



H&S Bn, HQMC Henderson 101 Critical Days of Summer Safety Campaign 2021



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

Welcome Back Henderson Hall



101 Critical Days of Summer Safety Campaign

- 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.
- COVID-19 challenges continue to test our society – we are not out woods yet!
- As recovery plans begin lighten, we all must continue to protect yourselves, your families and friends while adhering to DOD, USMC and State guidelines.
- When travel bans begin to be lift, all must remain aware of their surroundings. Avoid large groups, and do not touch your face. Avoid high-touch areas that have been touched by many others. Wash hands thoroughly (for 20 seconds) and often. Wear a mask when unable to remain at least six-feet from others, and where required (such as on DoD installations.)



Summary of Virtual Events



101 Critical Days of Summer Safety Campaign

- CO kickoff message
- Henderson Hall Director of Safety
 - Guidance and updates
 - Summer Safety Measures
 - Marine Corps Safety Management System
 - Force Preservation / CIRRAS Deployment
- Henderson Hall Chaplin Suicide Awareness
- Henderson Hall Substance Abuse Team
- Prince William County Detention Center and three case stories
- Brittany Morrow
 - “True Confessions of a Motorcycle Crash Test Dummy”

Presentation Overview



101 Critical Days of Summer Safety Campaign

- Your Safety Office - Overview
- Safety Resources
- Marine Corps Safety Management System (MCSMS)
- Reorganizing our Motorcycle Club
- Web Application
 - Updates
- Safety Reminders
- Force Preservation - CIRRAS Tool - Wave-top
- Summer Safety Measures

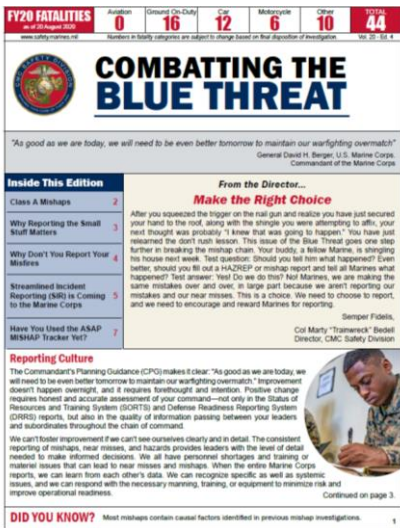
Safety “360 Degree Awareness”



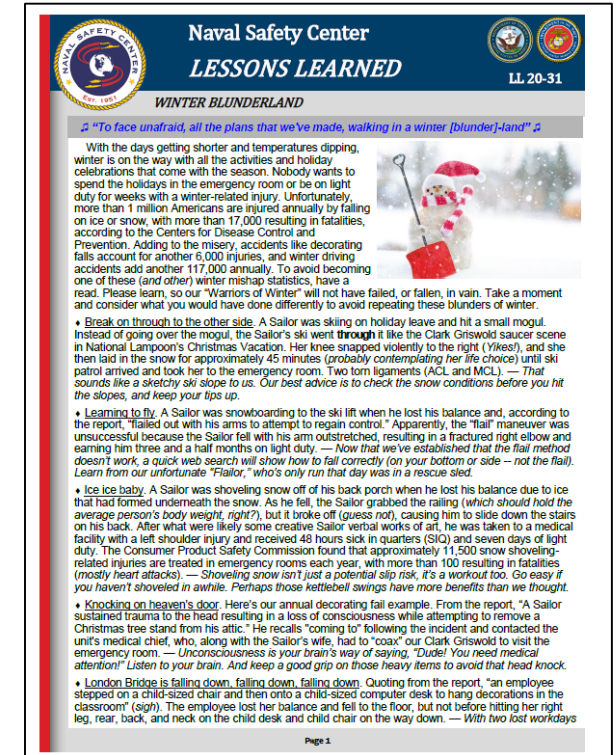
101 Critical Days of Summer Safety Campaign

