2022 H&S BN, HQMC HENDERSON HALL

101 Critical Days of Summer Safety Training

Welcome Back

101 Critical Days of Summer Safety Training

- Summer is almost upon us and it is, once again, time for our 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 seekers are out getting that vitamin D; swimming, boating, visiting family and friends become more prevalent. BBQs and hitting the beaches or the mountains will also be on the rise.
- Popular holidays of celebration include Memorial Day, 4th of July and Labor Day
- Outdoor recreation, Boating, Swimming, Beach
- Staying awake due to longer hours and driving more miles than your body has the energy for.

WATER-RELATED ACTIVITIES

Pool Safety Tips

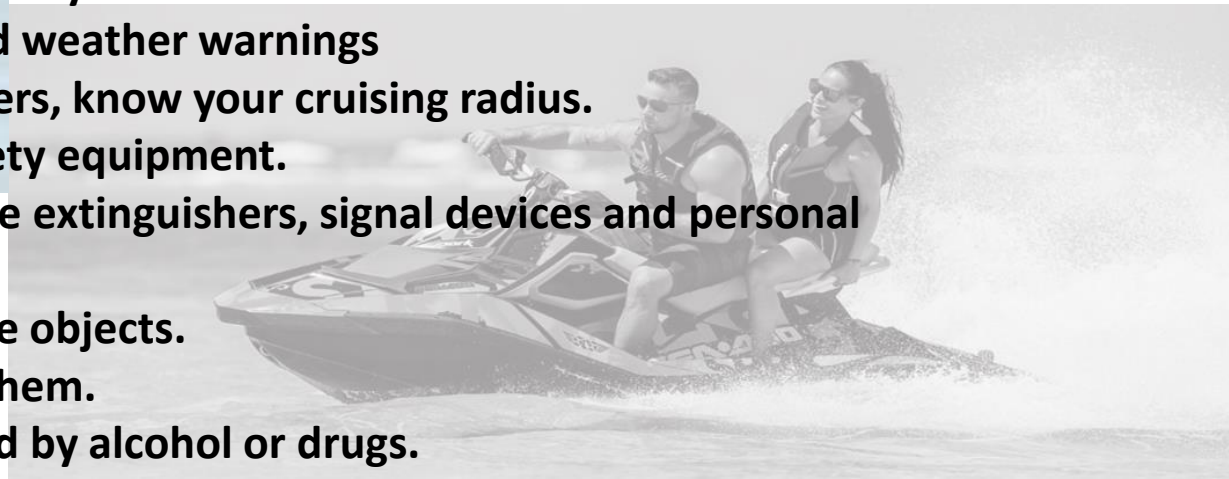
101 Critical Days of Summer Safety Training

- Never allow children access to the pool without adult supervision
- Teach Children how to swim
- Teach Children to stay aware from drains
- Ensure your pool or the public pool has proper drain caps
- Know how to do CPR on both children and adults.
- Use an approved safety cover and keep the pool covered when not in use
- Fence and lock your pool (consider installing a water surface tension alarm)
- Be aware of the pool depth before you decide to take a dive
- American Red Cross.org - Great Resource

Boating Safety

- **Operating a boat requires concentration, skill and a keen sense of awareness.**
- **A clear head and a responsible outlook will make a day on the water smooth and as safe as possible.**
- **12 Safety Tips:**

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**
7. **Take sufficient fuel in proper containers, know your cruising radius.**
8. **Keep your boat shipshape; check safety equipment.**
9. **Take necessary equipment such as fire extinguishers, signal devices and personal flotation devices.**
10. **Secure the boat properly. Stow loose objects.**
11. **Review the boating laws and obey them.**
12. **Never operate a boat while impaired by alcohol or drugs.**



