



101 CRITICAL DAYS OF SUMMER



Almost Summer

MANAGING YOUR RISK

Summer is almost upon us and it is, once again, time for the summer safety campaign. The 101 Critical Days of Summer safety campaign begins Memorial Day weekend and ends after Labor Day. Summer is the longest vacation period of the year. As the restrictions of COVID-19 begin to relax across the globe in compliance with country, state and military base guidelines, there will be an increase in people who are out enjoying the sunshine and warm weather, swimming, boating, playing and having a good time. It's also a time for celebration, recreation, staying awake longer hours and driving more miles than your body has the energy for. With all those fun summer activities, the following safety tips are offered to make your summer a safe and happy one.





**Each year from fiscal years (FY) 16–20,
the Department of the Navy (DoN) lost
an average of five Sailors and nine
Marines in off-duty mishaps.
Do your part – we can’t afford to
lose Sailors and Marines to
preventable off-duty mishaps.**

Warrior Toughness + Resiliency = Warfighter Safety and Readiness

It is highly likely that members of our warfighter force have experienced some form of COVID fatigue.

This fatigue can present itself as letting one's guard down, such as not complying with COVID-19 safety protocols. Or the fatigue is caused by the "new normal" of increased screen time and multitasking that can impair one's ability to apply critical thinking when making safety decisions.



Resilience

Change Begins With the Warfighter

“Toughness” versus “Resilience”

Resilience = After: Focus on individual health and well-being

Toughness = Before, During and After: Focus on performance

Bottom Line:

If we are tough, we are resilient. We can be resilient, but not tough.

Reach out to your Chain of Command for assistance.



In keeping with a warrior mindset, let's dedicate ourselves to the pursuit of higher performance. **Remember:** Warrior Toughness + Resiliency = Warfighter Safety and Readiness.



WATER-RELATED ACTIVITIES

From FY16-FY20, the DoN lost three Sailors and three Marines in water-related mishaps. There were two water-related deaths in 2020. Water-related accidents do not discriminate: junior enlisted, senior enlisted, warrant officers, junior officers and senior officers all succumb to the dangers of being around the water. FY20 had eight reported injuries.

The U.S. Coast Guard reported 4,291 mishaps that involved 658 deaths and 2,629 injuries and approximately \$46 million in property damage from recreational boating accidents in 2017.

Kids Water Safety

- **Never leave children unattended.** Parents are the first line of defense in keeping kids safe in the water. Never leave children unattended near water, not even for just a minute. If your child is in the water, you should be too! Constant, undistracted supervision and barriers such as pool fencing are necessary even if children have completed swimming classes.
- **Read all posted signs.** Follow posted safety rules and warnings. Teach kids that being safe in and around the water is a personal responsibility - yours and theirs.
- **Never swim alone or in unsupervised places.** Teach your children to always swim with a buddy.
- **Teach your kids about drain entrapment.** Hair can easily get tangled in drains or suction outlets, leading to drowning. Repeatedly inform kids of these dangers and remind them not to swim near drains or suction outlets. Wearing long hair in tight braids, buns or under a swim cap provides additional protection.
- **Never use foam toys or floats as safety devices.** Foam toys and blow-up floats are great fun for kids but they should never under any circumstances be used as flotation or safety devices. They cannot replace a life jacket and do not prevent kids from drowning.
- **Learn CPR.** Parents, kids and just about everyone benefits from learning CPR. Sure, the paramedics will be on their way in no time, but it still takes time for medical staff to arrive on the scene, enough time for brain damage or even death to occur without CPR. Someone on site should know CPR whenever kids are swimming.



Adult Swimming Safety

- Do not swim alone. Always swim with a partner.
- Never swim when you are 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 toward shore or the edge of the current. Rip currents are powerful currents of water moving away from the shore. They can sweep even the strongest swimmer out to sea.
- Stay out of the water during thunderstorms and severe weather.
- Don't get too tired, too cold, too far from safety, exposed to too much sun or experience too much strenuous activity. Don't take chances by overestimating your swimming skills.
- Observe warning signs. Maritime warning flag systems will hoist flags to provide boaters a visual indicator to current weather conditions. Below are a few to know:
 - a. One red flag denotes a small craft advisory and two red flags indicate a gale warning.
 - b. One red flag with a black square in the middle indicates a general storm warning.
 - c. The use of two black-squared red flags denotes a hurricane force wind warning or a hurricane warning or tropical storm, depending on where you are located. Some lakes are big enough to create their own weather so this isn't just for ocean-goers.

The National Weather Service generally issues a storm warning for higher winds and wind gusts of 48 knots (89 km/h; 55 mph) to 63 knots (117 km/h; 72 mph) at sea and on many lakes in the United States.



