

2020 FALL AND WINTER



Safety Presentation

Why should you care?

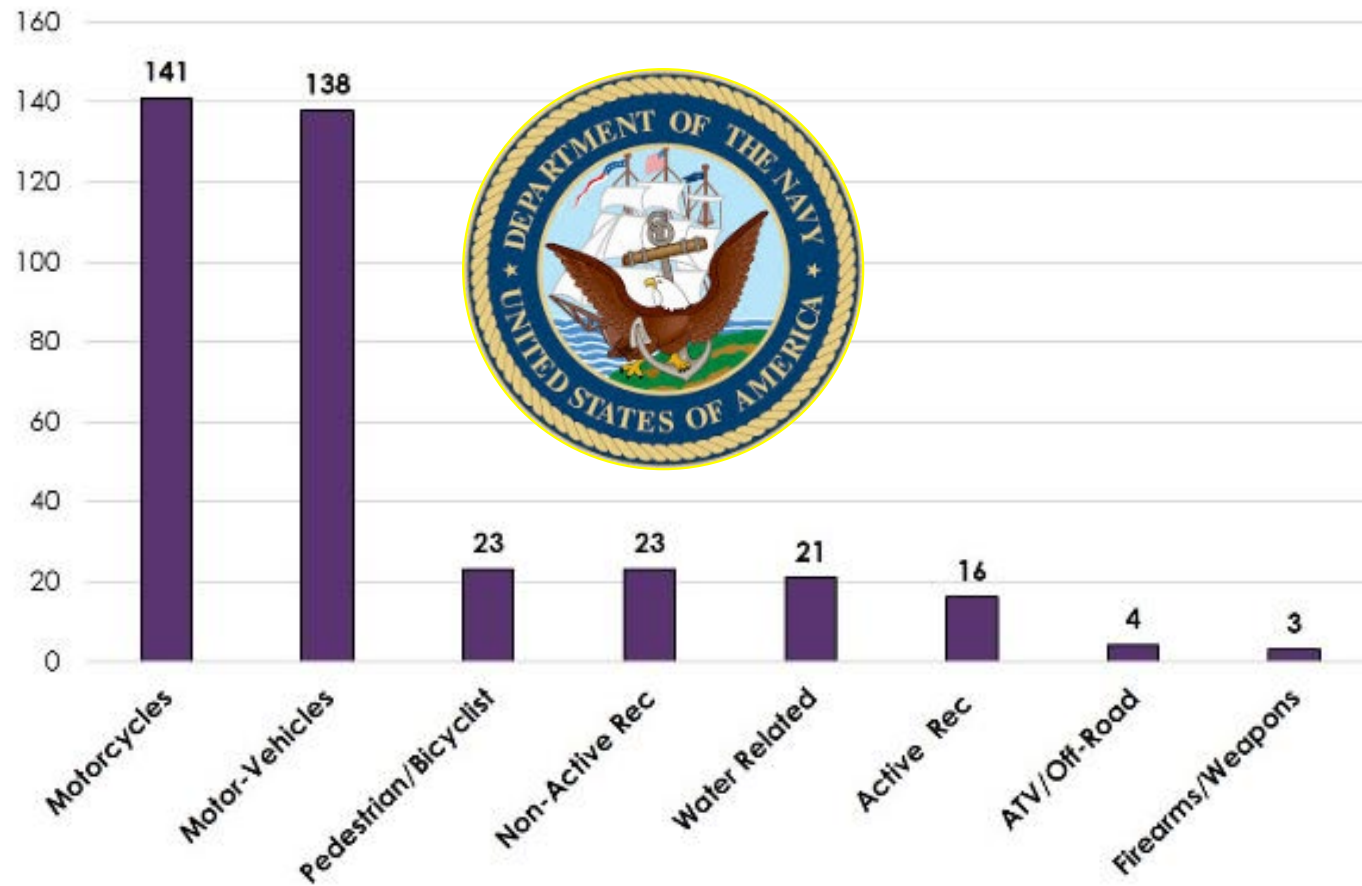
In 2019:

