

101 CRITICAL DAYS OF SUMMER

2024

PRESENTATION



Manage Your Risk



The 101 Critical Days of Summer is the longest vacation period of the year for military members, beginning Memorial Day weekend and ending Labor Day weekend. Summer also includes four holidays, which are frequently approved as long weekends for uniformed personnel.

Potential lapses in judgment while engaging in summer activities can impact the readiness of Sailors and Marines. A general lack of situational awareness and complacency are root causes in numerous off-duty mishaps every summer.

This presentation provides general summer safety information to help you – and your team – maintain an active risk management mindset to help ensure an enjoyable and safe summer.

ID numbers of off-duty mishaps reported during the last summer season in Risk Management Information (RMI) are included as well. The next slide addresses how safety professionals with access to RMI can share redacted versions of these examples to protect safety privileged information (PSI) and personally identifiable information (PII).

PSI and PII Protection of Mishap Examples



The presentation offers limited factual information regarding RMI mishap examples. Safety professionals with access to RMI can research the examples with one caution: while helpful for general background information for use by safety professionals, avoid going beyond factual information by releasing privileged safety information (PSI) or personally identifiable information (PII).

Note: Commander, Naval Safety Command is custodian of and sole release authority for PSI. The Safety Privilege is meant to encourage candor from witnesses and board members to identify root causes of mishaps and take corrective actions to prevent future mishaps.

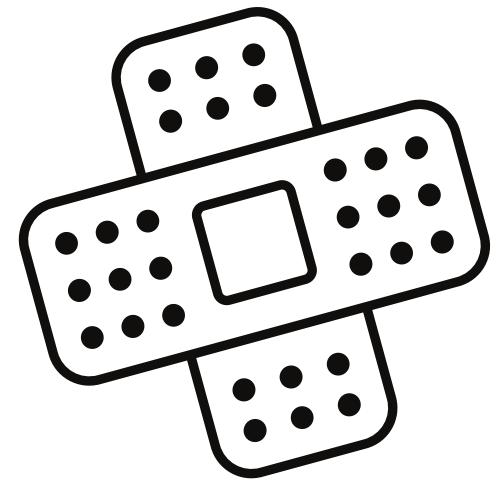
Please contact NAVSAFECOM with any questions.

Last Summer Fatalities

During the 101 Critical Days of Summer in 2023, the Department of the Navy lost **27** Sailors and Marines to preventable off-duty mishaps. Motor vehicle and motorcycle crashes were the leading causes.

One off-duty mishap is one too many.





Top Activities That Hurt Us Last Summer

- PMV-4 (automobiles) - One fatality was pedestrian-related.
- PMV-2 (motorcycles) - For perspective, roughly 10% of service members are motorcycle riders.
- Team sports - Basketball, soccer, football, kickball, rugby, and volleyball
- Swimming
- Bicycling



We Know What You Did Last Summer

Roller skating; lost balance and fell; wrist fractured

Fell playing basketball; broke arm; 14 days convalescent

Motorcross, didn't clear triple jump, multiple injuries, surgery

Stepped into a hole while playing frisbee, sprained ankle

Fell 40 feet while rock climbing, hospitalized with multiple injuries

Playing basketball; Player fell on them; split lip; 7 stitches

Crashed ATV, cracked pelvis and AC tendon separation, surgery

Riding bicycle, slip/fall, abdomen punctured by handlebar

Dirt bike crashed after hitting rut, hospitalized with multiple injuries

Riding a scooter, fell off fracturing tibia, required surgery

Tripped on concrete curb while running, multiple head injuries

Burned arm, leg, face and neck while grilling

Horse training, thrown from horse, head injury and concussion

Tripped on ball in soccer, ligament injuries to shoulder

GET REAL

GET BETTER

The Navy's Get Real, Get Better (GRBG) call to action empowers us to self-assess and self-correct risk both on and off duty.