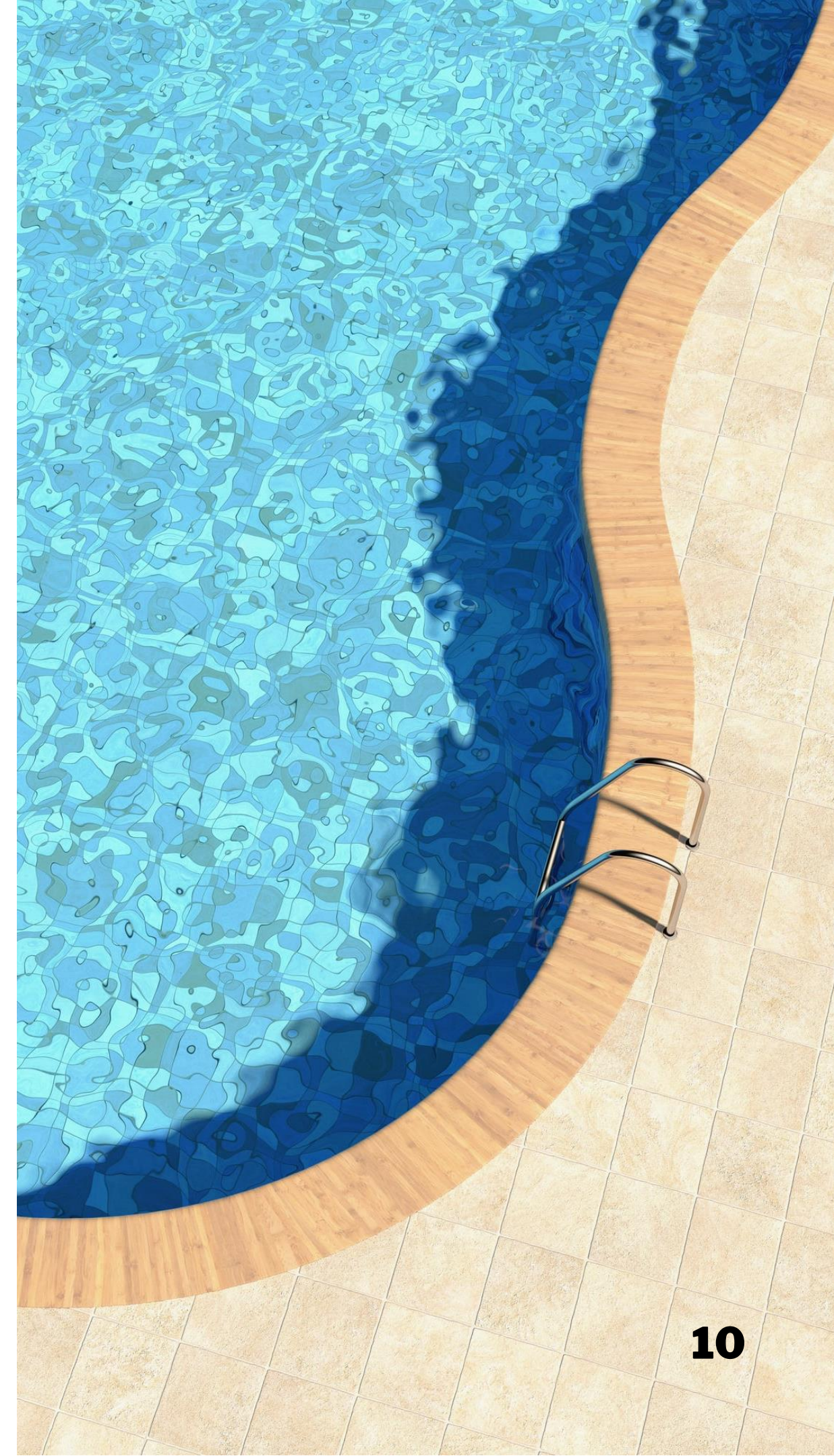
Adult Swimming Safety Continued

- Even if you're a good swimmer, wear a life jacket when you're out at sea. The American Canoe Association estimates that almost 70% of drownings that involve canoes, kayaks and rafts could have been avoided if a personal flotation device (PFD) was worn.
- Label your gear with contact info. Accidents can happen and getting lost at sea is a very real possibility. Labeling your gear with your name and two contact numbers could help the U.S. Coast Guard identify your equipment in the case of an emergency. At the very least, it will give the Coast Guard a chance to make sure you're OK and save them from launching an unnecessary and pricey search-and-rescue mission.
- The U.S. Coast Guard offers a nation-wide program called Paddle Smart, first launched in Boston in 2008, to encourage people to label their equipment. You can get a free, reflective waterproof sticker for your gear at local boating supply stores, canoe clubs and harbor masters.
- Have a way to call for help. We get it, no one surfs with a cell phone. But if you're paddling, canoeing or scuba diving, bring a dry bag with a few communication essentials. Make sure your cell phone is charged and in a waterproof case or take a two-way radio with you. For serious adventurers, consider purchasing a personal location beacon, outfitted with a flotation sleeve.
- Be respectful of ALL sea life. It's not your home, it's theirs — and you're just visiting. Sure, it can be thrilling to see a pod of whales or dolphins up close, but you need to keep your distance. Hawaii, for example, has specific regulations for interacting with marine life: you need to stay at least 100 yards away from humpback whales and it is illegal to touch the sea turtles. And if you're not a professional, you should keep your hands off the coral reef, fish and sharks.



Pool Safety

- Sadly, the possibility of pool injuries and fatalities is very real. Drowning is the leading cause of unintentional death for young children aged 1 to 4. In 2018, between Memorial Day and Labor Day, at least 148 children under 15 years old drowned in swimming pools or spas. For every death, twice as many children are hospitalized for injuries. Four to six minutes underwater is enough to cause irreversible brain damage.
- Portable “toy” pools require security measures just like their permanent in-ground and above-ground counterparts. Portable pools account for 10% of drowning fatalities of children under 15.
- There’s no single safety device or protective measure that will completely childproof your pool or spa, or prevent every possible accident. Incorporate safeguards into your pool safety plan.
- Devices and barricades aren’t a substitute for an adult with a watchful eye. Never allow a child near water unsupervised, even if they can swim.
- Use an approved safety cover and keep the pool covered when not in use.
- Install a fence around your pool and lock it.
- Consider installing a water surface tension alarm.
- Inspect pool drains and drain covers.
- Pool and spa drains can create underwater suction with enough force to trap even strong swimmers below the surface.
- Keep pool chemicals completely out of reach of children, preferably locked up. They should be stored separately from other household cleaners due to the potential for chemical reactions that can cause combustion.



Use Pool Chemicals Safely

- Ask for help if you are not trained for specific tasks.
- Read chemical and entire product labels or Material Safety Data Sheets before each use.
- Dress for safety by wearing appropriate safety equipment (i.e., safety goggles, gloves and mask).
- Handle in a well-ventilated area.
- Open one product container at a time and close it before opening another.
- Minimize dust, fumes and splashes.
- Measure carefully.
- Never mix chlorine products with acid; this could create toxic gases.
- Never mix different pool chemicals (i.e., different types of chlorine products) with each other or with any other substance.
- Only pre-dissolve pool chemicals when directed by product label.
- If product label directs pre-dissolving, add pool chemical to water; never add water to pool chemical because a violent, potentially explosive reaction can occur.



Store Pool Chemicals Safely

BEFORE YOU STORE POOL CHEMICALS:

- Get trained in pool chemical safety (i.e., during an operator training course).
- Ask for help if you are NOT trained for specific tasks.
- Read entire product label or Material Safety Data Sheet before storing.
- Learn your pool's Emergency Chemical Spill Response Plan and practice steps (i.e., evacuation).