Swimming & RIP Currents

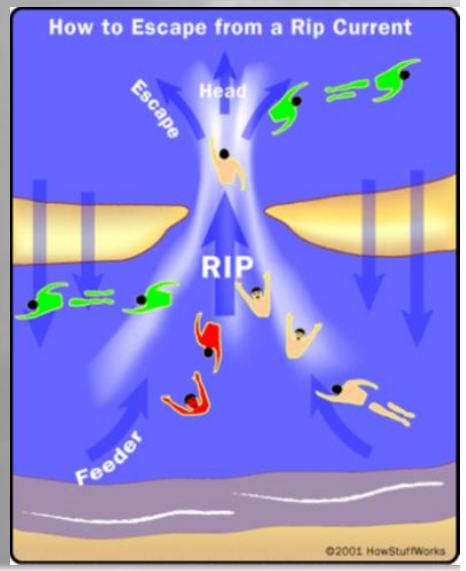
101 Critical Days of Summer Safety Training

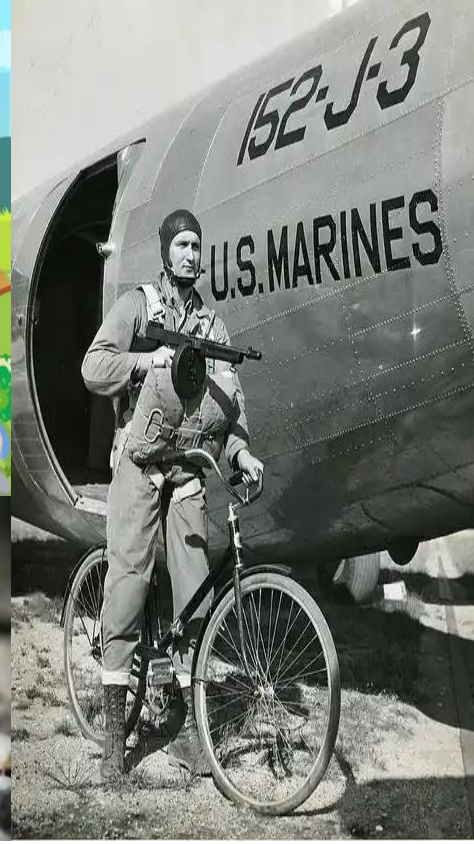
Swimming

- 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.
- American Red Cross.org - Great Resource

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.
  3. Swim parallel to shore until outside of the rip or in a diagonal direction towards the shore.
  4. Always consider swimming were lifeguards are present.





OUTDOOR RECREATIONAL SAFETY

Physical Fitness and Sports Injury Prevention

101 Critical Days of Summer Safety Training

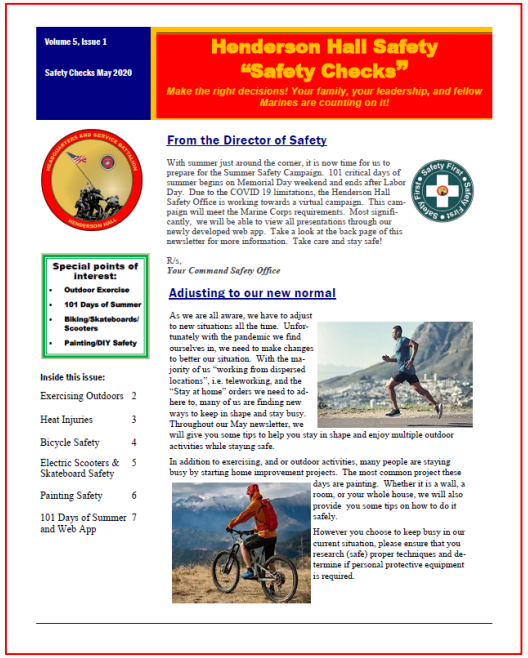
- Best Practice:
  - Execute warm up exercise prior to walking, jogging or running.
  - Jog, run or walk on sidewalks facing traffic; exercise caution when jogging, running or walking near roadways.
  - Choose good shoes for jogging, walking or running.
  - Wear loose clothing with light colors. In the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

- Sport Injury Prevention:
  - 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 by the sport:
  - Shoulder, elbow, knee pads and helmet for football.
  - Helmets with faceguards for baseball; for catcher – catcher’s mitt, face mask, throat guard, chest protector and shin guards.