- To provide Marines, Sailors, Civilians and their families assigned to Henderson Hall with Ground Safety, Occupational Safety and Environmental Protection Programs and Services.
 - BLUF - The Command Safety Office is your _end state_ for all safety requirements and programs.
 - Commands Safety Culture – 360 Degree Awareness - Families included!
- Training
 - Back in the Saddle (BITS) 101 Days of Summer Stand downs
 - Load Lifting Equipment Programs, USR, OSHA 10 and 30 hour (Certification course)
 - Risk Management Training (Biennial – every two years)
- Mishap Reporting
 - Report all mishaps and near misses – Light duty injuries included (There is no repercussions)
 - Company Office/s is your Liaison for reporting mishaps
 - Supervisors Mishap and Near Miss Reporting form
 - Include Safety in all PCRs.
- Promotional Materials.
 - National Safety Councils Family Safety and Health Magazine: Disseminated throughout the command to include the Pentagon. Web link is also available (Weekly Gouge – Command Web App)
 - Quick Books, “Safety Checks” new letters, training power points
- Motorcycle Safety Program
 - Henderson Hall Motorcycle – All Riders who own a motorcycle will participate i.e. meetings, events etc. Club Rides are not mandatory Provide all information to the Club representatives i.e. license, insurance, training etc.
 - Attend required training: ESAMS, (MCBQ, Ft Belvoir, Anacostia)

101 Critical Days of Summer Safety Campaign



Command Web App



Marine Corps Safety Management System (MCSMS)



101 Critical Days of Summer Safety Campaign

- The Marine Corps Safety Management System (MCSMS) provides a framework for redefining safety in terms of risk management, and refocusing safety on achieving operational excellence. Specifically, “safety” becomes the execution of the discrete tasks associated with the Risk Management process: identifying hazards, assessing risks, and implementing controls. This systems approach moves beyond the legacy focus on preventing mishaps by refocusing on the application of high standards, attaining operational excellence, and improving readiness.
- Marine Corps Safety Management System and cancels the legacy Safety Program. The Order consists of a Base Order and five Volumes: Volume 1 Marine Corps Safety Management System Overview, Volume 2 Risk Management, Volume 3 Marine Corps Traffic Safety Program, Volume 4 Marine Corps Aviation Safety, and Volume 5 Recreation and Off-Duty Safety (RODS) Program. Three additional volumes will be added in FY 2021, Volume 6 Safety and Occupational Health Program, Volume 7: Marine Corps Radiation Safety Program, and Volume 8: Marine Corps Explosives Safety Management Program.

MCO 5100.29C updates, consolidates, and cancels 18 policy documents	
Volume 1: MCSMS Overview	Cancels: MCO 5100.29B: Marine Corps Safety Program MCO 5100.32.A: Ground Safety Awards MCBUL 1650.23E: Awards for Mishap-Free Flight Time
Volume 2: Risk Management	Cancels: MCO 3500.27C: Risk Management R 111941Z DEC 17: Operational Risk Management Status Reporting
Volume 3: Traffic Safety Program	Cancels: MCO 5100.19F: Traffic Safety
Volume 4: Aviation Safety	
Volume 5: Recreation and Off-Duty Safety (RODS) Program	Cancels: MCO 5100.30B: Recreation & Off-Duty Safety
Volume 6: Safety and Occupational Health Program	Cancels: MCO 3470.1A: Prevention of Cold Weather Injuries MCO 6200.1E: Heat Injury Prevention MCO 6260.3A: Marine Corps Hearing Conservation Program NAVMC 5100.8: Marine Corps Occupational Safety and Health Policy Order MARADMIN 581/2012: Occupational Health Medical Surveillance Examination Programs MARADMIN 321/2014: Medical Surveillance Tracking MARADMIN 111/2015: Marine Corps Heat & Cold Stress Injury Prevention Program MARADMIN 212/2017: Occupational Health Medical Surveillance Examination Programs (OHMSE) Tracking and Reporting
Volume 7: Radiation Safety Program	Cancels: MCO 5104.3C: Radiation Safety
Volume 8: Explosives Safety Management System	Cancels: MCO 8020.10: Marine Corps Explosives Safety Management System

MCSMS Overview



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- Recent Executive Safety Board (ESB) Discussion
- Just Culture. The foundation for a functioning safety management system and a healthy safety culture is the establishment of a just vice a punitive culture. In a just culture, when leaders become aware of a hazard, near miss or mistake they should focus on “what happened and why” vice “culpability and punishment.” A just culture fosters partnerships, builds trust between team members, and encourages the identification of hazards, near miss events, and mistakes. A just culture requires reporting without fear of reprisal or adverse action. A just culture is not possible when leaders do not allow mistakes or apply a zero defect mentality.
- **Four Pillars.** The management system is organized using four distinct pillars: Policy and Leadership, Risk Management, Safety Assurance, and Safety Promotions and Training. Commanders at all levels shall create their own SMS that accounts for their assigned mission and geographic location.