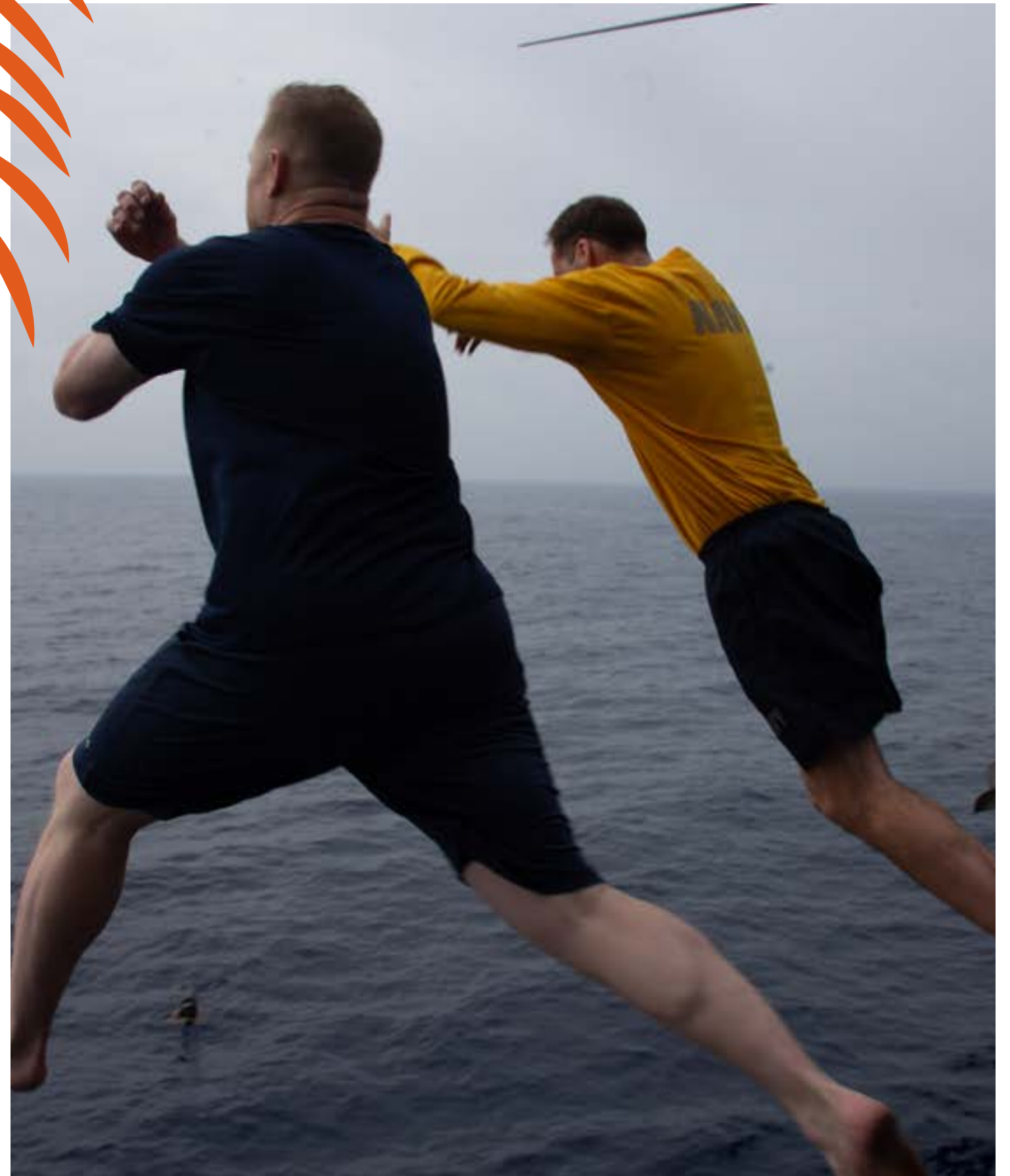
We must adopt a learning mindset and commit to work collaboratively to educate, inform and hold each other accountable for decisions we make.

The majority of off-duty recreational mishaps are entirely preventable and avoidable, provided we assess risks and comply with laws, procedures and recommended best practices for a given activity.



Water-Related Activities

The Department of the Navy saw **7** Sailors sustain injuries while participating in water-related activities that resulted in loss of time from work.



Adult Swimming Safety

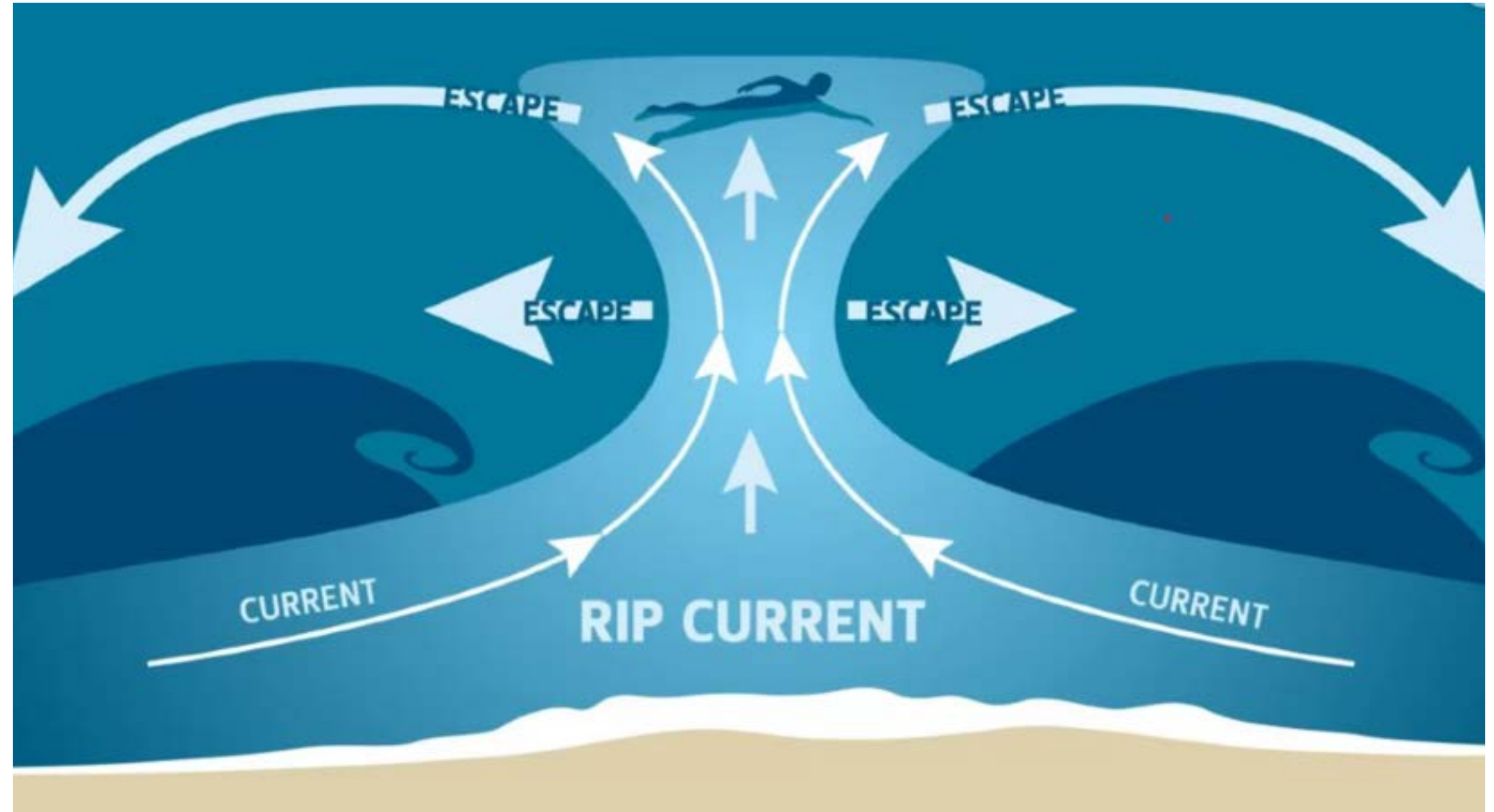
- Don't swim alone. Always swim with a partner.
- Never swim under the influence of alcohol, drugs or medication.
- Know and observe your swimming limitations and capabilities.
- Don't get too tired, too far from safety, too much sun exposure or experience too much strenuous activity.