Bicycle Safety Tips

101 Critical Days of Summer Safety Training

- The most important thing you can do is to wear a helmet.
  - They should fit properly, and be certified by the Consumer Product Safety Commission.
  - The helmet should fit snugly on your head and the buckle should be snug under your chin.
- Safety equipment should include:
  - Reflectors on frame and wheels of bicycle.
  - A light if you will be riding in the dark, and reflective clothing if riding in low light conditions.
- Ensure that your bicycle is the right size for you, and that the seat is properly adjusted for your height.
- Also, ensure your bike is properly maintained, and tires are properly inflated.



Volume 5, Issue 1

Safety Checks May 2020

Henderson Hall Safety "Safety Checks"

Make the right decisions! Your family, your leadership, and fellow Marines are counting on it!

From the Director of Safety

With summer just around the corner, it is now time for us to prepare for the Summer Safety Campaign. 101 critical days of summer begins on Memorial Day weekend and ends after Labor Day. Due to the COVID 19 limitations, the Henderson Hall Safety Office is working towards a virtual campaign. This campaign will meet the Marine Corps requirements. Most significantly, we will be able to view all presentations through our newly developed web app. Take a look at the back page of this newsletter for more information. Take care and stay safe!

R/s,
Your Command Safety Office

Special points of interest:

- Outdoor Exercise
- 101 Days of Summer
- Biking/Skateboards/ Scooters
- Painting/DIY Safety

Adjusting to our new normal

As we are all aware, we have to adjust to new situations all the time. Unfortunately with the pandemic we find ourselves in, we need to make changes to better our situation. With the majority of us "working from dispersed locations", i.e. teleworking, and the "Stay at home" orders we need to adhere to, many of us are finding new ways to keep in shape and stay busy. Throughout our May newsletter, we will give you some tips to help you stay in shape and enjoy multiple outdoor activities while staying safe.

In addition to exercising, and or outdoor activities, many people are staying busy by starting home improvement projects. The most common project these days are painting. Whether it is a wall, a room, or your whole house, we will also provide you some tips on how to do it safely.

However you choose to keep busy in our current situation, please ensure that you research (safe) proper techniques and determine if personal protective equipment is required.

Inside this issue:

Exercising Outdoors 2
Heat Injuries 3
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Electric Scooters & Skateboard Safety 5
Painting Safety 6
101 Days of Summer and Web App 7

Electric Scooters & Skate boards

101 Critical Days of Summer Safety Training

- Electric Scooters:
  - Here are a few things to remember: First, always ride solo - Doubling the riders doubles the risk of an accident. Second, always remember to wear PPE - a helmet could save your life. Third - check your scooter before you take off - ensure everything is in working order - test the throttle, brakes, tires, and lights.
  - Check your state and city regulations – where you can ride.
  - Never Drink and Ride!
- Skate Boards:
  - First, you should check your equipment. Make sure there are no loose, broken, or cracked parts; make sure wheels are not nicked or cracked; and make sure the top surface of the board is not slippery. Next, make sure you have the protective gear: wrist guards, knee pads, elbow pads, close-toed shoes, glasses or goggles, and most important, a helmet.
  - Here are a few safety reminders:
    - Obey local laws on where you can or cannot skate
    - Never ride in the street - in a multi-use area, skate on the right, pass on the left
    - In a skate park, be cautious of younger skaters
    - Do not use headphones
    - Never put more than one person on a skateboard
    - Never hitch a ride from a car or bike

ATV Safety

- **USMC 2 Fatalities in FY20 and 1 in FY21**
- **SMS requirements**
  - **MCTFS Code:**
- **Take a hands on training course. https://atvsafety.org/**
- **Children and young people under the age of 16 should not ride adult ATVs (with engines bigger than 90 cubic centimeters).**
- **Conduct pre-trip inspection prior to use, TCLOC**
- **Always wear an approved helmet and PPE.**
- **Never drive ATV on paved roads.**
- **Never drive ATV while under the influence of drugs or alcohol.**
- **Never drive ATV with a passenger, and never ride as a passenger.**