- **(Pillar 1) Policy and Leadership.** Operational safety policy defines the processes and organizational structure needed to meet both readiness and capability goals. Visible senior leader advocacy for the universal application of risk management reinforces commitment to meeting identified standards. Relevant policy matched with enthusiastic leader engagement underpins the reporting culture required to improve readiness and prevent mishaps.
- **(Pillar 2) Risk Management.** All leaders must continuously communicate the importance of consistently applying Risk Management. Leaders must embed the Risk Management process (identify hazards, assess risks, implement controls) into day-to-day operations, deliberate planning processes, and warfighting.
- **(Pillar 3) Safety Assurance.** Evaluations and inspections provide commanders verification that the key elements of the MCSMS are functioning, and guide continuous improvement efforts. Management of the system requires measuring key metrics of the system's performance.
- **(Pillar 4) Safety Promotions and Training.** The communication of lessons learned and case studies, training, and other actions create a positive safety culture learned and case studies, training, and other actions create a positive safety culture across all echelons of Marine Corps organizations and activities.

Reorganization of our Motorcycle Club



101 Critical Days of Summer Safety Campaign

- Henderson Hall Motorcycle Club
 - Distribution
- Check in process
- Training requirements *“Not trying to make you miserable”*
 - MCO 5100.29C Vol. 3 Traffic Safety
 - Licensed riders and Basic Riders Course (BRC) 180 days to record
 - 3yr now 5yr recertification
 - PPE - Fingerless gloves (Army still requires full finger)
- Training opportunities
 - ESAMS, NCR Training locations
- Recent Beta testing
 - CMC SD and MCICOM Host
 - Sept 11 2020 at MCB Quantico (Camp Upshur)
 - Champions Riding School



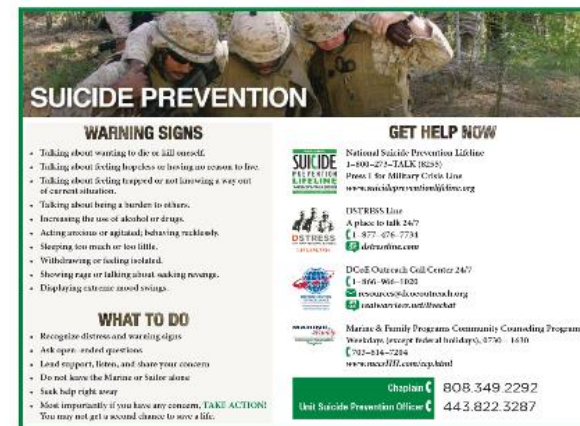
Look at the opportunity instead of the requirement!



Web Application Updates

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- Created and tailored to provide a “one stop shop” for all Marines and their families who are ADCON to Henderson Hall.
- Approved application
- All public knowledge.
- Increase safety awareness involvement.
- Increase in hazard reporting.
- Provide
- Not just Safety
 - Weekly Gouge
 - Bn and Company Icons – information
 - Marine and Family Services
 - Help / DStress Line
 - Quick links
 - HH Facebook
 - HH Twitter
 - Lyft/Uber
 - WTOP news
 - OPM



Safety Reminders



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Drivers improvement

- Marines under 26
- 4 hr. requirement
- Online - MarineNet

Hearing Readiness

- Audiograms are an annual requirement
- Effect medical readiness
- Medical Readiness Reporting System
- Short falls


Force Preservation



101 Critical Days of Summer Safety Campaign

- MCO 1500.60 Unit Force Preservation Councils (FPC)
- Every Marine should have an assigned risk level and assigned a Mentor
- Monthly, discussions need to be happening at the every level. Sections formalized your process
- HH SOP provides the formal process
- Every 3rd Thursday of the month.
- Elevate / guidance from your Company Commanders
- One page memo (6 May 2020)
- Henderson Hall resources

BL - it's about taking care of Marines!