35 Sailors and Marines lost their lives



Impact: 35 trained and ready Sailors and Marines are **no longer with us.**

Department of the Navy CY15-19 Recreation Fatality Causes



Department of the Navy

Traffic and Off-Duty/Recreation Mishaps

CY 15-19

Total Traffic and Off-Duty/Recreation Fatalities

- CY19 was 7% lower than previous 5-year average (56 vs. 60.4).
- CY19 was 7% lower than previous year (56 vs. 60).

Automobile Fatalities

- CY19 was 9% higher than 5-year average (30 vs 27.6).
- CY19 was 7% higher than previous year (30 vs. 28).

Motorcycle Fatalities

- CY19 was 29% lower than 5-year average (20 vs 28.2).
- CY19 was 31% lower than previous year (20 vs. 29).

Pedestrian Fatalities

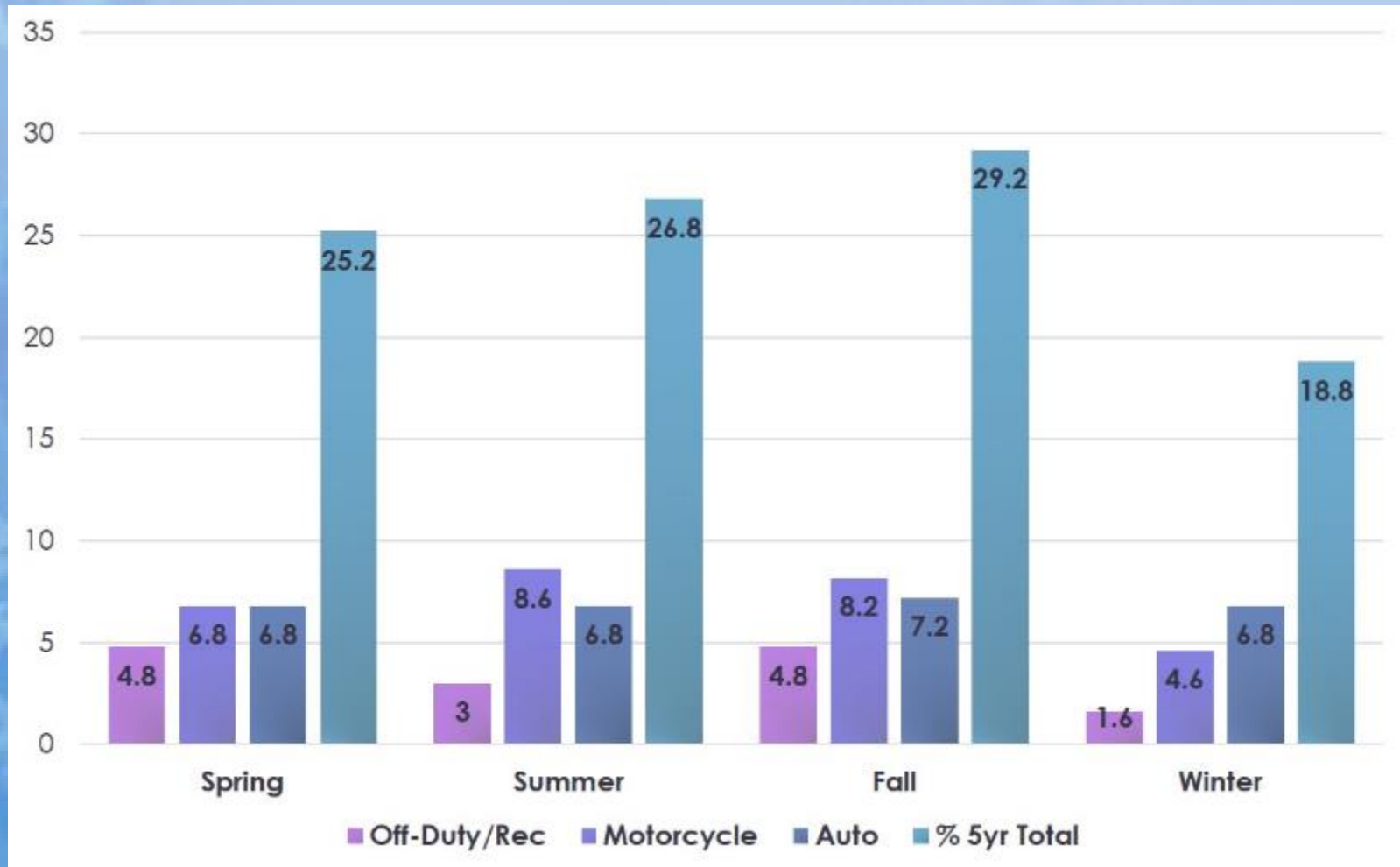
- CY19 was 30% higher than 5-year average (6 vs. 4.6).
- CY19 was 100% higher than previous year (6 vs. 3).