STORING POOL CHEMICALS SAFELY:

- Follow product label directions for chemical storage:
- Dress for safety by wearing appropriate safety equipment (i.e., safety goggles, gloves and mask).
- Separate incompatible chemicals (for example: acid and chlorine).
- Lock chemicals up to protect people and animals.
- Keep chemicals dry and do not mix different chemicals (i.e., different types of chlorine products).
- Keep chemicals cool in a well ventilated area away from direct sunlight.
- Keep chemicals closed in original, labeled container.
- Store liquid chemicals low to prevent accidental contact (i.e., by leaking) with chemicals or substances stored below them.

DISPOSAL OF POOL CHEMICAL CONTAINERS:

- Follow product label directions for safe disposal; never reuse containers.
- Contact your local or state hazardous materials agency for proper disposal procedures for pool chemicals in unlabeled containers.



Boating Safety

- **Follow a pre-departure checklist.** Using a pre-departure checklist is a helpful way to check the boat and ensure the proper gear is aboard.
- **Be weather-wise.** Always check local, route and destination weather and water conditions before departure and ensure it is safe to go out.
- **Use common sense.** Operate at a safe speed at all times, especially in crowded areas, stay alert and steer clear of large vessels and watercraft that can be restricted in their ability to stop or turn.
- **Know the nautical rules of the road.** Maintain a proper lookout and be respectful of buoys and other navigational aids, all of which have been placed there to ensure your safety and the safety of the boats around you.
- **Designate an assistant skipper.** Make sure more than one person aboard is familiar with all aspects of the boat's handling, operations, and general boating safety, in case the primary operator is incapacitated and someone else needs to get the boat back to shore.
- **Develop a float plan.** Whether you choose to inform a family member or staff at your local marina, let someone else know where you're going and how long you're going to be gone. A float plan can include the following information: name, address, and phone number of trip leader and passengers; boat type and registration information; trip itinerary; and types of communication and signal equipment aboard, such as an Emergency Position Indicating Radio Beacon (EPIRB) or Personal Locator Beacon.
- **Make proper use of life jackets.** Assign and fit each member of your onboard team with a life jacket before departure.
- **Avoid alcohol.** Operating a boat while intoxicated is illegal. Nearly half of all boating accidents involve alcohol—designate a sober skipper before leaving the dock.
- **Be aware of carbon monoxide.** Maintain fresh air circulation throughout the boat. Educate all passengers about the symptoms of CO poisoning and where CO may accumulate.
- **Skip swimming in a marina.** Never swim in a marina or in other areas where boats are connected to shore power. Stray power in the water can create an electric shock hazard.
- **Stay clear of the engine.** Drivers should wear the boat engine's cut-off switch lanyard at all times. Keep watch around the propeller area when people are in the water. Never allow passengers to board or exit your boat from the water when engines are on or idling. Take extra precautions near boats towing skiers or tubers.

Man Overboard!

When you lose your balance or suddenly slip and fall overboard, it's scary and dangerous. Here are the basic rescue steps:

Shout – "Man overboard!"

Spot – Locate the person in the water and keep an eye on them at all times. With waves and the boat's movement, it's easy to lose track of your victim.

Throw – Toss a flotation device into the water for the victim to latch onto.

Boat Turn Around – Turn back toward the victim to pick them up.

Two types of turns are used to quickly return to the point of origin. The elliptical (an oval racetrack-shaped turn) and the Williamson (most appropriate at night or in reduced visibility).

The Williamson Turn – If dealing with a man overboard, always bring the vessel upwind of the person.

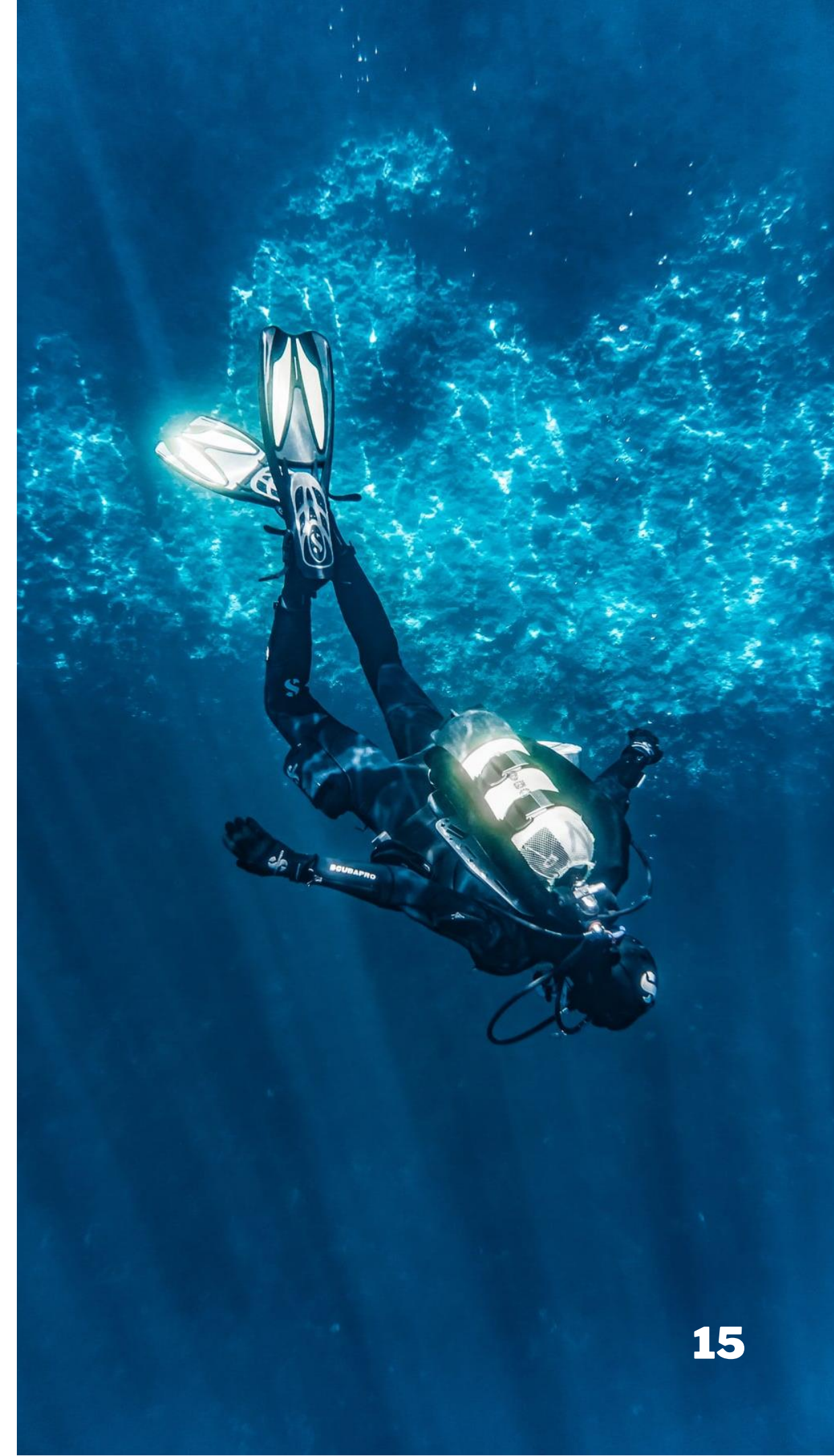
- Put the rudder over full.
- If in response to a man overboard, put the rudder toward the person. If the person fell over the starboard side, put the rudder over starboard full.
- Shift the rudder full to the opposite side to stop vessel 60 degrees from its original course and start turning the opposite direction.
- When heading about 20 degrees short of the reciprocal, put the rudder amid ship so the vessel turns onto the reciprocal course.
- Bring the vessel upwind of the person, stop the vessel in the water alongside the person, well forward of the propellers.
- Pull or Climb – Return to the victim's side, toss a lifeline, and tow them in. Or you can pull the victim by the life vest into the boat. If they're strong enough, they may be able to climb aboard via the swim ladder.