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

3000
H&S
MAY 06 2020

BATTALION MEMO 1-20

From: Commanding Officer, Headquarters and Service Battalion, Headquarters
Marine Corps, Henderson Hall
To: Distribution List

Subj: HEADQUARTERS AND SERVICE BATTALION, HEADQUARTERS MARINE CORPS, HENDERSON
HALL FORCE PRESERVATION COUNCIL

Ref: (a) MCO 1500.60
(b) Bn Order 3000.1

Encl: (1) Force Preservation Council (FPC) Update Slide Presentation
(2) H&S Bn Mentor Appointment Letter

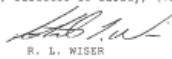
1. Purpose. Force Preservation Council (FPC) formalizes leadership engagement with Marines and provides a mechanism for responsive and tailored support to Marines in need. FPCs are a core component of this battalion's effort to identify service members facing professional or personal challenges and connect them to resources and support.

2. Background. From time to time, Marines and Sailors demonstrate harmful behaviors or experience challenging situations beyond their ability to manage independently. There are a plethora of available resources to assist Marines and sailors and prevent mishaps, injuries, and catastrophic events. Active and vigilant leadership and the use of safety and risk management principles by all Marine and civilian supervisors is the bridge to these resources for identified Marines and Sailors.

3. Action. Each month leaders administratively assigned to H&S Bn, HQMC will use the References to assess the risk of each of their Marines and Sailors. Low and elevated FPC levels will be managed at the section level; medium FPC levels will be briefed through the operational chain of command and to the respective Henderson Hall Company Commander; a copy of the FPC Update Slide (enclosure (1)) and Mentor Appointment Letter (enclosure (2)) will be provided to the Company Commander and tracked at the company level. High FPC level cases will be briefed through the operational chain of command and respective Henderson Hall Company Commander to the Battalion FPC. For those Marines determined to a high FPC level, a copy of the FPC Update Slide and Mentor Appointment Letter enclosure will be provided to the Director of Safety and presented to the FPC. The Department Heads and Company Commanders will determine which medium level cases warrant briefing at the FPC.

4. Command and Signal. This policy provides guidance and framework to support all leaders who are administratively assigned to Headquarters and Service Battalion, Headquarters Marine Corps, Henderson Hall.

5. Point of Contact. Point of contact is the Headquarters and Service Battalion, Headquarters Marine Corps, Director of Safety, (703) 614-1900.


R. L. WISER



CIRRAS Wave-Top

101 Critical Days of Summer Safety Campaign

- Force Preservation Council are a key component of taking care of Marines!
- CIRRAS **DOES NOT** change the current FPC process!
- CIRRAS is simply a FPC tool in support of the FPC, much like APES supports the PES
- **Command Individual Risk and Resiliency Assessment System** (CIRRAS) is a secure encrypted web-based system that supports the exiting Marine Corps Force Preservation Council (FPC) process.
- **Mission Statement:** Provide Commanders a **single**, standardized software based tool to enable proactive **identification and assessment** of individual risk and resiliency factors and the **transfer** of the same between commands in order to optimize individual/unit readiness and facilitate enterprise-wide risk management.
- CIRRAS enables the United States Marine Corps (USMC) Commanding Officers (COs) and Senior Enlisted Advisors (SEA) to make informed and timely decisions on FP Risk Assessments based on the identification and tracking of individual SM behaviors and critical stressors associated with increased risk or resiliency as defined by the Commandant's "Six Fs" below as well as a "Critical Stressors" category for the most immediate concerns: sting Marine Corps Force Preservation Council (FPC) process.
 - 1. Fidelity 2. Fighter 3. Fitness 4. Family 5. Finances 6. Future 7. Critical Stressors
- Henderson Hall is in the beginning stages of incorporating CIRRAS into the Bn FPC process.
- Additional Information - Marine & Family Programs (MF) Division



Summer Safety Measures

What's Your Destination During the 101?



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- 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/>.
- COVID-19 updates.
- Follow State travel requirements.

Vehicle Preparation



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- 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)* Lights and Car Insurance
- 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