Maintain self-awareness of swimming skills.



Adult Swimming Safety

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 shore that can sweep even the strongest swimmer out to sea.)



Stay out of the water during thunderstorms and severe weather.



Adult Swimming Safety



The American Canoe Association estimates almost 70% of drownings involving canoes, kayaks and rafts could have been avoided if a personal flotation device (PFD) was worn.

Label gear with contact info. Labeling gear with your name and two contact numbers could help the U.S. Coast Guard identify your equipment in case of an emergency.

The U.S. Coast Guard offers a nationwide program called Paddle Smart 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. Ensure 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.

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.



Boating Safety



Know the nautical rules of the seas. Maintain a proper lookout and respect buoys and other navigational aids, all of which are in place to ensure your safety and the safety of the boats around you.

Remain sober if you are the skipper. A boat operator is likely to become impaired quicker than a driver. Operating a boat while intoxicated is illegal. Nearly half of all boating accidents involve alcohol.

Designate an assistant skipper. Make sure more than one person aboard is familiar with boat handling, operations and general boating safety, in case the primary operator is incapacitated and someone else needs to get the boat back to shore.

Boating Safety

- **Develop a float plan.** Let someone else know where you're going and your estimated time of return. 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; types of communication and signal equipment aboard, such as an Emergency Position Indicating Radio Beacon (EPIRB) or Personal Locator Beacon.
- **Have life jackets on hand.** Assign and fit each passenger and crew member with a life jacket before departure.
- **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.



Boating Safety: Man Overboard

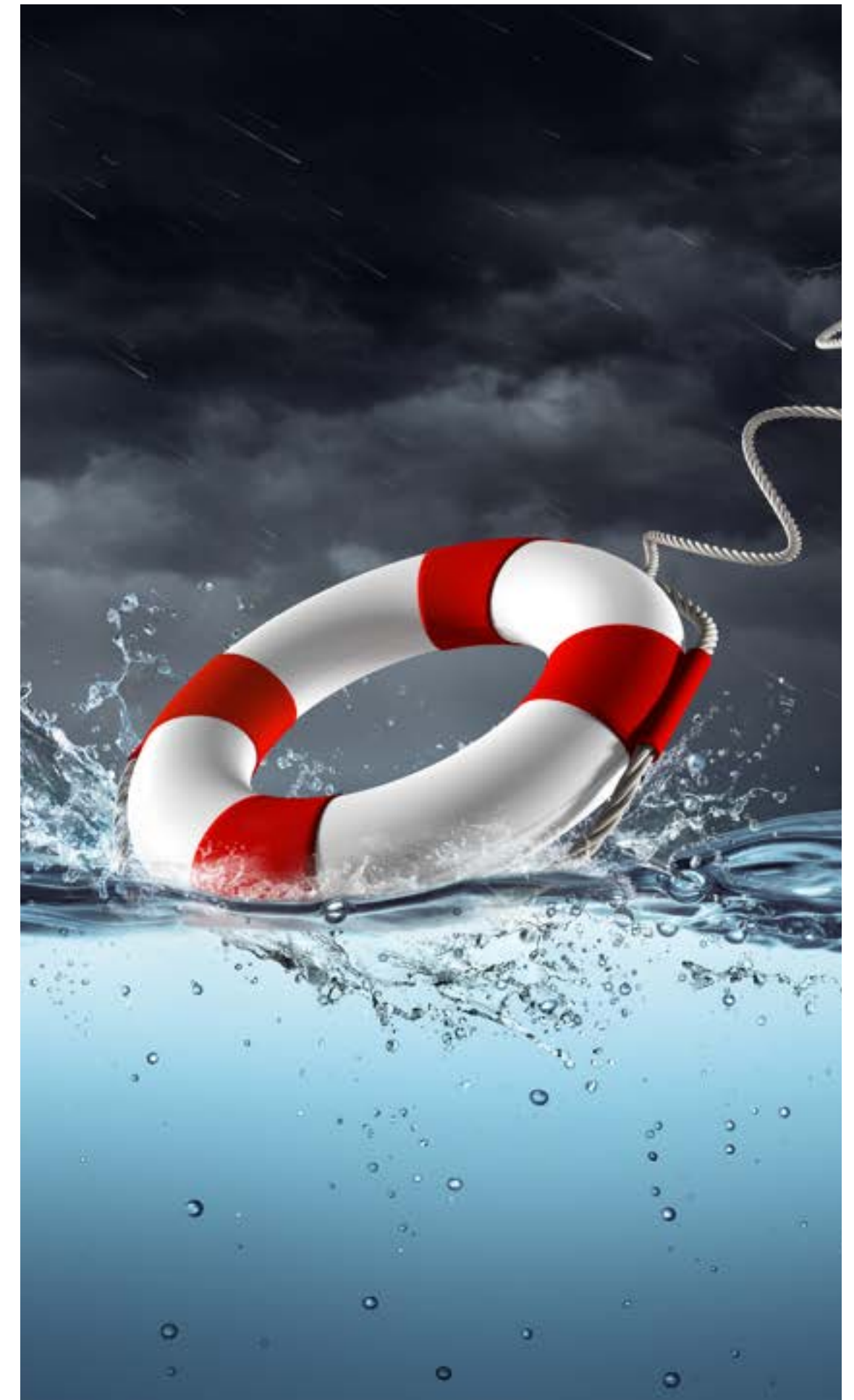
Shout – “Man overboard!”