Playground Safety

- **Ensure children take off their bicycle helmets when playing on the 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 – no jumping off!**
- **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 a pile up.**

Kid Safety Tips - Overview

101 Critical Days of Summer Safety Training

- Personal Protective Equipment (PPE) must be implemented for all sports and recreational activities.
- Knowing your full name, phone number, and physical address
- Ensure all children understand the importance of fire safety.
- Be familiar with the family escape plan
- Practice water safety
- Ensure all children understand
- Never leave a child in a hot car.
- Never talk to strangers.
- For little kids – “if they cant see you, you can see them”

HEAT AND SUN SAFETY

Heat-related illnesses & Safety Tips

101 Critical Days of Summer Safety Training

HEAT CRAMPS: Occur after several hours of physical exertion in the heat.

- Symptoms: Painful muscle spasms usually in the legs or abdomen.
- Treatment:
  1. Get out of the heat and into the shade.
  2. Hydrate with water or sports drink.
  3. Stretch/massage the muscle.
- Prevention:
  1. Acclimatize to the environment so your body adapts to the heat.
  2. Hydrate with water or sports drink before & during exercise.
  3. Avoid exercising during hottest part of the day.
  4. Wear light, loose clothing & use sunscreen.

HEAT EXHAUSTION: Due to loss of water & salt through sweat

- Symptoms: Headache, nausea, dizziness, weakness, and cool, clammy skin.
- Treatment:
  1. Stop and rest!
  2. Hydrate and get into a cool room or shade.
  3. 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:
  1. Reduce body temperature by cooling the body.
  2. Remove unnecessary clothing.
  3. Apply water, cool air, wet sheets or ice on the neck, groin & armpits to accelerate cooling.
  4. Seek medical attention immediately.
- Prevention: Same procedure concerning heat cramps or heat exhaustion.

Sun & Beach Tips

- Sun Screen – set a time to reapply.
- Consider a beach umbrella or canopy.
- Stay hydrated – that doesn't mean alcohol….
- Hats (Sun Hats) Sunglasses
- Plan on Driving on the beach?
  1. Check beach regulations.
  2. Ensure you have a 4x4 vehicle (All wheel drive cars are recommended for the sand).
  3. Pack lightly but ensure you have a fuel tank of gas.
  4. Reduce tire pressure
  5. Check the tides (The best time to drive on the beach is within two hours of low tide).
  6. Stay closer to the water (Sand is packed the hardest)
  7. Drive slow and avoid hard braking
  8. Ensure to wash your vehicle off - sand and salt will create rust

FIREWORKS SAFETY

Fireworks

- Follow your state, county, city or township guidelines.
- Read and follow all warnings and instructions.
- Never allow children to play with or ignite fireworks.
- 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.

Barbeques

- Place grill in well-ventilated area and away from children's play area
- Wear fitted clothing so loose clothing doesn’t contact fuel or fire
- Stand up wind when lighting the fire
- Do not use flammable liquids to start the fire or to relight the coals
- Be in attendance at all times.
- Use a food thermometer to make sure meat is fully cooked
- Do not cross-contaminate (keep anything that has touched raw meat from touching cooked foods.)
- Never eat food that has sat out in the heat for 2 hours or more, to avoid food-borne illnesses.