Diving Safety

- **Always test water depth before diving.** If you are unable to see below the water's surface, don't dive.
- **Never dive into rivers or other moving bodies of water.** Keep your arms extended above your head when diving.
- **Don't drink.** Drinking before a dive entails a number of risks, including nitrogen narcosis, heat loss, impaired judgment, and it affects the reaction time, attention span, and visual tracking, among others.
- **Don't smoke.** It's advisable to abstain from smoking at least 12 hours before your dive. If you're doing multiple dives that day, do not smoke between dives. Smoking before a dive results in reduced tissue oxygenation, causing the body not to function at peak level.
- **Get medically assessed.** Some medical conditions are not compatible with diving, so it's recommended to get yourself checked periodically to ensure you're in top-notch condition. Even a common cold or sinus infection can prevent you from going under.
- **Double check your gear.** Whether you own your gear or rent it, always do a safety check before your dives. Inspect the gear for wear and tear; look for faulty zippers, cracked buckles, straps or frayed areas that could lead to leaks. Your regulator and tank should also get checked regularly for functional issues.

Disclaimer: The information offered above is designed for educational purposes only. Do not rely solely on this information; seek professional advice on all matters related to scuba diving safety. If you have any further concerns or questions, consult with your guide, dive master or diving instructor.





ALCOHOL SAFETY

In the past five fiscal years, 4 percent of off-duty mishaps involved alcohol, while 22 percent of fatalities resulting from off-duty mishaps involved alcohol.



AFLOAT DRINKING

The CDC reports that alcohol is involved in 70% of deaths related to water recreation. It's not a risk worth taking!

Did you know?

- A boat operator is likely to become impaired quicker than a driver.
- The penalties for Boating Under the Influence (BUI) can include significant fines, revocation of operator privileges and severe jail terms.
- The use of alcohol is involved in about a third of all recreational boating fatalities.



Do Not Mix Sun and Alcohol

Both alcohol and the sun can cause dehydration. The sun causes your body to sweat to stay cool, and if those fluids aren't replaced, your body will undergo adverse reactions. You may feel extremely thirsty, dizzy or fatigued. When people drink they tend to become more lackadaisical and reckless, which can have dangerous implications when water recreation or water sports are involved. In fact, up to 70% of all water recreation deaths of teens and adults involve alcohol consumption. If you are drinking in or near a body of water be aware that you may lack the dexterity needed to stay afloat, which can increase your risk of drowning (the third leading cause of unintentional injury and death worldwide and fifth in the United States). Sun and heat exposure only amplifies this risk. In addition, the physical exertion of swimming on a hot day paired with alcohol consumption can lead to overheating -a risk factor for heat syncope (fainting), which can have deadly consequences.

Boating Accidents Due to Alcohol Consumption

According to the Boat US Foundation: "Stressors, such as exposure to noise, vibration, sun, glare, wind, and the motion of the water, affect boat operators and passengers, thus drinking while boating is even more dangerous than drinking and driving."

Research shows that hours of exposure to boating stressors produces a kind of fatigue or 'boater's hypnosis,' which slows reaction time almost as much as if you were legally drunk. Adding alcohol or drugs to boating stress factors intensifies their effects each drink multiplies your accident risk."

That's why boaters should never drink when operating a boat. Every state has strict drinking and boating laws—you can be arrested on the water. Yes, you can get a BUI punishable using the same criteria as Driving Under the Influence (DUI).