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.

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.



Boaters Hypnosis



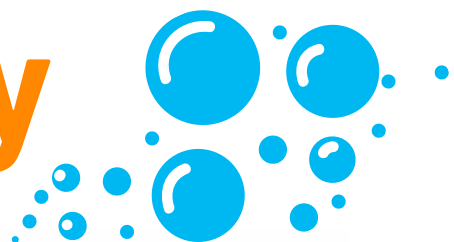
BoatUS Foundation: "Stressors, such as exposure to noise, vibration, sun, glare, wind, and the motion of the water, affect boat operators and passengers, thus drinking while boating is even more dangerous than drinking and driving."

"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 **Boating Under the Influence (BUI)** punishable with the same criteria for Driving Under the Influence (DUI).



Diving Safety



Always test water depth before diving. If unable to see below water surface, don't dive.

Never dive into rivers or other moving bodies of water. Keep your arms extended above your head when diving.

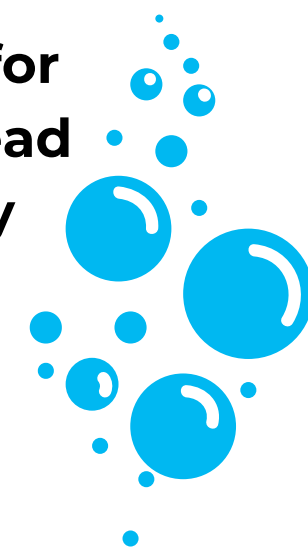
Don't drink. Drinking before a dive entails a number of risks, including nitrogen narcosis, heat loss and impaired judgment that affects reaction time, attention span and visual tracking, among others.

Don't smoke. It's advisable to abstain from smoking at least 12 hours before your dive.

Get medically assessed. Some medical conditions are not compatible with diving. 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. 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.

Observing warning signs.



Alcohol Safety

For some, summer activities may include alcohol, but risky drinking can put a chill on summer fun, says the National Institute on Alcohol Abuse and Alcoholism.

For more information on preventing problems with alcohol this summer and tips on cutting back, visit:
<https://www.rethinkingdrinking.niaaa.nih.gov>



Mixing Sun and Alcohol



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 alcohol, they may become lackadaisical and reckless, which can have dangerous implications when water is involved.

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.

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.

