101 Critical Days of Summer Safety Campaign
Welcome Henderson Hall

Summer is almost upon us and it is, once again, time for the 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 is shining and people are out swimming, boating, visiting family and friends far away, playing and having a good time. It’s also a time of celebration, recreation, staying awake long hours and driving more miles than your body has the energy for.

The current COVID-19 challenges we face are unprecedented. However, as recovery plans begin, 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 lifted, 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.)
Operational Pause

101 Days of Summer Safety Campaign
Summary of Virtual Events

101 Days of Summer Safety Campaign

• CO kickoff message
• Director of Safety provides guidance to get all of us through the summer safely
• Prince William County Detention Center and three case stories
• Henderson Hall Chaplin Suicide Awareness
• Brittany Morrow
  • “True Confessions of a Motorcycle Crash Test Dummy”
Updates

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• JBMHH and COVID-19
• Germ shields for the work space.
• Reorganization of our Motorcycle Club
• Web Application
  - Updates
• Safety Checks Newsletters
• Combating the Blue Threat
• Hearing Readiness
• Drivers Improvement requirements
Current Mishap Data

- CMC SD data 15 May
- 25 total fatalities this FY
  - 50 FY19
- Off Duty is on track to pass FY19
  - 2 Pedestrian, ATV (April)
- Motorcycle Fatalities 5
  - FY 19 – 7
- CMC SD Combating the Blue Threat
  - Monthly updates
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 Trip Preparation

• Required by all service members (Highly recommended for civilian employees).

• Vehicle Safety Checks Overview:
  - Oil, Brakes, Tire wear & air pressure, Coolant, Steering Fluid, Windshield Wipers, *Spare Tire (air pressure, jack & lug wrench)*

• Other items:
  - First Aid Kit, Blankets, Extra Clothes, Emergency roadside kit (flares/safety triangles)

• Leaders - document all reports

• HNHL Safety and Information App
  - Additional power points to assist leaders and supervisors

• MCO 5100.19F – Drive Safe order
Traffic Safety *Data and Statistics*

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- 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 High Traffic Safety Administration (NHTSA) 2018
  - There were 36,560 people killed in motor vehicle traffic crashes on 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.

- 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.
Traffic Safety Cont.  Did you Know?

Virginia Department of Motor Vehicles (DMV) crash data reports

2019 data pull – high accident locations

Arlington County Interstate
- (I-395 – #’s 1 & 2)

Arlington local lanes
- Army Navy Drive (31 crashes)
  * Pedestrian strikes
- Entrance ramp onto 50 from 27
  * Rear end collisions
Traffic Safety Cont. Virginia Law Updates

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• The new law, § 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

• https://www.facebook.com/VirginiaDOT/videos/873369919671324/
Traffic Safety Cont.  Tips and Guidance

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• Distracted Driving Tips:
  - Use hand free devices or silence your phone while driving.
  - Set GPS devices before you begin driving.
  - Secure pets or loose gear.
  - Don’t smoke, eat or have music playing too loud.
  - Ensure all children are settled before departing

• Drinking and Driving
  - Just don’t do it!
  - Appoint a designated driver
  - Call a friend, Uber, Lift, or Taxi.
  - Utilize the commands Arrive Alive programs.
  - Spend the night.
  - Interlock systems can be considered

PROTECT WHAT YOU EARNED!
Which beach do you plan on visiting this summer?
Beaches Facts

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• 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

- 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

• 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

1. A rip current: A strong channel of water flowing seaward from the shore. It can occur at any beach with breaking waves.

2. How to escape a rip current:
   1. Relax; don’t swim back to shore directly against a rip. You risk exhaustion and drowning.
   2. Calmly float or tread water to conserve energy.
   3. Swim parallel to shore until outside of the rip or in a diagonal direction towards the shore.
   4. Always consider swimming were lifeguards are present.
• 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.
Heat Injuries

**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.
- **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.
Pool Safety Tips

• 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
Barbeques

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

• Follow your state, county, city or township guidelines.
• Read and follow all warnings and instructions.
• Never allow children to play with or ignite fireworks.
• Be sure people are out of range before lighting fireworks.
• Only light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials.
• Never try to relight fireworks that have not fully functioned.
• In case of a malfunction or fire, keep a bucket of water/garden hose and/or fire extinguisher at the ready.
Sports Injury & Prevention

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• 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.
Walking and Jogging Safety

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• 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 5100.19F: 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.
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 and 3 of which were bicycle 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.
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.
Electric Scooters and Skate boards

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• 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
Off-Road Vehicle Safety

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- USMC 1 Fatality so far in FY20
- MCO 5100.19F requirements
  - MCTFS Code:
- Take a hands on training course. [https://atvsafety.org/](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.
Motorcycle Safety *Data and Statistics*

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- 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 Updates

- CMC SD - Motorcycle training suspended on MC Installations
- Follow the state law requirement to operate a motorcycle
- ESAMS portal
- HNHL Safety and Information for Installation safety courses within the NCR
Motorcycle Safety tips

• 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 increase greatly when you ride on rural roads, which oddly enough have higher death rates from auto accidents 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.
Kid Safety Tips - Overview

• 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

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- 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.
Resources

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

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