Off-Duty/Recreation Fatalities

- CY19 was 30% lower than 5-year average (10 vs 14.2).
- CY19 was 29% lower than previous year (10 vs. 14).



Average Department of the Navy Off-Duty Recreational Fatalities CY15-19



Distracted Driving

Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system—**anything** that takes your attention away from the task of safe driving.

According to the National Highway Transportation Safety Association (NHTSA), texting is the most alarming distraction. Sending or reading a text is just one activity that takes your eyes off the road for **5 seconds**. At **55 mph**, that's like driving the length of an entire football field with your eyes closed.

You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

Distracted Driving (cont.)



According to NHTSA data*,
2,841 people were killed in 2018
in the U.S.

400,000 were injured in motor
vehicle crashes involving
distracted drivers in 2018 in the
U.S.

Eight percent of fatal crashes, **15
percent** of injury crashes, and **14
percent** of all police-reported
motor vehicle traffic crashes in
2018 were reported as
distraction-affected crashes.

Never Drink and Drive...Ever.



There are things a person can do if they have been drinking (or know they will be). These include:

Call a cab. Use a ride application.

If the destination is nearby, walk home.

Have a designated driver **before** drinking.
Give them the keys **before** drinking.

Things that won't work to sober up:

Drinking coffee, taking a cold shower, eating, drinking lots of water, sweating... and so many more myths. TIME is the only way.

The Effects of Blood Alcohol Concentration

.02 Some loss of judgment; relaxation, slight body warmth, altered mood. A decline in visual functions (rapid tracking of a moving target), declining ability to perform two tasks at the same time

.05 Exaggerated behavior, may have a loss of small-muscle control (e.g., focusing your eyes), impaired judgment, heightened euphoria, lowered alertness, a loss of inhibition, reduced coordination, reduced ability to track moving objects, difficulty steering, reduced response to emergency driving situations

.08 Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing), harder to detect danger, judgment, self-control, reasoning, and memory are impaired, concentration, short-term memory loss, speed control, reduced information-processing capability (e.g., signal detection, visual search), and impaired perception

The Effects of Blood Alcohol Concentration (cont.)

.10 Clear deterioration of reaction time and control, slurred speech, poor coordination, and slowed thinking, reduced ability to maintain lane position and brake appropriately

.15 Far less muscle control than usual, vomiting may occur (unless this level is reached slowly or a person has developed a tolerance for alcohol), significant loss of balance. Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing



What Should You Keep in Your Vehicle? (cont.)

- Reflective vest in case you need to walk to get help
- Drinking water
- Compass
- Car charger for your cell phone
- Fire extinguisher
- Duct tape
- Rain poncho
- Additional items for cold weather include a snow brush, shovel, windshield washer fluid, warm clothing, cat litter for traction and blankets



Drive Safely as it Gets Darker

Daylight Savings Time ends every year on the first Sunday in November. This time change means it starts getting dark earlier.