Traffic Safety Data and Statistics



101 Critical Days of Summer Safety Campaign

- Every day, 29 people in the United States die in motor vehicle crashes that involve an alcohol-impaired or distracted driver. This is one death every 50 minutes. The annual cost of alcohol-related crashes totals more than \$44 billion.
- National Highway Traffic Safety Administration (NHTSA) 2018
 - There were 36,560 people killed in motor vehicle traffic crashes in the U.S.
 - VA 820
 - MD 501
 - DC 31
 - 10511 were alcohol impaired
 - 2,841 people killed and an estimated additional 400,000 people injured in motor vehicle crashes involving distracted drivers.
 - 506 non-occupants (pedestrians, pedalcyclists, and others) killed in distraction-affected crashes.
- Texting drivers are 23 times more likely to be involved in a car wreck.
- 11 teens die every day as a result of texting while driving.
- **§ 46.2-861.1, officially came into effect across Virginia on July 1, 2019.**
In the updated law, a violation is considered an act of reckless driving, a class 1 misdemeanor punishable by up to one year in jail or a fine of up to \$2,500
- **The new law, § 46.2-1078.1.** It is unlawful for any person to operate a moving motor vehicle on the highways in the Commonwealth while using any handheld personal communications device





Traffic Safety Cont. **Tips and Guidance**

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- Distracted Driving Tips:
 - Use hand free devices or silence your phone while driving.
 - ***Sending/receiving a text takes a driver's eyes off the road for an average of 4.6 seconds-equivalent at 55 MPH of driving the length of a football field blind.***
 - 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

**PROTECT WHAT
YOU EARNED!**

Motorcycle Safety Data and Statistics



101 Critical Days of Summer Safety Campaign

- 4985 Killed in 2018
- 100 motorcycle fatalities VA, 62 in MD, DC 8
- 10 most common causes of motorcycle accidents:
 - Unsafe lane changes
 - Car doors
 - Speeding
 - Driving under the influence
 - Lane splitting
 - Sudden stops
 - Inexperienced drivers
 - Left turn accidents



Motorcycle Safety Cont. **Tips and Guidance**



101 Critical Days of Summer Safety Campaign

- **Watch for cars tuning left in front of you.**
- **Lane splitting illegal in our area.**
- **When coming to a stop watch for cars coming up from behind you (getting hit from behind by a car).**
- **A parked car opens its door.** The “Death Zone” by cyclists because at any moment a car door could open, or drivers and unexpectedly pull out of a parking spot blocking your path without enough time to stop. You can avoid this by never traveling beside parked cars.
- **Drunk driving is a no go!**
- **NOTE: Riding a motorcycle on rural West Virginia roads.** Your risk of dying in a crash increases greatly when you ride on rural roads, which oddly enough have higher death rates as urban roads do. Rural roads tend to have far less traffic on their winding, two-lane roads which can lead to excessive speeds and more accidents. According to the [International Road Traffic Accident Database](#), more people are killed in motorcycle crashes on rural roads now than 20 years ago, and roughly half of all crashes take place on rural roads.
- **NOTE: Riding in city traffic.** Whether navigating the narrow streets in Georgetown or crossing the 14th Street Bridge, when you are riding a motorcycle in the city your first order of business is to make sure that you can be seen by other drivers. The key to driving safely in the city is to ride is to make yourself as visible as possible, and be aware of everything going on around you.

Electric Scooters and Skateboards



101 Critical Days of Summer Safety Campaign

- 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



Bicycle Safety Tips



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- 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 follow. Always 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. The 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!

Special points of interest:

- Outdoor Recreation
- 101 Days of Summer
- Biking/Mountain/Bicycling
- Potentially Off-Road

Inside this issue:

- Exercising Outdoors: 2
- Heat Injuries: 3
- Bicycle Safety: 4
- Electric Scooters & Skateboard Safety: 5
- Painting Safety: 6
- 101 Days of Summer: 7
- and Web App

Adjusting to our new normal
As we all know, 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 adjust to, many of us are finding new ways to keep fit 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 turning to yoga by creating home workout programs. The most common posture during yoga is pushing. Whether it is a wall, a chair, or your whole body, 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 safety proper techniques and the use of personal protective equipment as needed.

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Bicycle Safety Did You Know?



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- There were 857 pedalcyclist deaths in 2018, which accounted for 2.3 percent of all traffic fatalities during the year.
- 51 more fatalities, 6.3% increase.
- **Twenty-nine percent** of the pedalcyclist fatalities occurred at intersections, **60 percent** occurred at locations that were not intersections, and the remaining **11 percent** occurred at other locations such as roadsides/shoulders, parking lanes/zones, bicycle lanes, sidewalks, medians/crossing islands, driveway accesses, shared-use paths/trails, non-traffic way areas, and other sites.
- In 2018 the average age of pedalcyclists killed in traffic crashes was 47.
- DC had a total of 31 fatalities which accounted for 9.7%.
- Based on population, this is the highest percentage out of all states.
- Florida had the most.
- VA had 12 bicycle fatalities and MD had 5.

