQUARTERS AND SERVICE BATTALION
HEADQUARTERS MARINE CORPS, HENDERSON HALL
ARLINGTON, VIRGINIA 22214-5000

IN REPLY REFER TO:
1000

NOV 21 2011

-Bldg #29 aboard Henderson Hall
-Sleeping or transportation
arrangements!

POLICY LETTER 11-11

From: Commanding Officer
To: Distribution List

Subj: ARRIVE ALIVE PROGRAM

1. On 21 November 2011, this command implemented an "Arrive Alive Program". The purpose of this program is to deter drinking and driving and offer the individual Marine or Sailor transportation back to their quarters in the event they are tempted to operate a motor vehicle after indulging in alcoholic beverages. The intent and spirit of this program is to "take care of our own" and will not be a means of putting individuals on report for drinking.

2. The Arrive Alive Program is open to Marines and Sailors of all ranks who are members of this Command.

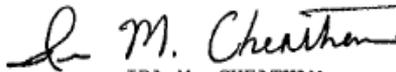
3. The following steps will explain how the program will operate:

a. At any time a Marine or Sailor wishes to use the program, they will simply call a taxi service and give instructions to the taxi cab driver to drop them off at the Staff Duty Officer (SDO) hut in Building 29 aboard Henderson Hall, at which time the SDO will reimburse the taxi cab driver for the cab fare. The SDO will then make either sleeping or transportation arrangements for the member.

b. An appropriate logbook entry will be made in the duty logbook by the SDO. Reimbursement for the taxi cab fare will be expected no later than 3 days after the next scheduled military payday. Payments will be made to the S-1 Administrative Officer or Administrative Chief.

4. Ensure widest dissemination of the content and spirit of this Policy Letter. I encourage Marines and Sailors to use this program if the situation warrants vice accepting the risk of losing your career and/or life. Under no circumstances will the use of this program result in punitive action.

Three working days to
payback the cab fee


IRA M. CHEATHAM

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.
 - Legal consent issues when drunk.

* Information courtesy of www.thatguy.com



Over-Consumption

Long and short-term effects of excessive drinking:

- Risky behavior
- Drunk dialing
- Impaired judgment
- Erectile dysfunction
- Decreased fertility
- Depression
- Pancreatitis
- Implicated in sexual assaults.



.08%

Drunk Driving Laws

.08%

Drunk Driving - all states define it as operating a vehicle with a blood alcohol concentration (BAC) of .08

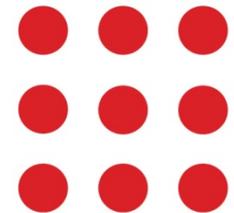
State	Administrative license suspension 1st offense?	Restore driving privileges during suspension?	Are ignition interlocks mandatory under state law for the following offenses?	
			First offenders	Repeat offenders
District of Columbia	2-90 days	yes ¹	no	no
Maryland	45 days	yes ¹	high-BAC offenders only	yes
Virginia	7 days	no	all offenders	yes

Suicide Awareness

The start of the holiday season isn't joyful for everyone.

- Recognize warning signs:
 - Appearing sad or depressed much of the time
 - Neglecting personal welfare
 - Giving away possessions
 - Acting recklessly
 - Talking about suicide

**Veterans
Crisis Line**



1-800-273-8255

PRESS 1

Suicide Awareness

- ACT = Ask, Care, Treat
 - ASK if someone is depressed and thinking about suicide
 - Show you CARE by listening
 - TREAT the person by getting him or her to a chaplain, medical professional, or other qualified assistance



National Hopeline Network: 800-SUICIDE

Questions?

Have a safe and happy holiday season!

Winter 2013 Safety Resources:

<http://www.public.navy.mil/navsafecen/Pages/media/seasonal/index.aspx>