When you change your clocks, it's also a great time to check the batteries in your smoke and carbon monoxide detectors.

With the time change, more people will find themselves driving in the dark.



Drive Safely as it Gets Darker (cont.)

Depth perception, color recognition, and peripheral vision can be compromised in the dark, and the glare of headlights from an oncoming vehicle can temporarily blind a driver.

Even with high-beam headlights on, visibility is limited to about **500 feet (250 feet for standard headlights)**, creating less time to react to something in the road, especially when driving at higher speeds.



Fatigue is a KILLER

Drowsy driving puts everyone on the road at risk. Losing **two hours** of sleep has the same effect on driving as having three beers, and tired drivers are three times more likely to be in a car crash if they are fatigued. The National Sleep Foundation offers this advice:

- **Get seven or more hours of sleep a night**
- **Don't drive if you've been awake for 16 hours or more**
- **Stop every two hours to rest**
- **Pull over and take a nap if you're drowsy**
- **Travel during times you are typically awake**



Road Trip Checklist

- Start every trip well-rested.
- Drive during daylight hours.
- Schedule breaks every two hours.
- Never drink and drive.
- Pull over if you get tired.



Parking Lot Safety

Auto insurers report the number of claims spike on Black Friday and run above normal through the holiday shopping season.

These spikes don't include all the unreported fender benders.

Safety isn't guaranteed just by driving slowly in parking lots.

You must always anticipate the actions of other drivers.



Parking Lot Safety (cont.)

- Stay in lanes and avoid cutting across lots
- Drive slowly and use directional signals
- Obey stop signs and no-parking signs
- When backing out, be mindful of vehicles and pedestrians
- Watch for small children and parents with baby strollers



Inadequate pavement striping, potholes or cracks, lack of signage, debris, poor lighting, puddles, and snow and ice also can lead to pedestrian injuries. Slips, trips, and falls are common in parking lots, and falls, in general, are the leading cause of death for older adults.

Parking Lot Safety (cont.)



Choosing the right parking spot can go a long way toward deterring theft and crime. Consumer Reports provides some simple safety rules:

- Pick spots that are well-lit and close to stores where you will be shopping
- Lock your doors
- Store purchases in places that are out of sight (in the trunk or tucked under dark-colored blankets)

Carbon Monoxide Poisoning

Winter can be a prime time for carbon monoxide poisoning as people turn on their heating systems and warm their cars in garages. So as the weather turns colder, it's important to take extra precautions. Open the garage door prior to starting your vehicle in the garage.

Use caution when operating space heaters, wood stoves and gas logs. Ensure the space is well ventilated and clear.

TIP: Install a battery-operated or battery backup carbon monoxide detector in the hallway near each separate sleeping area in your home. Check or replace the battery when you change the time on your clocks each spring and fall and replace the detector every five years.

Carbon Monoxide Poisoning (cont.)



Carbon monoxide detectors save lives. Every year, over **400** people die in the U.S., and **50,000** are treated for carbon monoxide poisoning.

If alarm sounds move to fresh air and call 9-1-1.

The most common symptoms of carbon monoxide poisoning are often described as **“flu-like”**-headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

Food Safety for Holidays



- Wash your hands frequently when handling food.
- Keep raw meat away from fresh produce.
- Use **separate** cutting boards, plate, and utensils for uncooked and cooked meats to avoid **cross-contamination**.
- Use a food thermometer to ensure meat is cooked to a **safe temperature**.
- Refrigerate hot or cold leftover food **within two hours of being served**.
- When storing turkey, cut the leftovers in small pieces so they will chill quickly.
- Thanksgiving (or any other meal) leftovers are safe for **three to four days when properly refrigerated**.

We can't forget turkey fryers!