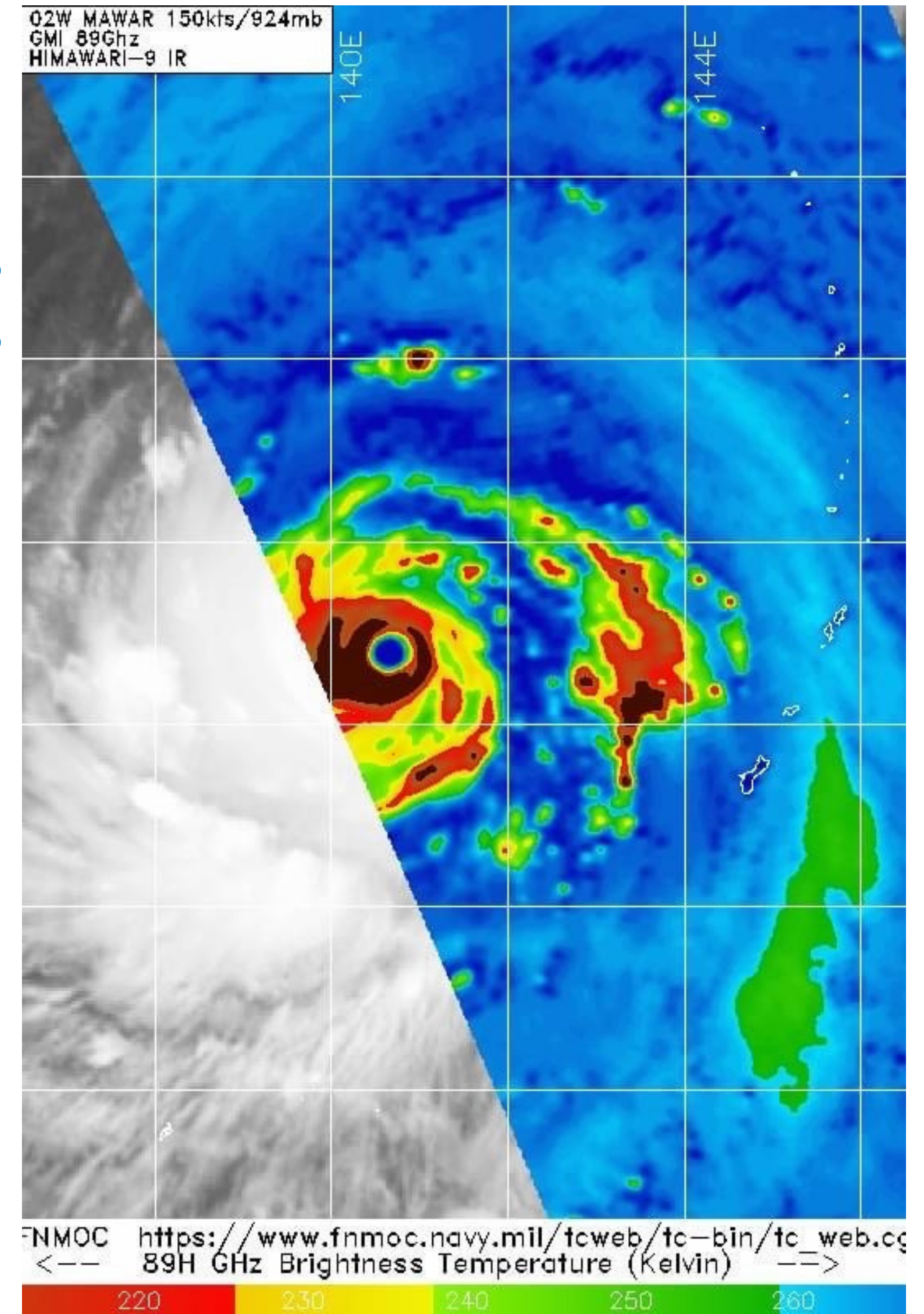
Weather Safety

In 2022, the following weather events caused the most deaths:

- Heat, 383
- Hurricanes, 116
- Floods, 93

The following weather events caused the most injuries:

