

Naval Safety

Command



# 101 Critical Days of Summer

## 2026 Summer Safety Presentation



# Introduction

The period from Memorial Day to Labor Day is known as the 101 Critical Days of Summer due to the potentially high number of mishaps and incidents that occur as Sailors and Marines enjoy recreational activities during the summer months:

- Last summer, 27 Sailors and Marines died in off-duty mishaps while many more were injured.
- Most of the deaths were in roadway mishaps: 11 involved motorcycles, 12 were four-wheeled vehicles and one was a pedestrian.
- Off-duty recreational deaths claimed three more lives- a drowning, an All-Terrain Vehicle (ATV) mishap and an electric bike mishap.



# Heat Illness

Despite readily available information the effects of heat stress continue to be underestimated. The human body under normal conditions can regulate its temperature through sweating, usually until it is exposed to more heat than it can handle. This can quickly lead to:

- ① Delirium
- ② Organ Damage
- ③ Death



## You are more at risk if you are:

- Ill, have chronic health conditions or are taking certain medications
- Overweight
- Working in or exercising in excessive heat

# Signs and Symptoms

## Heat Cramps:

Muscle spasms with heavy sweating during or after intense activity or exercise

## Heat Exhaustion:

Heavy sweating, weakness, dizziness, nausea, headache and cool, clammy, pale skin

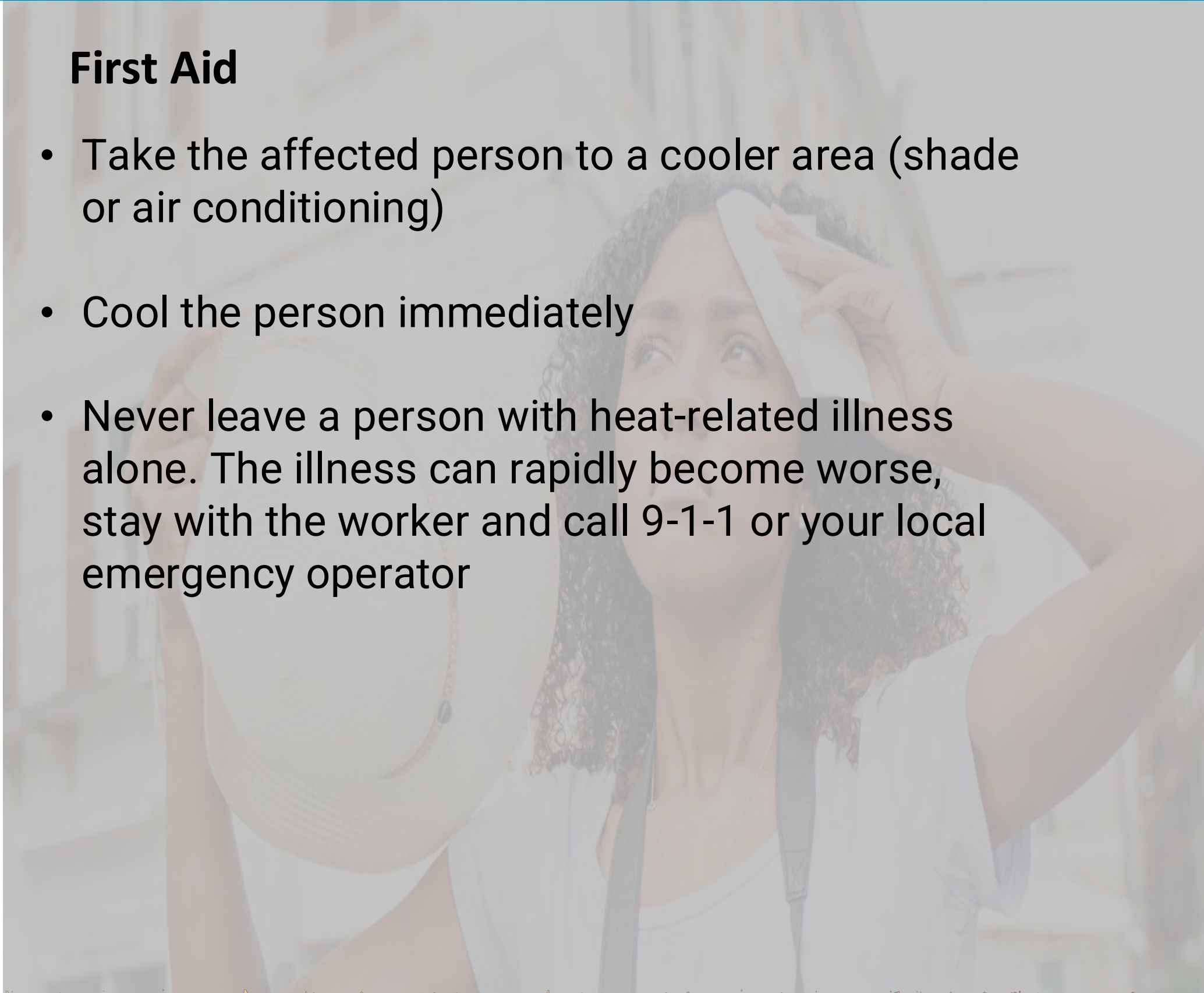
## Heat Stroke:

Very high body temperature, skin hot to touch, confusion, fainting, seizures

**CALL 9-1-1 or other local emergency service IMMEDIATELY.**

## First Aid

- Take the affected person to a cooler area (shade or air conditioning)
- Cool the person immediately
- Never leave a person with heat-related illness alone. The illness can rapidly become worse, stay with the worker and call 9-1-1 or your local emergency operator



# Fireworks Safety

In 2024, there were 11 reported fireworks-related deaths nationwide.

- Most involved misuse and device misfires/malfunctions

Fireworks injured 14,700 people in 2024.

- Sharp increase of 38% in deaths and 52% in injuries compared to 2023

Adults aged 25 to 44 accounted for the largest share of reported injuries (32%), followed by:

- People aged 15-24 (24%)
- The most frequently injured body parts were hands and fingers (35%) followed by head, face and ears (22%)



# Fireworks Safety

Keep safe this summer, and especially during the 4th of July with these fireworks-related safety tips:

- Never use fireworks while impaired by alcohol or drugs
- Leave the fireworks to the professionals
- Keep a bucket of water or a garden hose handy, in case of fire or other mishap
- Consider attending a locally hosted fireworks show or use other festive alternatives



# Boating Safety

The U.S. Coast Guard's 2024 report on Recreational Boating Statistics notes 76% of boating deaths were due to drowning, 87% of victims were NOT wearing a life jacket and 2/3 of drowning victims were considered good swimmers.

(<https://safeboatingcampaign.com/get-the-facts/>)

## Life Jacket Wear Guidelines:

- Life jackets for adults do not work for children
- Make sure life jackets are properly fastened
- Ensure all straps, buckles and zippers are secure
- Ask a friend to help ensure you have a secure fit



# Rules of the Road

- Always operate at a safe speed (especially in congested areas) and no wake zones; stay alert and steer clear of large vessels and watercraft that can be restricted in their ability to maneuver
- Maintain a proper lookout and be mindful 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.
- To learn more, check out the USCG Navigation Rules Information page:  
<https://www.dco.uscg.mil/NavRules/>



# Prep and Good Judgment

- Always check the local, route and destination weather and water conditions before departure
- Have a float plan before heading out and ensure a reliable friend or family member has knowledge of your plan
- The U.S. Coast Guard Auxiliary and U.S. Power Squadrons offer complimentary vessel safety checks and boat examinations.

<https://wow.uscgaux.info/content.php?unit=013-04-06&category=1329844473>



# Bicycle Safety

## Quick facts:

- In the United States, over **1,000 cyclists are killed** and **130,000+ injured** in crashes each year
- **Most fatal crashes involve motor vehicles**, not just solo falls
- Head injuries are the **leading cause of death** in bicycle crashes
- Wearing a helmet reduces the risk of **serious head injury**
- The majority of fatal bicycle crashes occur in **urban areas**
- **Dusk to nighttime** is the highest risk period for fatal cyclist crashes
- Alcohol is a factor in **~1/3 of fatal bicycle crashes (cyclist or driver)**



# Water Activities

- Drowning is a **leading cause of unintentional injury/death** in the United States
- Over **4,000 fatal unintentional drownings** occur each year (~11 per day)
- For every fatal drowning, there are **~8 nonfatal drowning incidents** requiring emergency care
- **Rip currents account for ~80% of beach rescues**
- Most drownings happen in **open water (lakes, rivers, ocean)**, not pools



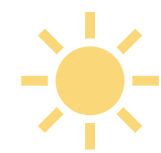
# Tips to Swim Safely

- Always swim with a buddy, never swim or go into any open body of water alone
- If swimming indoors, always use the ladder to enter and exit the pool. Wear slip-resistant footwear around the pool area
- Learn how to spot and escape rip currents.
- Be cautious in natural waters such as lakes, rivers and the ocean.