Did you know? Thanksgiving is the peak day for home cooking fires. Be alert to the dangers if you're thinking of celebrating the holidays by frying a turkey.

Deep fryer fires cause an average of five deaths, 60 injuries and more than \$15 million in property damage each year, according to the National Fire Protection Association.



Holiday Decoration Safety



- Only **use indoor lights indoors and outdoor lights outdoors**, and choose the right ladder for the task when hanging lights
- Replace light sets that have broken or cracked sockets, frayed or bare wires, or loose connections
- Follow the package **directions** on the number of light sets that can be plugged into one socket
- Turn off all lights and decorations when you go to bed or leave the house



- Never nail, tack, or stress wiring when hanging lights and keep plugs off the ground away from puddles and snow
- Avoid placing breakable ornaments or ones with small, detachable parts on lower tree branches where small children can reach them

Holiday Decoration Safety (cont.)

- Keep potentially **poisonous plants** – mistletoe, holly berries, Jerusalem cherry (also known as Christmas or winter cherry), and amaryllis – away from children
- If using an artificial tree, check that it is labeled “**fire resistant**”



- If using a live tree, cut off about 2 inches of the trunk to expose fresh wood for better water absorption, remember to water it and remove it from your home when it is dry
- Place your tree at least 3 feet away from fireplaces, radiators and other heat sources, making sure not to block doorways

Gift Safety



- Toys are age-rated for safety, not for children's intellect and physical ability, so choose toys in the **correct age range**
- Choose toys for children under 3 that do not have small parts which could be choking hazards
- For children under 10, avoid toys that must be plugged into an electrical outlet
- Be cautious about toys that have button batteries or magnets, which can be harmful or fatal if swallowed
- When giving riding toys, give the gift of appropriate safety gear, too; helmets should be worn at all times and sized to fit

Winter Sports Safety



Skiers and snowboarders, no matter how experienced, should **never** ski alone. Nor should they ski off designated trails.

Almost 200,000 people were treated at hospitals, doctors' offices, and emergency rooms for injuries related to winter sports in 2018, according to the U.S. Consumer Product Safety Commission. This figure includes: 76,000 injuries from snow skiing. ... 22,000 injuries from sledding and tobogganing.

Winter Sports Safety (cont.)

- Get in shape for the season, and not just the week before a ski trip; a regular exercise routine will help reduce fatigue and injury
- Beginners should invest in proper instruction, including learning how to fall and get back up; experienced skiers/snowboarders should take a refresher course
- Always know the weather conditions before heading to the slopes; time of day can also affect visibility and make obstacles difficult to see
- Give skiers/snowboarders in front of you the right of way; they most likely can't see you
- If you have to stop, stop on the side of a run, not in the middle

Winter Sports Safety (cont.)

Helmets reduce head injuries. However, even though helmet use has increased over the years, traumatic brain injuries still can occur with helmet use. Severe injury and death are prevented by avoiding risk-taking behaviors.



Skiers and snowboarders also should select quality equipment. Improperly fitted or ill-adjusted gear can cause injury, so it's best to ask for expert advice when purchasing and fitting boots, bindings, and skis/snowboards. While trendy ski/snowboard apparel may look good on the slopes, clothing should be functional. Wear bright colors, dress in layers, and make sure outerwear is made of fabric that is not only water repellent but slide-resistant.

Snowmageddon: Snow Removal



Nationwide, **snow shoveling** is responsible for **thousands** of injuries and as many as **100 deaths** each year.

It can put some people at **risk of a heart attack**. Sudden exertion, like moving hundreds of pounds of snow after being sedentary for several months, can put a significant strain on the heart.

Cold weather can increase heart rate and blood pressure. It can make blood clot more easily and constrict arteries, which decreases blood supply. This condition is true even in healthy people. Individuals over the age of 40 or who are relatively inactive should be particularly careful.

Snowmageddon: Snow Removal (cont.)