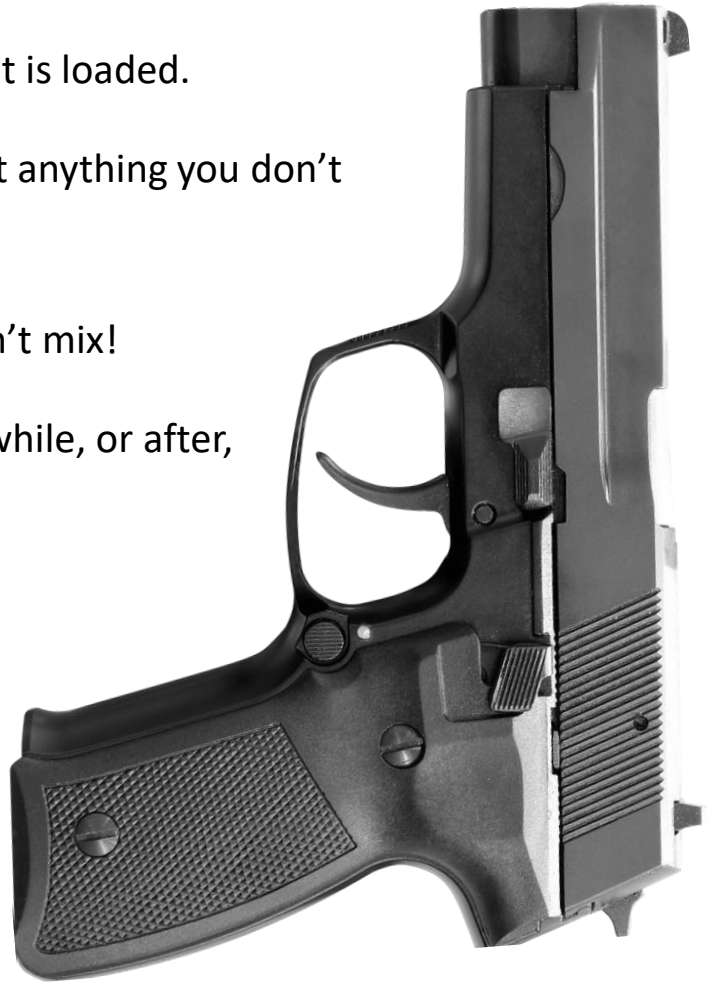
WEAPONS SAFETY

Weapons Safety

101 Critical Days of Summer Safety Training

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 (POW):

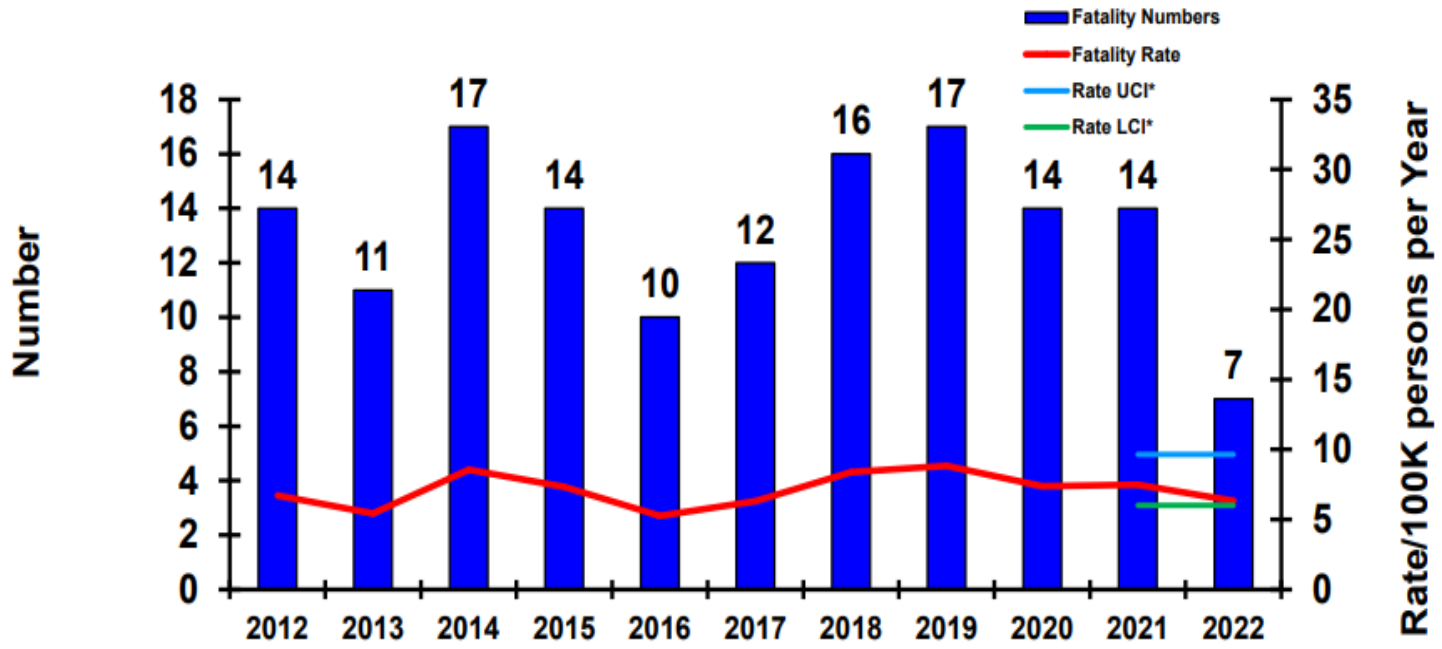
- Know your weapon.
- Make sure you read the owner's manual and take a class.
- Everyone is a safety officer.
- Intervene when you see a peer, friend, or family member handling a weapon improperly.
- Treat every weapon as if it's loaded.
- Handle every weapon with care.
- Identify the target before you fire.
- Never point the muzzle at anything you don't intend to shoot.
- Keep the weapon on safe and your finger off the trigger until you intend to fire