- Tornadoes
- Winter weather
- High winds/thunderstorm winds



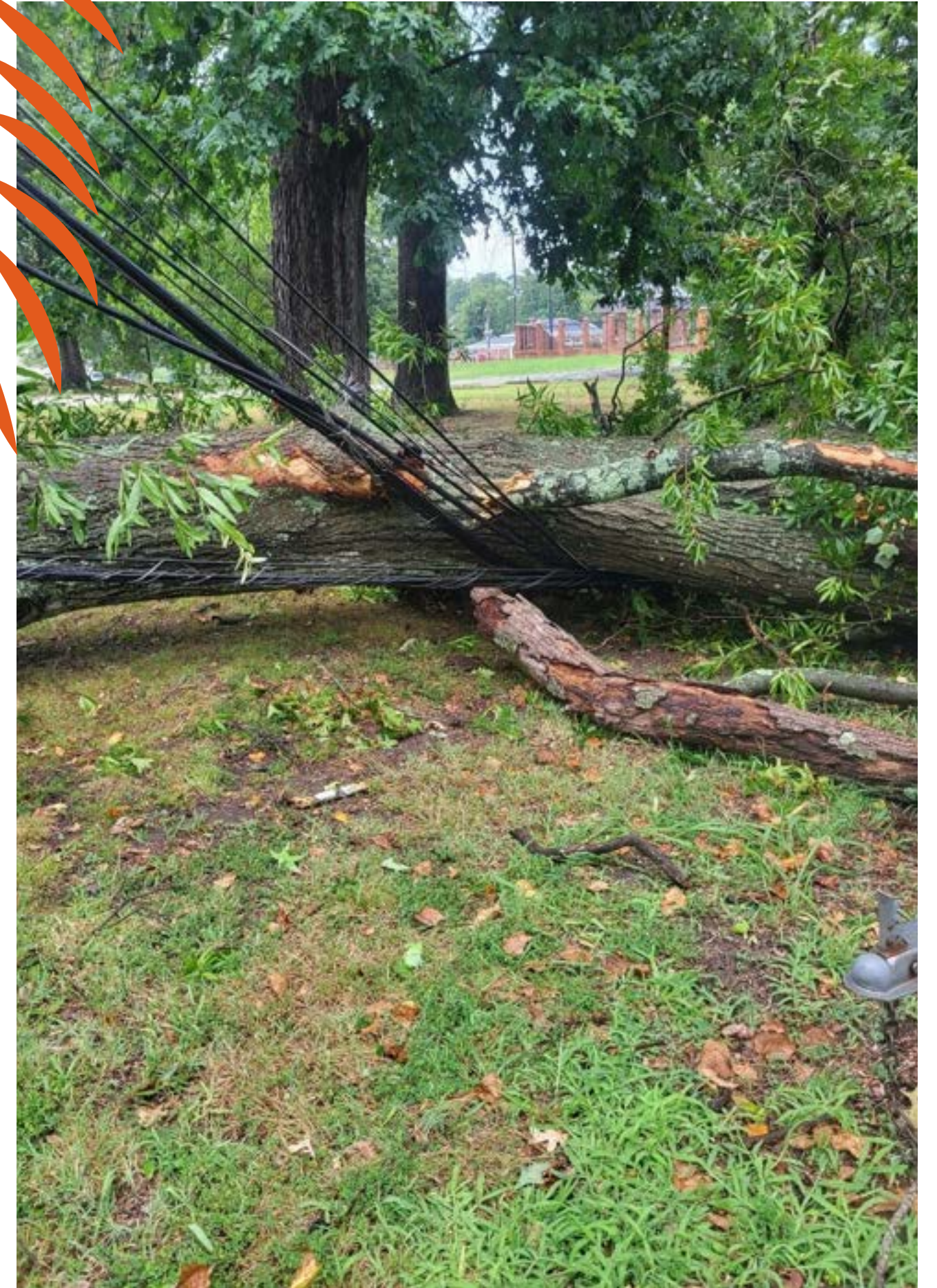
Weather Awareness

Severe weather can cause accidents, property damage, injuries and deaths.

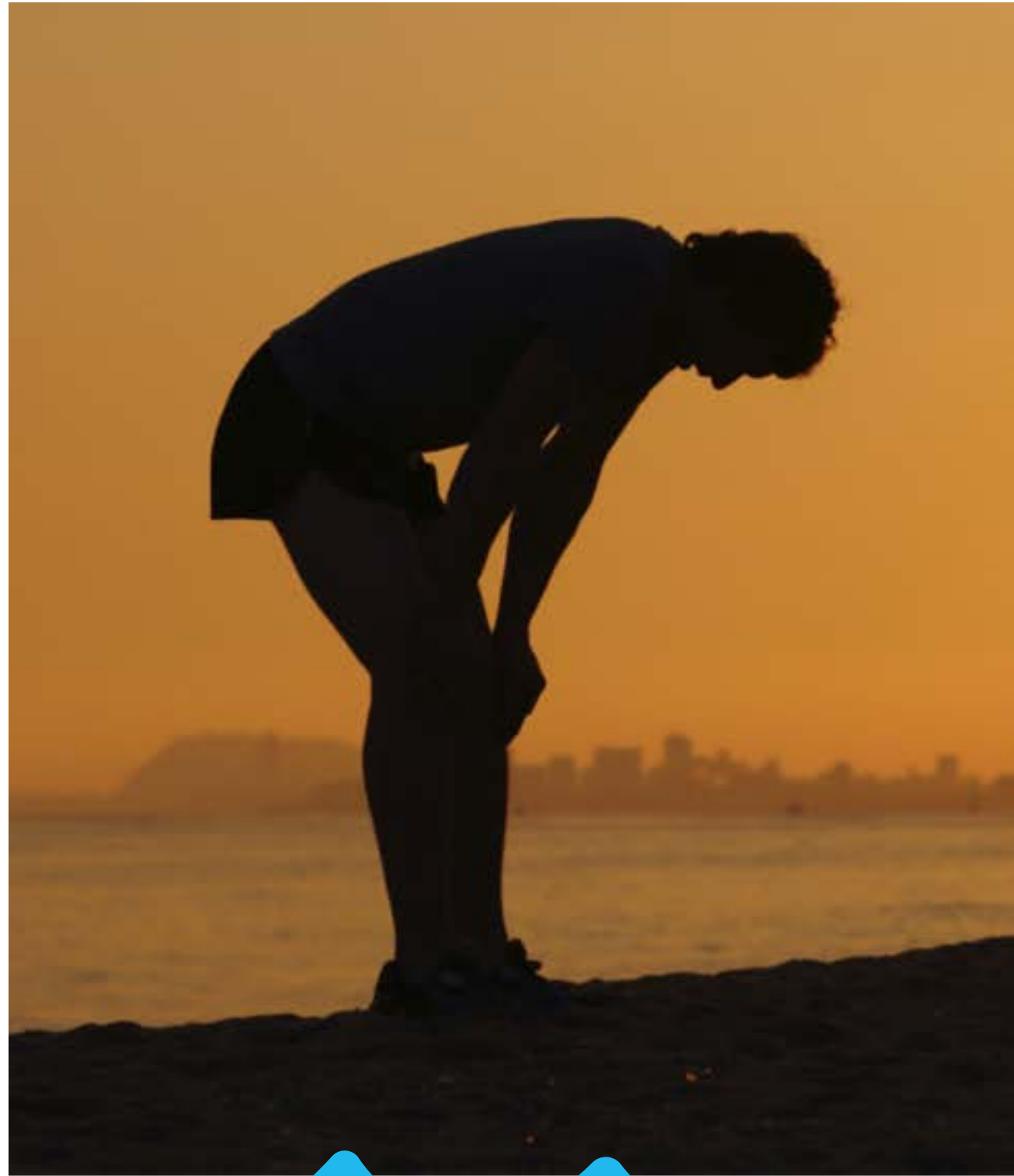
Become familiar with the terminology that defines weather watches, warnings, advisories and statements.

