We hope that everyone had a safe and happy Memorial Day weekend.

As the summer begins, please keep in mind the tips that we presented at the 101 Critical Days of Summer Safety training. If you were not able to attend, you can find these tips on our command web app and the command safety web page.

https://www.hqmc.marines.mil/Agencies/Headquarters-and-Service-Battalion/Safety-Department/

Agencies/Headquarters-and-Service-Battalion/Safety-Department/

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Take care over these next couple months and remember to make the right decision!

R/s,
Your Command Safety Office

From the Director of Safety

Staff,

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101 Days of Summer Begins

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Summer brings us grilling, family get-togethers, trips to the pool and the beach as well as allowing us to enjoy other summer activities. Besides the positive side of summer, it can also bring dangerous weather conditions.

In this month’s newsletter, will cover some summer activities that continue to cause preventable injuries, as well as some safety precautions to consider during dangerous weather conditions.

Lastly, we hope that this information will not only assist you but, also your fellow Marines, Civilians and family members throughout the 101 Days of Summer.
Pool and Water Safety

Warm weather brings fun in the sun. One of the most popular summertime activities is enjoying a day at the pool with friends and family. Your time can be fun if some simple steps are taken to keep everyone safe. If you own a pool or spa, it’s critical that you take steps to ensure the safety of everyone – and particularly children – in and around the water. This requires installing safety devices and observing proper water safety behaviors. The U.S. Consumer Product Safety Commission (CPSC) suggests many steps which range from installing pool and spa fences to ensuring children know how to swim. When combined, these safety strategies help ensure that both adults and children are protected in and around the water.

15 Important safety tips to help protect your family and friends:
1. Always watch your children when they’re in or near a pool or spa. If multiple adults are present, designate one of them to watch the children for a designated amount of time and then rotate. This technique will prevent lapses in supervision.
2. Teach children basic water safety tips and enroll them in swimming lessons.
3. Keep children away from pool drains, pipes, and other openings to avoid entrapments.
4. Don’t rely on fun toys such as water wings or noodles to keep your children safe. If your child can’t swim, fit them with an appropriate personal floatation device (PFD).
5. Have these items close by at all times when you or your family are using a pool or spa: portable telephone, first aid kit, flotation device, and a pair of scissors to cut hair, clothing, or a pool cover if needed.
6. If a child is missing, look for him or her in the pool or spa first.
7. Share safety instructions with family, friends, and neighbors.
8. Learn how to swim and teach your child how to swim.
9. Learn how to perform CPR on children and adults, and update those skills regularly.
10. Install a five-foot or taller fence around the pool and use self-closing and self-latching gates; ask your neighbors to do the same at their pools.
11. Install and use a lockable safety cover on your spa.
12. If your house serves as a fourth side of a fence around a pool, install door alarms and always use them. For added protection, install window guards on windows facing pools or spas.
13. Install pool and gate alarms to alert you when children go near the water.
14. Make sure any pool and spa you use has compliant drain covers; ask your pool service provider if you don’t know.
15. Keep your pool or spa cover in good shape. If you notice defects have them repaired if possible or buy a new one.

If you have a pool or spa, or if you plan to spend time near one this summer, it’s critical that you’re prepared and knowledgeable of the dangers.

If you follow as many of these water safety steps as possible, you’ll sure have a great experience. Have a fun and safe summer!

(www.thesilverlining.com)
Grilling / BBQ Safety

Every year as the weather gets warmer, more and more people use outdoor grills and smokers. This increase has been a contributing factor to the increase of home fires.

From 2014-2018, there was an annual average of 10,600 fires per year caused by gas or charcoal grills. More people own gas grills than charcoal grills, which correlates with the fact that more fires are started by gas grills. Regardless of the type of grill you have, here are some tips to help you and your home stay safe:

- Always grill outdoors and away from any structures. Gas and charcoal grills are designed for outdoor use only, however NFPA reports that more than 50% of fires caused by grills began in a courtyard, terrace, patio, exterior balcony or enclosed porch. Also pay attention to overhanging tree branches as well.