HEAT AND SUN SAFETY

Heat-related illnesses

Sunburn

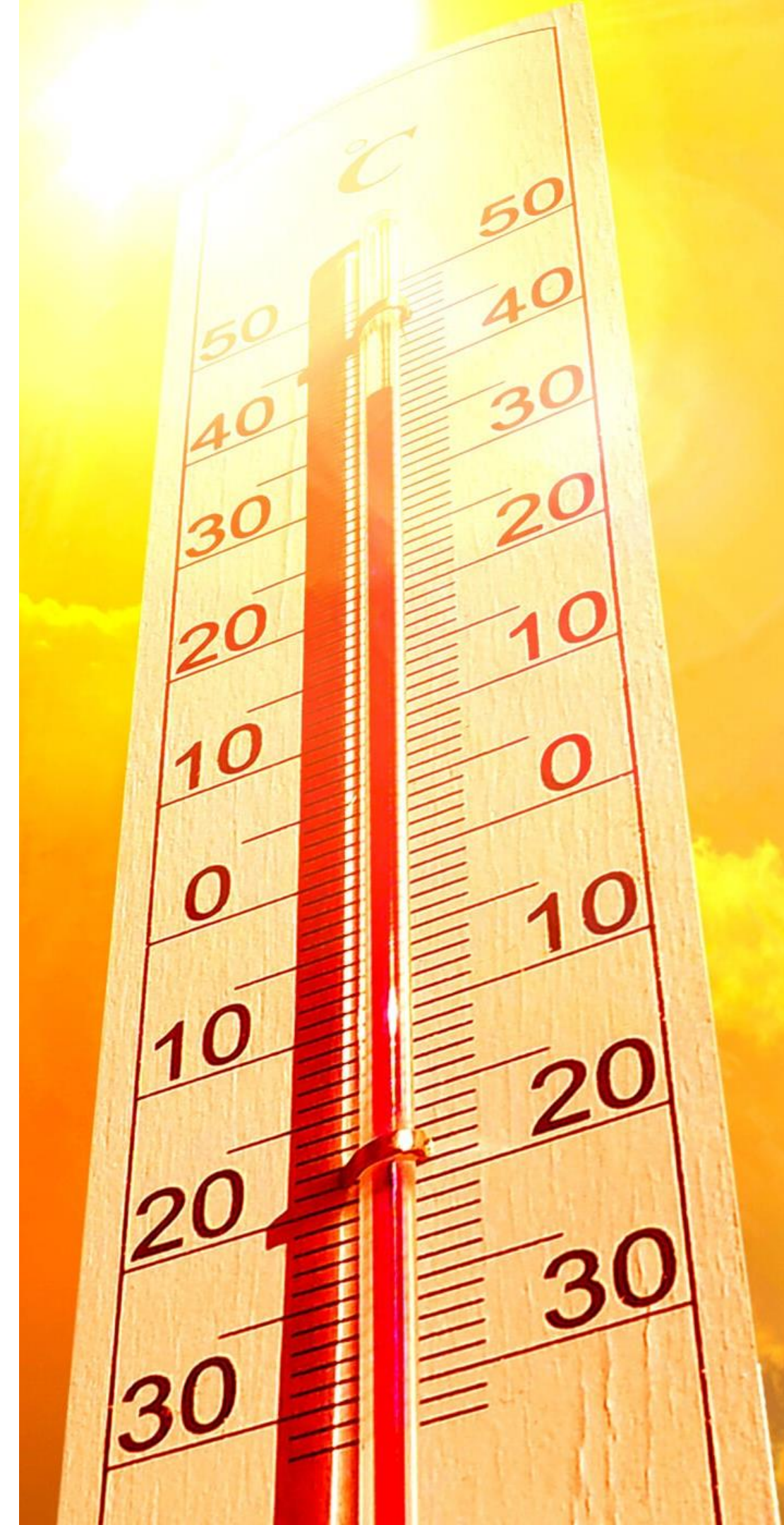
Heat Cramps

Heat Exhaustion

Heat Stroke

What is heat-related illness?

Heat-related illness, or hyperthermia, is a condition resulting from exposure to extreme heat where the body becomes unable to properly cool, resulting in a rapid rise in body temperature. The evaporation of sweat is the normal way to remove body heat, but, when the humidity is high, sweat does not evaporate as quickly. This, in turn, prevents the body from releasing heat quickly. Prompt treatment of heat-related illnesses with aggressive fluid replacement and cooling of core body temperature is critical to reducing illness and preventing death.



Heat Safety Tips

WHAT YOU CAN DO:

- During heat waves, frequently check on people at risk for heat-related death, such as the elderly and disabled or homebound people.
- Never leave children alone in cars and ensure children cannot lock themselves in an enclosed space, such as a car trunk.
- Limit sun exposure during midday hours and in places of potential severe exposure, such as beaches.
- Drink plenty of nonalcoholic fluids and replace the body's salts and minerals, which sweating can release. Do not take salt tablets unless under medical supervision.
- Dress infants and children in cool, loose clothing and shade their heads and faces from the sun with hats or an umbrella.
- Provide plenty of fresh water for pets and leave the water in a shady area.

TREATMENT:

- Reduce body temperature by cooling the body.
- Remove unnecessary clothing.
- Apply water, cool air, wet sheets, or ice on the neck, groin and armpits to accelerate cooling.
- Seek professional medical attention immediately!

PREVENTION:

- Stop physical activity and move to a cool place;
- Drink water or a sports drink;
- Wait for cramps to go away before you do any more physical activity.

GET MEDICAL HELP RIGHT AWAY IF:

- Cramps last longer than one hour;
- You're on a low-sodium diet;
- You have heart problems.



Sun Safety

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. The U.S. Environmental Protection Agency's (EPA) UV Index external icon predicts UV radiation levels on a 0 to 11+ scale; higher levels indicate a higher risk of overexposure to UV rays.

Sunscreen

- Put on broad spectrum sunscreen with sun protection factor (SPF) 15 or higher before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.
- How sunscreen works. Most sunscreen products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.
- Sunscreens are assigned an SPF number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with SPF 15 or higher.
- Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.
- Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it is exposed to high temperatures.
- Cosmetics. Some makeup and lip balms contain some of the same sun-protective ingredients used in sunscreens. If they do not have SPF 15 or higher, be sure to use other forms of protection as well, such as sunscreen and a wide-brimmed hat.

Shade, Clothing, Hat and Sunglasses

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the delicate skin around your eyes from sun exposure.





FIREWORKS SAFETY

General Rules for Fireworks

Summer is synonymous with barbecues, parades and fireworks. The National Safety Council advises everyone to enjoy fireworks at public displays conducted by professionals and not to use any fireworks at home. They may be legal but they are not safe.

Additionally, fireworks start an average of 18,500 fires each year, including 1,300 structure fires, 300 vehicle fires and nearly 17,000 other fires. Better yet, grab a blanket and a patch of lawn, kick back and let the experts handle the fireworks show.

Every year, young children can be found along parade routes and at festivals with sparklers in hand, but sparklers are a lot more dangerous than most people think. Sparklers burn at about 2,000 degrees – hot enough to melt some metals. Sparklers can quickly ignite clothing and children have received severe burns from dropping sparklers on their feet. According to the National Fire Protection Association, sparklers alone account for more than 25% of emergency room visits for fireworks injuries. For children under 5 years of age, sparklers accounted for nearly half of the total estimated injuries.

Consider using safer alternatives, such as glow sticks, confetti poppers or colored streamers.