Weapons Safety Cont.

- **Range Safety**
  - Know and follow all the rules of the Shooting Range.
  - Listen and do what the Range Master tells you to do.
  - Uncase and case your gun at the shooting bench, never behind the safety line.
  - Always keep the barrel pointed down range.
  - Always keep the gun on safe until you intend to shoot.
  - Always wear eye and ear protection when shooting.
  - Never shoot at water or hard surfaces.

TRAFFIC SAFETY

4-WHEEL PMV FATALITIES



pedestrian fatalities not included

	4-May-22	4-May-21
CLASS A FATALITIES/FATALITY RATE FY COMPARISON:	7/6.32	1/0.90
FY21 FATALITIES/FATALITY RATE:	14/7.48	
10-YEAR AVERAGE (FY11-20) FATALITIES/FATALITY RATE:	13.90/7.17	

Traffic Safety *"Tips and Guidance"*

101 Critical Days of Summer Safety Training

- Distracted Driving Tips:
  - Use hand free devices or silence your phone while driving.
  - Set GPS devices before you begin driving.
  - Secure pets or loose gear.
  - Don't smoke, eat or have music playing too loud.
  - Ensure all children are settled before departing
- Drinking and Driving
  - Just don't do it!
  - Appoint a designated driver
  - Call a friend, Uber, Lift, or Taxi.
  - Utilize the commands Arrive Alive programs.
  - Spend the night.
  - Interlock systems can be considered
- Driving Fatigued, "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.

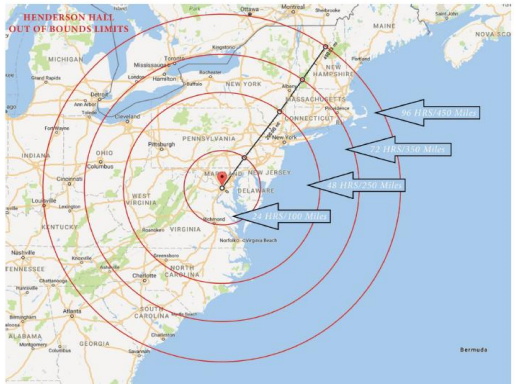
PROTECT WHAT YOU EARNED!

Out of Bounds & Vehicle Preparation

101 Critical Days of Summer Safety Training

Going out of Bounds?

- Is it out of bounds?
- Ensure you follow you're the commands administrative procedures.
- Maintain a copy of your orders.
- Recommend drivers log on to the Navy Safety Center web site, click on the "TRiPS" icon and conduct a travel risk mitigation plan. It only takes a few minutes and it could save a life: http:/www.safetycenter.navy.mil/.