- Push the snow rather than lifting it. If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion
- Know the signs of a heart attack, and stop immediately and call 9-1-1 if you're experiencing any of them; every minute counts

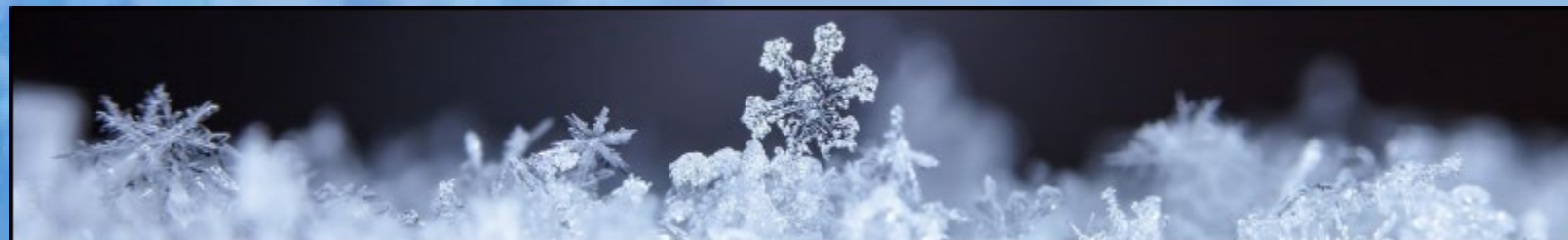


- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin

Brrrrrr... Watch for Frostbite!

Even skin that is protected can be subject to **frostbite**. It's the most common injury resulting from exposure to severe cold, and it usually occurs on fingers, toes, nose, ears, cheeks, and chin.

If caught early, it is possible to prevent permanent damage. If not, frostbite can cause tissue death and lead to amputation.

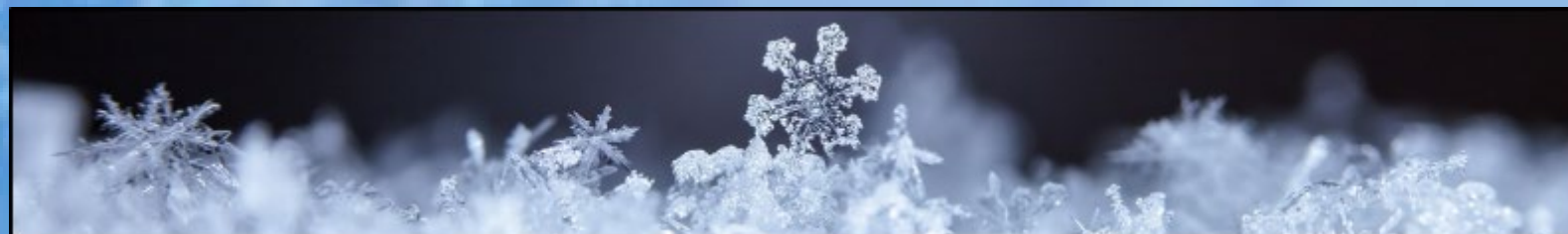


Frostbite (cont.)

Superficial frostbite affects the skin surface, while the underlying tissue remains soft. The skin appears white, waxy, or grayish-yellow and is cold and numb.



If the condition progresses to **deep frostbite**, all layers of the skin are affected and the outcome likely will be more serious. The skin will become completely numb and blisters may form, and eventually, the skin tissue dies and turns black.



Brrrrr...Hypothermia Too!

Hypothermia occurs when the **body's core temperature drops below 95 degrees**. Hypothermia is most associated with exposure to extreme cold, but it can also occur at higher temperatures if a person becomes chilled from being soaked with rain or submerged in water.

Severe shivering, one of the first signs of hypothermia, is beneficial in keeping the body warm. But as hypothermia progresses, shivering gives way to drowsiness or exhaustion, confusion, shallow breathing, irregular heartbeat, slurred speech, loss of coordination, and eventually, unconsciousness and death.



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