If consumer fireworks are legal to buy where you live and you choose to use them, be sure to follow the following safety tips:

- Never allow young children to handle fireworks.
- Older children should use them only under close adult supervision.
- Never use fireworks while impaired by drugs or alcohol.
- Anyone using fireworks or standing nearby should wear protective eyewear.
- Never hold lighted fireworks in your hands.
- Never light them indoors.
- Only use them away from people, houses and flammable material.
- Never point or throw fireworks at another person.
- Only light one device at a time and maintain a safe distance after lighting.
- Never ignite devices in a container.
- Do not try to re-light or handle malfunctioning fireworks.
- Soak both spent and unused fireworks in water for a few hours before discarding.
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire.
- Never use illegal fireworks.



SPORTS-RELATED ACTIVITIES



Sports Injury Prevention



Key Prevention Tips

- 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 for the sport: Shoulder pads, elbow pads, knee pads and helmet for football; batting helmets with faceguards; catcher's face mask, throat guard, chest protector and shin guards for baseball.
- Be sure sports protective equipment is in good condition, fits appropriately and is worn correctly all the time, avoid missing or broken buckles or compressed or worn padding. Poorly fitting equipment may be uncomfortable and may not offer the best protection.
- Get an action plan in place. Be sure your child's sports program or school has an action plan that includes information on how to teach athletes ways to lower their chances of getting a concussion and other injuries. Get more concussion safety tips.
- Pay attention to temperature. Allow time for child athletes to gradually adjust to hot or humid environments to prevent heat-related injuries or illness. Parents and coaches should pay close attention to ensure players are hydrated and appropriately dressed.
- Be a role model. Communicate positive safety messages and serve as a model of safe behavior, including wearing a helmet and following the rules.

Playground Safety



Parents should know to:

- Ensure children take off their bicycle helmets when playing on 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. 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 injuries from a pile up.

Kids should know to:

- Never push or roughhouse while on jungle gyms, slides, seesaws, swings and other equipment.
- Use equipment properly – slide feet-first, don't climb outside guardrails, no standing on swings, etc.
- Always check to make sure no other kids are in the way if they're going to jump off equipment or slide and land on both feet with their knees slightly bent.
- Leave bikes, backpacks and bags away from the equipment and the play area so that no one trips over them.
- Always wear a helmet while bike riding, but take it off while on playground equipment.
- Never use playground equipment that's wet because moisture makes the surfaces slippery.
- Check playground equipment in the summertime. It can become uncomfortably or even dangerously hot, especially metal slides, handrails, and steps. So use good judgment – if the equipment feels hot to the touch, it's probably not safe or fun to play on. Contact burns can happen within seconds.
- Wear clothes without drawstrings or cords. Drawstrings, purses, and necklaces could get caught on equipment and accidentally hurt a child.
- Wear sunscreen when playing outside even on cloudy days to protect against sunburn.

Walking, Jogging and Exercising Safely



Follow our tips to ensure that your jogs are rewarding and safe:

- Recruit a friend. Runners in pairs or groups are less appealing targets.
- Jog in a familiar area but vary your routes. Changing the route you take will prevent someone from noting your schedule or movements.
- Avoid jogging in secluded areas or at night. If you do run after dark, do so in well-lit and populated areas and consider buying reflective running gear or a runner's light so you're highly visible to traffic.
- Do not run with your phone or other valuables in sight.
- Face oncoming traffic.
- Carry your ID. If you suspect you're being followed, call the police immediately and find a safe place to wait for them to arrive.
- Wear base bright-colored clothing to improve your visibility.
- Carry a whistle or shrill alarm to summon help if needed.
- Jog in open spaces, away from bushes or alcoves where someone could hide.
- Take a key with you when you jog. Don't leave your house unlocked.
- Execute warm up exercise before 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.
- Drink plenty of fluids (water or sports drinks) before and during a walk, jog or run.
- Watch for signs of heat cramps, heat exhaustion or heat stroke in hot weather.
- Allow a cool down period.

Bicycle Safety

As you might expect, when a crash occurs between a vehicle and a bike, it's the cyclist who is most likely to be injured. Find out what you can do to prevent bicycle injuries and deaths, and remember: A large percentage of crashes can be avoided if motorists and cyclists follow the rules of the road and watch out for each other.

- Wear equipment to protect you and make you more visible to others, like an approved bike helmet, bright clothing (during the day), reflective gear, and a white front light and red rear light and reflectors on your bike (at night or when visibility is poor).
- Remember to use arm and hand signals.
- Ride with traffic, not against it.
- Avoid riding at night, if possible. If you must ride at night, install front and rear lights on your bicycle and wear reflective clothing. It's the law! Regardless of the season, bicyclist deaths occurred most often between 6 p.m. and 9 p.m.
- Bicyclist deaths occur most often in urban areas (75%) compared to rural areas (25%) in 2020.
- Bicyclist deaths were 8 times higher for males than females in 2017.
- Alcohol was involved in 37% of all fatal bicyclist crashes in 2020.
- Ride a bike that fits you. If it's too big, it's harder to control the bike.
- Carry all items in a backpack or strapped to the back of the bike.
- Tuck and tie your shoe laces and pant legs so they don't get caught in your bike chain.
- Plan your route, choose routes with less traffic and slower speeds. Your safest route may be away from traffic altogether, in a bike lane or on a bike path.



WEAPONS SAFETY



Handle Weapons Safely

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.

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.





DRIVING SAFETY

At any given daylight moment across America, approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving, according to the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA). When you're behind the wheel of a car – whether alone or with passengers – driving safely should always be your top concern. We're more distracted than ever, so it's crucial to know the basics of safe driving and practice them every time you're on the road.

- Don't allow children to fight or climb around in your car – they should be buckled in their seats at all times. Too much noise can easily distract you from focusing on the road.
- Avoid driving when you're tired. Be aware some medications cause drowsiness and make operating a vehicle very dangerous. Learn more about drowsy driving.
- Always use caution when changing lanes. Cutting in front of someone, changing lanes too fast or not using your signals may cause an accident or upset other drivers.
- Be extra careful while driving during deer season.

Safe Driving

Driving Fatigued

There are several warning signs of fatigue; however, individuals often don't understand them or worse, choose to ignore them.

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.

Warning Signs!

Can't remember the last few miles driven.

Drifting from lane or hitting a rumble strip.

Yawning repeatedly.

Difficulty focusing or keeping eyes open.

Tailgating or missing traffic signs.

Trouble keeping head up.