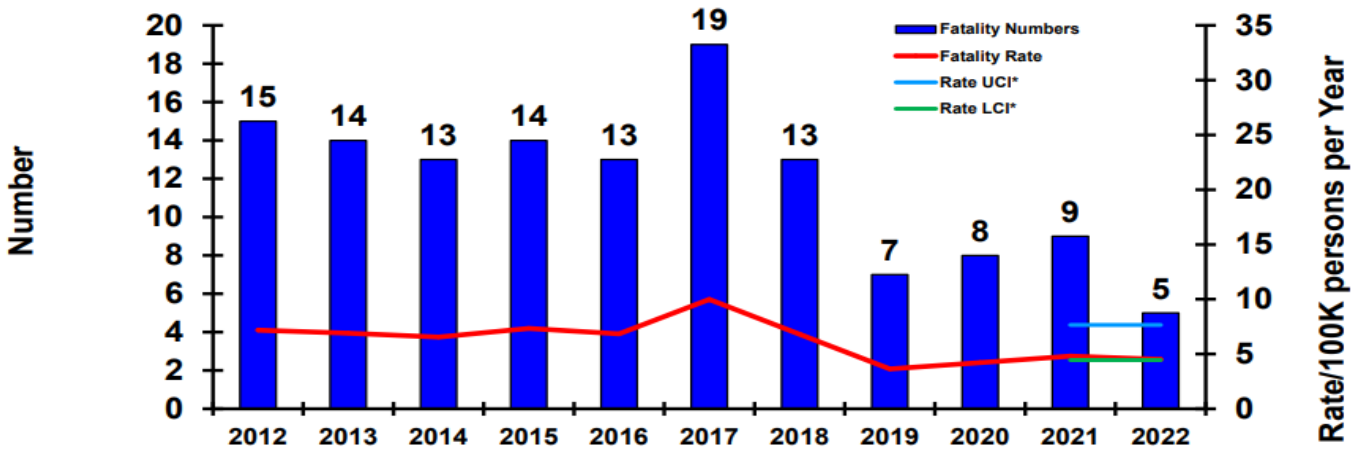


Vehicle Trip Preparation

- Required by all service members (Highly recommended for civilian employees).
- Vehicle Safety Checks Overview:
  - Oil, Brakes, Tire wear & air pressure, Coolant, Steering Fluid, Windshield Wipers, *Spare Tire (air pressure, jack & lug wrench)*
- Other items:
  - First Aid Kit, Blankets, Extra Clothes, Emergency roadside kit (flares/safety triangles)
- Leaders - document all reports
- HNHL Safety and Information App
  - Additional power points to assist leaders and supervisors
- MCO 5100.29C Vol.3 Traffic Safety Program

MOTORCYCLE SAFETY

MOTORCYCLE PMV FATALITIES



	4-May-22	4-May-21
CLASS A FATALITIES/FATALITY RATE FY COMPARISON:	5/4.51	4/3.61
FY21 FATALITIES/FATALITY RATE:	9/4.81	
10-YEAR AVERAGE (FY11-20) FATALITIES/FATALITY RATE:	12.50/6.43	

This report is a monthly update of motorcycle mishaps that occurred throughout the U.S. Navy and Marine Corps. The data listed reflects what was reported during the time period covered.

The information contained in the report is based on preliminary information and is provided for hazard awareness and training purposes only. The Naval Safety Command recommends motorcycle safety representatives use this information for training and mentorship programs and forward to others who may have an interest.

Official mishap data should be obtained from the Naval Safety Command.

Navy		Marine Corps
Rider fatalities this report: 1	Total mishaps this report: 32	Rider fatalities this report: 1
Rider fatalities for FY 22: 4	Total fatalities this report: 2	Rider fatalities for FY 22: 5

Spring has sprung: Take time for T-CLOCS

The temperature is rising, and flowers are starting to bloom, which can only mean one thing: Spring is here. Historically, we have seen an increase in motorcycle riders on the road this time of the year.

This month, we saw a rise in motorcycle mishaps, and sadly, we lost two service members. While reading the following mishap reports, you will find that most are a combination of factors. For example, one common factor could be speed and another could be distraction. Combine the two, and you have a mishap. Stay vigilant while riding and keep your head on a swivel. With the increase in traffic, your visibility on the road will become minimal.