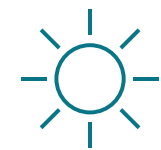


# Sun Exposure

Here are some of the not so “cold” hard facts on sun exposure:



Sun exposure significantly increases the risk of dehydration, heat exhaustion and heat stroke



Sunburn is a radiation injury where severe burns can cause blistering, infection and systemic illness



UV exposure + heat = faster fatigue and reduced physical performance



Certain medications can increase sun sensitivity and dehydration risks



## ***Did you know?***

Just one severe sunburn can lead to fever, chills and dehydration, also known as “sun poisoning”

# Staying Safe in the Sun

Here's how you can protect yourself from sun exposure:



Apply sunscreen with an SPF rating of at least 30 or higher to all exposed skin



Reapply sunscreen every two hours or more after sweating or swimming



Stay in the shade as much as possible; Wear a hat or use an umbrella to reduce heat and sun exposure



Wear sunglasses that will block out 99-100% UV-A and UV-B radiation



## ***Did you know?***

Sunglasses aren't there just to make you look cool; they help block harmful UV radiation.

# Sports Safety

## What you should know:

- Exertional heat illness is one of the leading causes of death during physical activity
- Runners can lose 1–3 liters of fluid per hour, even in moderate heat
- Starting activity already dehydrated significantly increases risk of heat injury
- Most heat-related incidents occur during sustained activity (30+ minutes)
- Lack of acclimatization (first 3–5 days of activity in heat) greatly increases risk



# The Effects of Dehydration

## Symptoms of Dehydration:

- Muscle cramping
- Fatigue
- Lightheadedness
- Dizziness
- Confusion
- Dry mouth/mucous membranes
- Increased heart rate and breathing