Sign up for alerts through your installation, TV and radio stations. The Wireless Emergency Alerts (WEA) system sends emergency alerts to participating mobile phones.

Consider purchasing a portable emergency weather radio with NOAA weather band capability that can run when power is lost or cell phone service fails.



Heat and Sun Safety



Heat Stress/Heat-Related Illnesses:

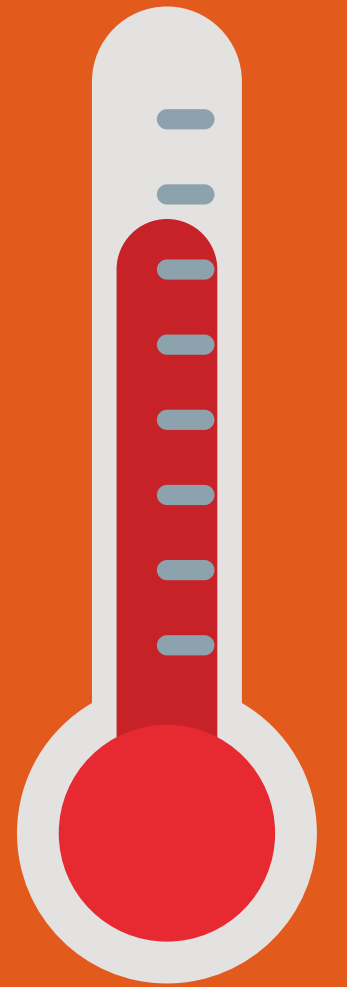
- Heat Cramps
- Heat Exhaustion
- Heat Stroke

Definition:

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



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.

Heat Safety

TREATMENT FOR HEAT EXHAUSTION OR HEAT STROKE:

- 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.



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.

Sun Safety



Fireworks

Safety

The National Safety Council recommends enjoying fireworks at public displays conducted by professionals and not use any fireworks at home. They may be legal where you reside, but they are not safe. Know the laws pertaining to fireworks in your state.



General Fireworks Rules



- Never use fireworks while impaired by drugs or alcohol.
- Anyone using fireworks or standing nearby should wear protective eyewear.
- Never hold lit 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 bucket of water nearby to extinguish fireworks that don't go off or in case of fire.
- Never allow young children to handle fireworks.
- Never use illegal fireworks.

SPORTS AND FITNESS ACTIVITIES



In 2023, there were 122 reported mishaps in off-duty recreational activities. Between 2019-2023 101 CDOS timeframe, the top reported mishaps included basketball, football, bicycling, jogging, running, hiking and walking.

Basketball Example: RMI ID #398770
Jogging Example: RMI ID #6861235



Sports Injury Prevention



- **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.**
- **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 at all times. Avoid missing or broken buckles or compressed or worn padding. Poorly fitting equipment may be uncomfortable and may not offer the best protection.**

Cardio Activities



Follow our tips to ensure your walks, jogs or runs are rewarding and safe:

- Execute warm up exercise before walking, jogging or running.
- Choose shoes for walking, jogging or running.
- Drink plenty of fluids (water or sports drinks) before, during and after.
- Watch for signs of heat cramps, heat exhaustion or heat stroke.
- Allow a cool down period.
- Jog, run or walk on sidewalks facing traffic. Exercise caution when jogging, running or walking near roadways.
- Wear bright-colored clothing to improve your visibility.

Cardio Activities

Walking, jogging and exercising safely for security:

- Jog in a familiar area but vary your routes. Changing your route could prevent someone from noting your schedule or movements.
- Jog in open spaces, away from bushes or alcoves where someone could hide.
- 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.
- Carry a whistle or shrill alarm to summon help if needed.
- Do not run with your phone or other valuables in sight.
- 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.
- Recruit a friend. Runners in pairs or groups are less appealing targets.



Bicycling



When a crash occurs between a vehicle and a bike, it's the cyclist who is most likely to be injured. 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, 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.