Drinking and Driving

- Impaired driving kills one person in America every 48 minutes. That means you, your family or friends could be innocent victims.
- All 50 states, the District of Columbia, and Puerto Rico have by law set a threshold making it illegal to drive with a BAC of .08 g/dL or higher.
- In 2017 there were 10,874 people killed in alcohol-impaired driving crashes. These alcohol impaired-driving fatalities accounted for 29% of all motor vehicle traffic fatalities in the United States in 2017.
- According to NHTSA, 10,511 people died in alcohol-impaired crashes in 2018. Alcohol-impaired crash fatalities accounted for 29% of all crash fatalities.
- Of the 10,874 people who died in alcohol-impaired driving crashes in 2017, there were 6,618 drivers who had BACs of .08 g/dL or higher. The remaining fatalities consisted of 3,075 motor vehicle occupants and 1,181 non-occupants.

BEING A RESPONSIBLE DRIVER IS SIMPLE: IF YOU ARE DRINKING, DO NOT DRIVE.

- Plan your safe ride home before you start the party, choose a non-drinking friend as a designated driver.
- If someone you know has been drinking, do not let that person get behind the wheel. Take their keys and help them arrange a sober ride home.
- If you drink, do not drive for any reason. Call a taxi, a ride-hailing service or a sober friend.
- If you're hosting a party where alcohol will be served, make sure all guests leave with a sober driver.
- Always wear your seat belt — it's your best defense against impaired drivers.



ATV / ROV Safety

- Children and young people under the age of 16 should not ride adult All Terrain Vehicles (ATVs) with engines bigger than 90 cubic centimeters.
- Take a hands-on training course.
- Always wear an approved helmet.
- Never drive an ATV on paved roads.
- Never drive an ATV while under the influence of drugs or alcohol.
- ATVs are not toys; get training!
- Never ride alone, and always tell someone where you are going and when you will return.
- Read the owner's manual carefully.
- Check local laws.
- Be careful when operating ATVs and Recreational Off-highway Vehicles (ROVs) with added attachments; these affect the stability, braking, and operation of the vehicle.
- Always supervise young operators.
- Never carry extra riders.
- Never operate ATVs or ROVs on streets, highways or paved roads, except to cross at safe, designated areas.
- Always make sure the ATV or ROV is in good condition.
- Remember ATGATT: "All the Gear, all the Time!"





MOTORCYCLE SAFETY



Riding Safely

Motorcycles accounted for 44% of all private motor vehicle (PMV) accidents in FY19.

Riding Tips:

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.

A sound street strategy can help prevent a dangerous situation.

Remember:

- All sailors shall complete LEVEL I training prior to operating a motorcycle and then must complete LEVEL II training within 60 days of LEVEL I.
- All sailors shall complete either LEVEL II or LEVEL III refresher training every five years.

What's Required?

- Helmets that are certified to meet DOT standards
- Impact- or shatter-resistant goggles, wrap around glasses or full-face shield.
- Sturdy footwear, leather boots, or over-the-ankle shoes.
- A long-sleeved shirt or jacket, long trousers and full-fingered gloves or mittens designed for use on a motorcycle.
- Riders are highly encouraged to select personal protective equipment (PPE) that incorporates protective padding, fluorescent colors and retro-reflective material. PPE - IT'S WORTH EVERY DIME, EVERY TIME!



Motorcycle Safety Tips

Make motorcycle riding safety your top priority!

It's important to understand some basic motorcycle safety tips to make sure your next ride is a safe one.

Follow these tips for safe riding:

- Always wear a helmet with a face shield or protective eye wear.
- Wearing a helmet is the best way to protect against severe head injuries. A motorcycle rider not wearing a helmet is five times more likely to sustain a critical head injury.
- Wear appropriate gear.
- Wear protective gear and clothing that will minimize the amount of injuries in case of an accident or a skid. Wearing leather clothing, boots with nonskid soles and gloves can protect your body from severe injuries. Consider attaching reflective tape to your clothing to make it easier for other drivers to see you.
- 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.
- Ride defensively.
- 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.
- Keep your riding skills honed through education.
- Complete a formal riding education program, get licensed and take riding courses from time to time to develop riding techniques and to sharpen your street-riding strategies.
- Alert and ride sober.
- Don't drink and ride, you could cause harm to yourself and others. Additionally, fatigue and drowsiness can impair your ability to react, so make sure you are well-rested when you hit the road.
- Make sure your motorcycle is fit for the road. Should something be wrong with your motorcycle, it will be in your best interest to find out before hitting the road.

Motorcycle Checklist

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

Again, before riding, ensure you have protective safety gear on.