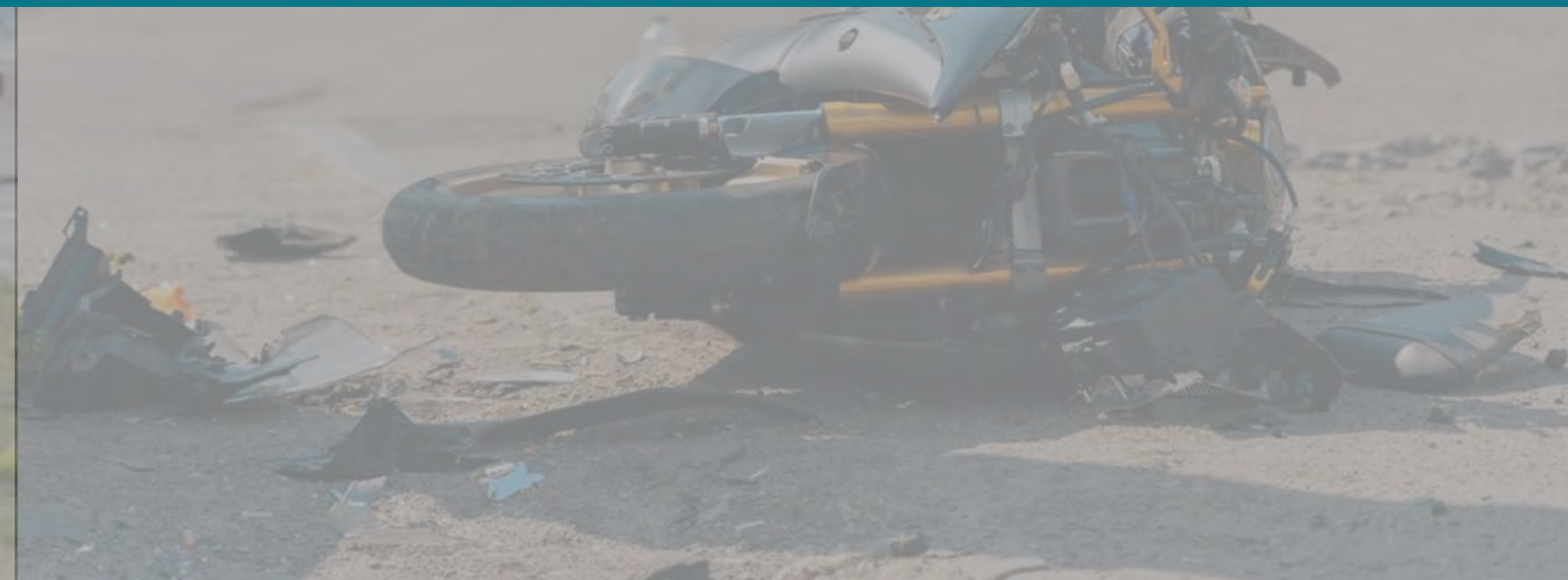
# Playing It Safe

## Tips for Sports Safety:

- Hydrate before, during and after physical activity
- Wear lightweight, light-colored, loose-fitting clothes
- Listen to your body and take frequent breaks
- Check with your doctor before starting an exercise routine
- Avoid exercise outside in the early afternoon
- Work out or play sports with a friend, not alone



# Safe Driving



## Quick facts

- According to the NHTSA, per vehicle miles traveled in 2023, motorcyclists were about 28 times more likely than passenger car occupants to die in a vehicle crash and were five times more likely to be injured. Motorcycle riders continue to be overrepresented in fatal traffic crashes. In 2023, there were 6,335 motorcyclists killed — 15% of all traffic fatalities.
- Speed affects your safety even when you are driving at the speed limit; going too fast for road conditions — such as bad weather or a road under repair.

# Ride Right, Stay in the Fight

## Before the Ride:

- Check tire pressure and tread depth
- Check your hand and foot brakes, as well as signal indicators and fluid levels
- Check for gas or oil leaks

## During the Ride:

- Don't take any unnecessary risks
- Obey speed limits, traffic lights, signs and lane markings
- Ride defensively and proceed with caution through intersections



# Motor Vehicles Too

## Safety Planning Tips

- Check the weather, road conditions and traffic as you plan your route.
- Allow plenty of time to get to your destination safely.
- Check your A/C performance and cabin air filter before the temperature rises
- Check under your hood and inspect all belts and hoses to ensure good working order
- **NEVER LEAVE A CHILD UNATTENDED IN A PARKED/LOCKED VEHICLE.**



# Distracted Driving

## Distracted Driving Tips:

- Do not text while driving
- Obey posted speed limits
- Encourage friends and family to drive phone-free
- Put down your phone and focus on the road
- Speak out as a passenger if the driver is distracted



# Pedestrian Safety

## Safety tips for Pedestrians:

- Stay alert while in crosswalks
- When driving, scan around your vehicle to check for children before backing out of a driveway or parking spot
- As a pedestrian, walk on sidewalks whenever available
- Make eye contact with drivers whenever possible and wait for a clear, complete stop before crossing
- Obey signs and signals



# Alcohol Safety

## Cold Hard Facts about Alcohol:

- Alcohol involvement leads in water-related drowning deaths, typically peaking in the summer months
- Alcohol consumption is the leading cause of boating accidents involving property damage, injury and death.
- Drinking more while on vacation can lead to unforeseen issues
- Hot weather and alcohol are a dangerous risk combination for dehydration.
- Do not drink and operate any motorized vehicles.
- Be smart this summer, think before you drink.



# ATV Safety

## Having a safe ATV Experience:

Before you hit the trails, it's essential to:

- Get hands-on training from a qualified instructor.
- Always wear a helmet and other protective gear, such as eye protection, boots, gloves, long pants and a long-sleeved shirt.
- Never consume alcohol or drugs before or during your ride.
- Never ride with more passengers than there are seats.
- Stay off paved roads and stick to designated trails



# Grilling/Open Fire Safety

## Safe Tips while Grilling:

As the warmer weather approaches and you fire up the grill, be mindful of these tips for a safe grilling experience:

- Never leave your grill unattended when in use.
- Check your gas tank for leaks.
- Grill away from your home and anything flammable.
- Remove grease or fat build up before use.
- Keep children and pets at least three feet away.



# Conclusion

## Keep in mind that:

- Toward the end of the 101 CDOS last year, 69 servicemembers had been killed in vehicle-related crashes, resulting in a 20% increase over the previous year's total.
- From the most junior Sailor/Marine to the highest ranking leader, help us keep YOU from being one of these numbers.
- See the risks, get the information out so that your personnel can avoid the same fate.



# Contact Us!

**NAVSAFECOM\_CODE04\_PAO@US.NAVY.MIL**

**<https://www.navalsafetycommand.navy.mil>**

**<https://www.safety.marines.mil/>**