Motorcycle safety representatives – please start preparing a preseason safety briefing for your riders. Supervision – please ensure your subordinates are current in the Enterprise Safety Application Management System. Also, be hands-on with your safety practices, and use the **T-CLOCS** inspection checklist to inspect each other's motorcycles:

T - Tires and wheels

C - Controls

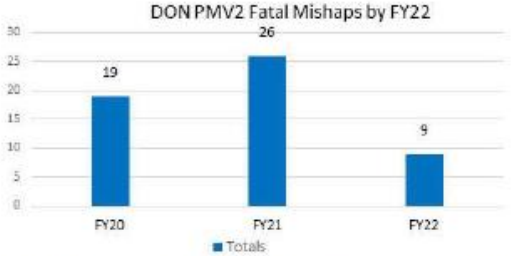


Figure 1. This graph depicts 54 reported motorcycle fatalities between fiscal year 2020-2022.

L - Lights and electrics

O - Oil and other fluids

C - Chassis

S - Stands

Commanders and supervision – thank you for getting the reports into RMI. Remember – you're helping us get the safety message to the fleet.

Regards,
Malcolm Logan

Motorcycle Safety Tips

101 Critical Days of Summer Safety Training

- Get Training - obtain your motorcycle endorsement.
- Personal Protective Equipment (PPE) Even if the state your riding in doesn't require (Helmets).
- **Seeing is the best way to avoid dangerous situations.**
  - **SEARCH around you for potential hazards.**
  - **EVALUATE any possible hazards such as turning hazard.**
  - **EXECUTE the proper action to avoid the hazard.**
- Watch for cars tuning left in front of you.
- When coming to a stop, watch for cars coming up from behind you (getting hit from behind by a car).
- Don't assume that a driver can see you, as nearly two-thirds of all motorcycle accidents are caused by a driver violating a rider's right of way. You should always ride with your headlights on; stay out of a driver's blind spot; signal well in advance of any change in direction and watch for turning vehicles.
- Follow traffic rules.
- Obey the speed limit; the faster you go the longer it will take you to stop. Be aware of local traffic laws and rules of the road.
- Drunk riding is a no go!
- **LANE SPLITTING AND RIDING DOWN THE SHOULDER IS ILLEGAL IN OUR AREA.**

Motorcycle Checklist

101 Critical Days of Summer Safety Training

To make sure your motorcycle is in good working order, check the following:

- Tires: Check for any cracks or bulges, or signs of wear in the treads (low tire pressure or any defects could cause a blowout).
- Under the motorcycle: Look for signs of oil or gas leaks.
- Headlight, taillight and signals: Test high and low beams (make sure all lights are functioning). Complete a full electrical check.
- Hydraulic and coolant fluids: Levels should be checked weekly. Make sure your fluids are fresh and full.
- Battery: Make sure your battery has adequate voltage.
- Filters: Make sure your filters are fresh. Don't let your filters run until they're filthy. The old adage "wait till it breaks to fix it" should not apply with your air and oil filters.
- Windshield: Make sure your windshield is clean. Use a clean, soft cloth and look for a cleaning product with a label that indicates it can be used on acrylic.
- Foot peg: Check for proper foot peg operation. A loose foot peg could fall off and hit another rider behind you when you're out riding in a pack.
- Seat: Make sure your seat is secure and comfortable.

Once you've mounted the motorcycle, complete the following checks:

- Clutch and throttle: Make sure they are working smoothly (throttle should snap back when released)
- Mirrors: Clean and adjust all mirrors to ensure sharpest viewing
- Brakes: Test front and rear brakes (each brake should feel firm and hold the motorcycle still when fully applied)
- Horn: Test the horn

Resources

- SafeKids Worldwide (safekids.org)
- American Red Cross
- HH Safety Checks Newsletters
- Naval Safety Centers Lessons Learned
- National Safety Council
- Naval Safety Command
- National Highway Safety Traffic Safety Administration
- CDC.gov

Take Care this Memorial Day Weekend and throughout this 101 Days of Summer.

Remember, make the right decisions!
Your family, your leadership, your fellow Marines and civilians are counting on it!