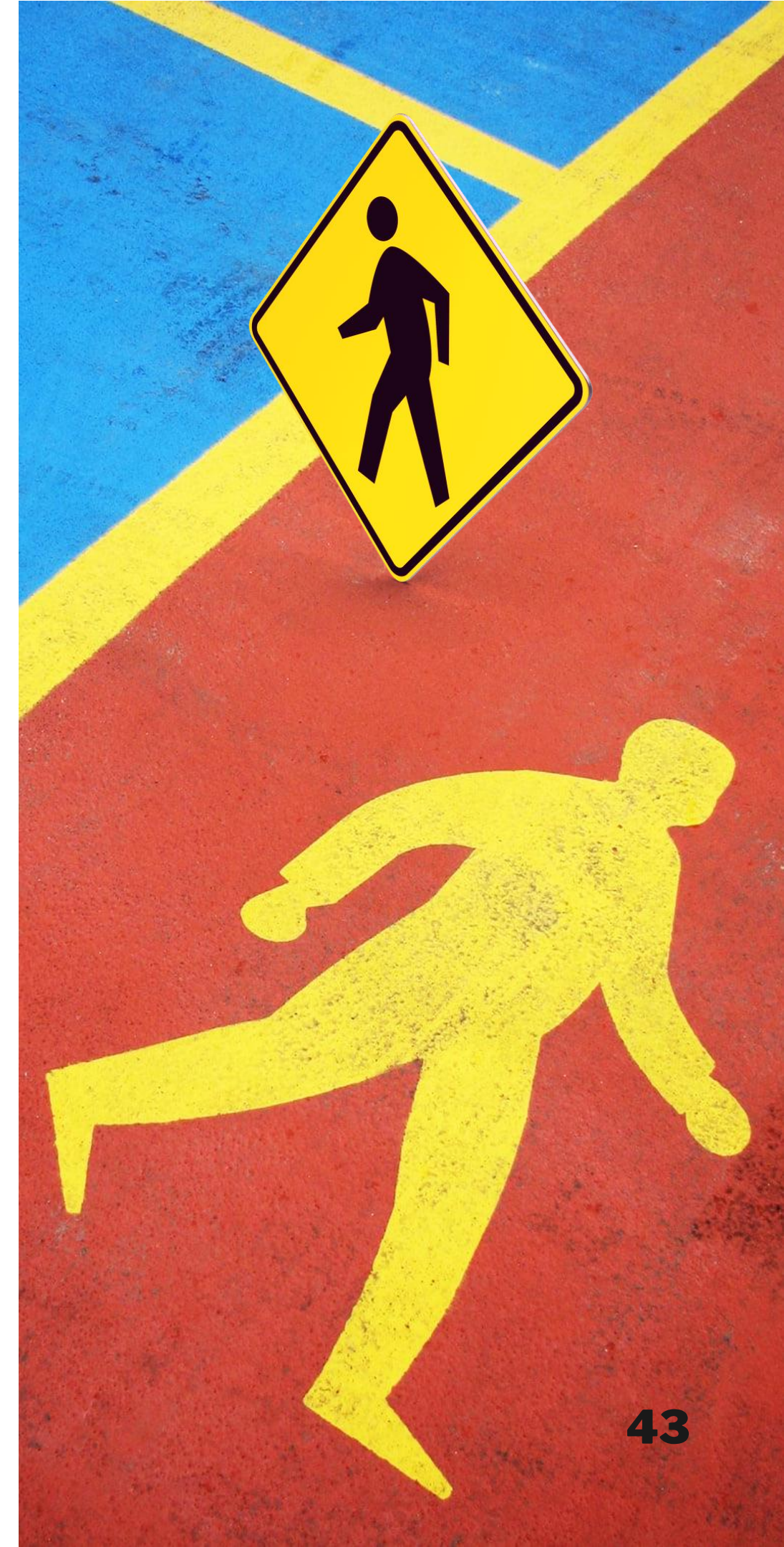


PEDESTRIAN SAFETY

Pedestrian Safety Tips

In 2020, 24 personnel were killed crossing a street or walking too near a roadway. Three were intoxicated. Three Sailors were killed in the vicinity of a fender bender or disabled vehicle.

- See and be seen.
- Use the crosswalk.
- Use all your senses when near an area with moving vehicles.
- Look left, right and then left again.
- Avoid walking when impaired by alcohol.
- It goes without saying: Obey all traffic laws.
- Be visible at all times. Wear bright clothing during the day, and wear reflective materials or use a flashlight at night.
- Never assume a driver sees you. Make eye contact with drivers as they approach to make sure you are seen.
- Walk on sidewalks whenever they are available. If there is no sidewalk, walk facing traffic and as far from traffic as possible.



HOME SAFETY



Falls and Carbon Monoxide Safety

Injuries due to falls are one of the most common household hazards. In fact, one out of five older adults who falls incurs a broken bone or a head injury. Wet floors, slippery stairs, and scattered toys all create the potential for falls.

Falls Safety Tips

- Stabilize staircases
- Clear outdoor steps
- Cover slippery surfaces in bathrooms
- Install supports shower and bathtub
- Secure toys, skateboards, bikes and other mobile toys in a safe area where family members and visitors won't trip on them.

Low exposure to carbon monoxide (CO) can cause headaches and dizziness, while high levels can lead to vomiting, impaired vision, and even death. Carbon monoxide is virtually impossible to detect by smell, sight or sound, making it a difficult threat to discern. But there are things you can do to ward off CO-related injuries as follows:

Carbon Monoxide Safety Tips

- Install a CO detector.
- Keep up with home maintenance. Prevent carbon monoxide leaks by having a professional service your HVAC system, water heater and other appliances that use gas, oil or coal at least once a year.

Fire and Grilling Safety

Each year an average of 8,900 home fires are caused by grilling. U.S. fire departments responded to an estimated average of 358,500 home structure fires per year during 2011-2015, which represents three quarters of all structure fires. Home fires cause an annual average of 2,510 civilian fire deaths and 12,300 fire injuries.

Fire Safety Tips

- Install fire alarms.
- Buy a fire extinguisher.
- Monitor candles.
- Unplug unused appliances.
- Home fires cause an annual average of 2,510 civilian fire deaths and 12,300 fire injuries.

- Use grill outside only, away from siding, deck rails and overhanging branches.
- Periodically remove grease buildup.
- Never add charcoal starter fluid to fire.
- Never use gasoline or any flammable liquids other than starter fluid.
- Check the gas cylinder hose for leaks.

Gardening Safety

Gardening may seem like a safe hobby – and for the most part, it is – but it can lead to injury or illness. For instance, emergency rooms treat more than 400,000 injuries each year related to outdoor garden tools, the U.S. Consumer Product Safety Commission says.

Gardening Safety Tips

- Put away yard tools. Lawn tools, including rakes, saws and lawnmowers, can cause harm if not used and stored properly. Stay alert when using power tools, and never rush while mowing the lawn or using the weed whacker. Never leave tools lying around. Always keep them locked in a shed or garage where kids can't access them.
- Store poisoning chemicals safely. There were over two million poisoning incidents reported to poison control centers nationwide in 2020. Several household items present poisoning hazards, including gardening and home maintenance supplies.
- Wear gloves. Garden gloves will help protect you from blisters, fertilizers, pesticides, bacteria, fungi and sharp tools.
- Warm up. Just like an athlete does before a game, you should warm up before digging in the garden. Walk around your garden for a few minutes and do some pre-gardening stretches.
- Avoid repetitive motion. Prolonged and repetitive motions, such as digging, raking, trimming, pruning and planting, might irritate your skin, tendons or nerves. To avoid this, switch up your tasks every 15 minutes and take breaks between tasks.
- Banish bending. Kneeling instead of bending will put less strain on your back. For extra comfort, consider wearing kneepads.
- Check your lifting. When lifting objects, especially heavy ones, engage your legs and not your back. When you're carrying heavy objects, hold objects them close to your body to reduce strain.
- Look for pests. Check your clothes and body for ticks, which can cause several diseases. Better yet, help prevent tick bites by applying repellent.
- Block the sun and stay hydrated.



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