- Make sure your grill is stable. Be sure to set up on a flat surface and make sure your grill cannot be tipped over.

- Keep your grill clean. Remove grease or fat buildup from both the grill and the tray below the grill. If using a charcoal grill, allow the coals to cool off completely before disposing of them in a metal container.

- Check for propane leaks on your gas grill. Before using your grill for the first time this season, check the tank hose for leaks by applying a light soap and water solution to the hose and then turning on the gas. If there is a propane leak, the solution will bubble. Other signs of a propane leak include the smell of gas near the grill or a flame that won’t light.

- If the flame goes out, wait to relight. If the flame goes out on your gas grill, turn the grill and the gas off, then wait at least five minutes before trying to re-light it.

- Take care around the grill. Never leave a lit grill unattended. Do not allow children or pets to play around a grill. Never try to move a lit or hot grill, and remember that a grill stays hot for at least an hour after using it.

- Be careful with charcoal starter fluid. If you use a charcoal grill, only use charcoal starter fluid. If the fire goes out, do not add starter fluid or other flammable liquids to the fire. Consider using a charcoal chimney starter, which uses newspaper to start the fire instead of fluid.

- Wear the right clothing - Be sure nothing dangles over the fire (shirttails, apron strings, sleeves, etc.)

- Be ready to put out the fire: have baking soda on hand to control a grease fire, and a fire extinguisher for other fires. If you don’t have a fire extinguisher, keep a bucket of sand nearby. Never attempt to put out a grease fire with water.

(Nationwide.com)
Auto Repair Safety

A lot of people enjoy tinkering or working on their cars in their space time. Though depending on your expertise, you should still keep safety in mind.

Cars can be dangerous, even when they are not moving! When working on your car or doing basic maintenance, practice the below safety tips to avoid injury to yourself and damage to your automobile:

- Don’t smoke while you’re working on your vehicle.
- Never work on your vehicle unless the parking brake is on, the gearshift is in Park or Neutral, and the engine is shut off (unless it has to be running for you to do the work).
- Always wear PPE - work gloves, safety glasses, work boots.
- Be sure that the parts of the engine you’re working on are cold so that you don’t get burned.
- Never jack up a car unless the wheels are properly blocked.
- Use insulated tools for electrical work.
- Before using a wrench or ratchet on a part that seems to be stuck, make sure that if it suddenly comes loose, your hand won’t hit anything. To avoid the possibility of bruised knuckles, pull on wrenches rather than push them whenever possible.
- Before working on your car, take off your rings, tie, long necklaces, and other jewelry, and tie back long hair. You definitely don’t want these getting caught in moving/running parts.
- If you’re using toxic chemicals such as coolant, cleaners, and the like, keep them away from your mouth and eyes, wash your hands thoroughly after using them, and either store them safely away from pets and children or dispose of them in a way that’s safe for the environment.
- Know that gasoline is extremely dangerous to have around. Not only is it toxic and flammable, but the vapor in an empty can is explosive enough to take out a city block.
- Work in a well-ventilated area. If possible, work outdoors in your driveway, your backyard, or a parking lot. If you must work in your garage, be sure to keep the garage door open and the vehicle as close to the door as possible.
- Keep fire extinguishers handy. Place one in your garage and one under the front seat of your vehicle. (Be sure to secure it with a bracket that will prevent it from rolling under the pedals.)
**Tornado Awareness - Safety Tips**

A tornado is a narrow, violently rotating column of air that extends from the base of a thunderstorm to the ground. Tornadoes are the most violent of all atmospheric storms. Tornadoes can happen any time of the year with little or no warning. Therefore, taking precautions can help you stay safe should a Tornado occur in your area. The following ‘Safety Tips’ are offered to assist in preparing, responding, and recovering from a tornado:

**TORNADO SEASON**

Tornado season usually refers to the time of the year the U.S. sees the most tornadoes. The peak “tornado season” for the Southern Plains is May to early June. In the Gulf Coast, it is generally earlier in the spring. In the Northern Plains and upper Midwest, tornado season is June and July. However, tornadoes can happen at any time of year. Tornadoes can also occur any time of day or night, but most occur between 4-9 PM. Stay prepared; Stay informed; Stay safe.