Off-Road Vehicle Safety



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- USMC has suffered ATV fatalities
- MCO 5100.29C Vol 3 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.

Sports Injury & Prevention



101 Critical Days of Summer Safety Campaign

- 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.
- Heat exhaustion and heat stroke are serious conditions. Heat exhaustion begins with general muscle weakness, sudden excessive sweating, nausea and vomiting, and possible fainting. A heat stroke is when your body's internal temperature reaches over 103 degrees.
- Plan ahead and make sure you drink enough water throughout the day and night to replenish fluids lost during activities.
- Listen to your body! Take breaks with you feel warning signs that something is not right.



Heat Injuries



101 Critical Days of Summer Safety Campaign

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.



Walking and Jogging Safety



101 Critical Days of Summer Safety Campaign

- Did you Know?
 - Nation wide – Pedestrians had an 3.4 increase with 208 fatalities.
 - In 2018 there were 118 fatalities VA, 128 in MD and 11 in DC
 - MCO 5100.29C: You cannot utilize head-phones, earbuds or other listening devices, if you are on, or within 3 feet of, any roadway or parking lot while on a Marine Corps Installation.
- 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.



Kid Safety Tips - Overview



101 Critical Days of Summer Safety Campaign

- 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”

Playground Safety



101 Critical Days of Summer Safety Campaign

- **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.**



What Beach Will You Be Visiting?

101 Critical Days of Summer Safety Campaign

- Local Beaches
- Ocean City, Virginia Beach, Chesapeake Beach, Rehoboth Beach, Bethany Beach, Dewey Beach and the Outer Banks,
- Most have attentive lifeguards on duty
- Ocean City
 - Most famous for its boardwalk, salt-water taffy, and its status as the White Marlin Capital of the World.
 - Board walk is about 2.5 miles long
 - Most premier spot for MD residents and about 3 ½ hours from DC
- VA Beach
 - 3-mile concrete boardwalk as well as many sights, attractions and other
 - More popular vacation destination for families.
 - Farthest of all DMV's best beaches at 4 hours from DC.
- Outer Banks
 - Family oriented
 - Not many hotels (Mostly Beach house rentals)

Beach tips



101 Critical Days of Summer Safety Campaign

- 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

Swimming



101 Critical Days of Summer Safety Campaign



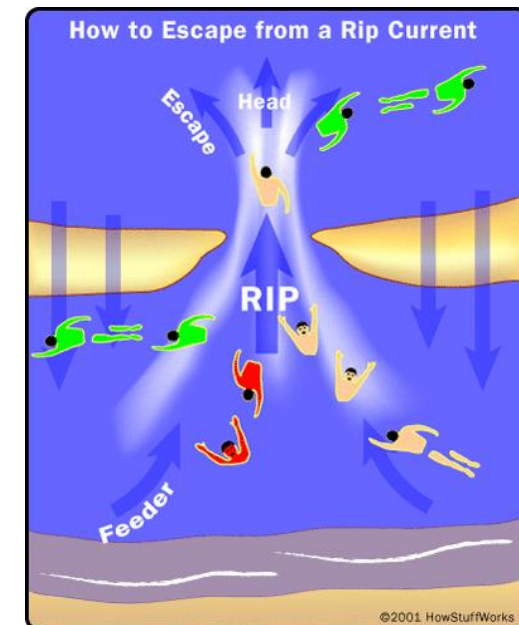
- Always swim with a partner.
- Never allow young children to swim without adult supervision.
- Never swim when you are tired, under the influence of alcohol, drugs, or medication.
- Know and observe your swimming limitations and capabilities.
- Avoid swift-moving water. If caught in a current, swim 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



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- 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 where lifeguards are present.



Pool Safety Tips



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- 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



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- 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.

Barbeques



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- 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.



Fireworks



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- 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.



Resources



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- CMC SD “Combating the Blue Threat”
- HH Safety Checks Newsletters
- Naval Safety Centers Lessons Learned
- National Safety Council
- SafeKids Worldwide (safekids.org)
- American Red Cross
- National Highway Safety Traffic Safety Administration
- [CDC.gov](https://www.cdc.gov)



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

Your Henderson Hall Safety Office
703-693-8771 or 703-614-1900