**TORNADO STATISTICS**

The U.S. has over 1,200 Tornadoes every year. The number one cause of death from Tornadoes is Flooding/Flash Flooding which results in the loss of 90 lives annually. Lightning strikes result in 55-60 deaths, 400 injuries and over $1 Billion in property damage every year. Tornado wind damage causes 60-65 deaths and over 1,500 injuries annually. Winds associated with Tornado can exceed 200 miles per hour (MPH). The average forward speed of a Tornado is 30 MPH, but can range from stationary to 70 MPH, and can be over a mile wide.

**TORNADO PREPARATION**

Develop an emergency plan, to include shelter locations. Discuss Tornado safety with family. Be familiar with your community’s Tornado warning system. Monitor local weather stations. Pick a safe room in your home where family members and pets can gather. Practice tornado drills to stay proficient. Remove tree limbs near the house or windows, and secure trash cans and lawn furniture. Watch for tornado danger signs: Dark, often greenish clouds, wall clouds, large hail, funnel clouds or a roaring noise. Maintain an emergency kit consisting of water, food, radio, flashlight w/batteries, first-aid kit, medications, whistle to signal for help, dust masks, safety glasses, garbage bags, tools needed to shut off utilities, manual can opener, and cell phone w/chargers. Emergency kits should be easily moveable from home to vehicle, and vise versa, and contain at least 3 days of food and water for each family member and pet.
**Tornado Safety - Cont.**

**SHELTERS:** Basements or underground storm cellars offer the best protection from Tornadoes. If shelters are unavailable, consider an interior room, closet or hallway on lowest floor possible. Remain clear of windows, doors and exterior walls. Stay in the center of the room - as corners tend to attract debris. Wear hats, sporting helmets, and glasses/goggles if available. If outdoors, seek shelter in a basement or sturdy building.

**‘WATCH’ VS ‘WARNING’:** *WATCH* means that Tornadoes are ‘likely to occur’ in or near the watch area. Stay ready to act quickly and take shelter should a warning be issued or if you or local authorities suspect a tornado is approaching. Check supply kits, monitor radio and television stations for updates. Tornado Watch/Warnings are issued by NOAA Storm Prediction Center. Their meteorologists watch the weather 24/7 across the entire U.S. for conditions that are favorable for tornadoes. A *WARNING* means there is an ‘imminent threat’; a Tornado has been sighted in the area or has been indicated by weather radar. There is a serious threat to life and property to those in the path of the Tornado. Take shelter immediately in a basement, storm cellar or an interior room.

**AFTER A TORNADO:** If your community experiences a tornado, or any disaster, register on the American Red Cross Safe and Well website available through REDCROSS.org to let family and friends know about your welfare. If you don’t have internet access, call 1-800-GET-INFO to register.

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**FLASH FLOOD SAFETY RULES:** Avoid driving, walking, or swimming in flood waters. Stay away from high water, storm drains, ditches, ravines, or culverts. Even moving water only six inches deep can knock you off your feet. Move to higher ground. Do not let children play near storm drains. If you come upon a flooded roadway, do not drive through it. **TURN AROUND - DON’T DROWN!!!**

**DID YOU KNOW:** Over 1,800 Thunderstorms occur at any moment around the world – that’s over 16 million each year.

**TORNADO RESOURCES:**
- Flash Flood Safety: [www.flashfloodsafety.noaa.gov](http://www.flashfloodsafety.noaa.gov)
- Tornado Hazards: [www.noaawatch.gov](http://www.noaawatch.gov)