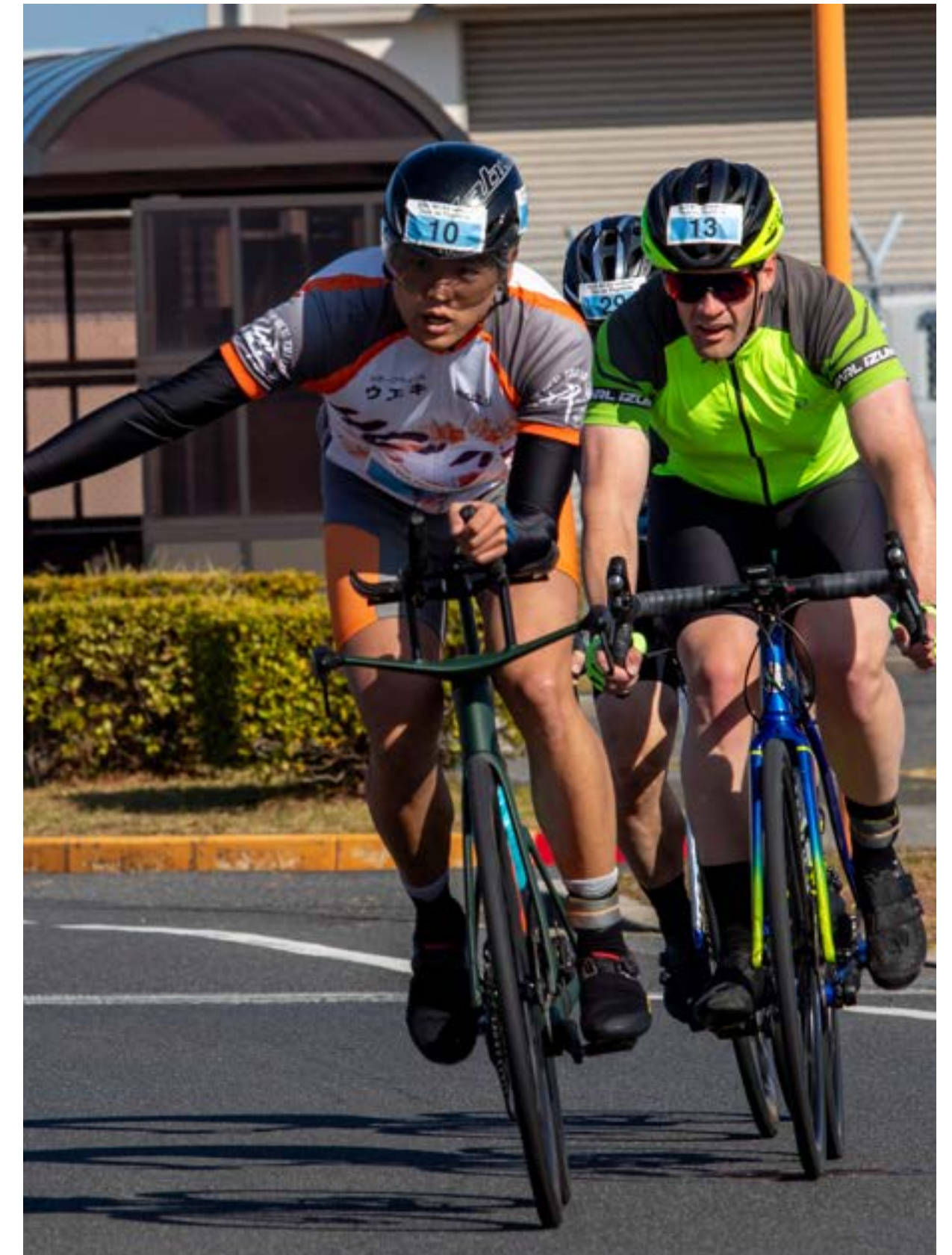
In 2023, 857 cyclists were killed in traffic accidents in the United States, representing a 10% increase from the previous year, according to www.cyclepedal.com

Bicycle-related deaths peak in the summer months, starting in June and they remain high through September.

- **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 shoelaces 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.**

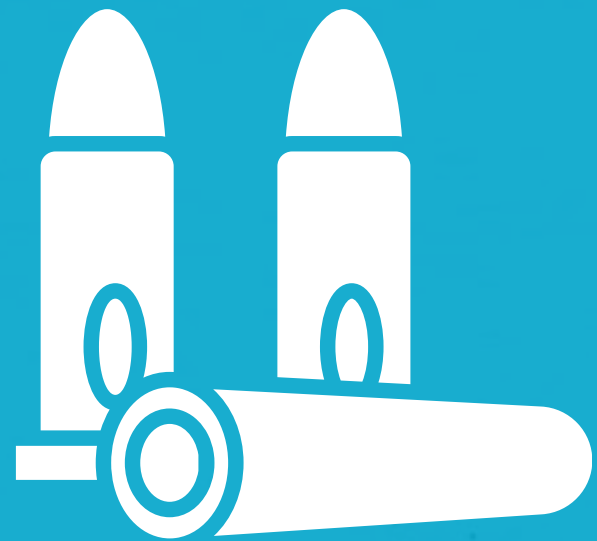
Example: RMI ID #714805

Bicycling



FIREARMS SAFETY

According to the CDC, in 2022, there were more than 48,000 firearm-related deaths in the U.S., an average of 132 people dying each day.



Handle Firearms **Safely**

- Handle every firearm as if loaded.
- Never point the muzzle at anything you don't intend to shoot.
- Do not handle firearms while, or after, consuming alcohol.
- Know your firearm.
- Make sure you read the owner's manual and take a class.
- Everyone is a safety officer.
- Intervene when you see someone handling a firearm improperly.
- Handle every firearm with care.
- Identify the target before you 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 firearm at the shooting bench, never behind the safety line.
- Always keep the barrel pointed down range.
- Always keep the firearm on safe until you intend to shoot.
- Always wear eye and ear protection when shooting.
- Never shoot at water or hard surfaces.
- Apply range safety procedures even when shooting off-range.

DRIVING SAFETY

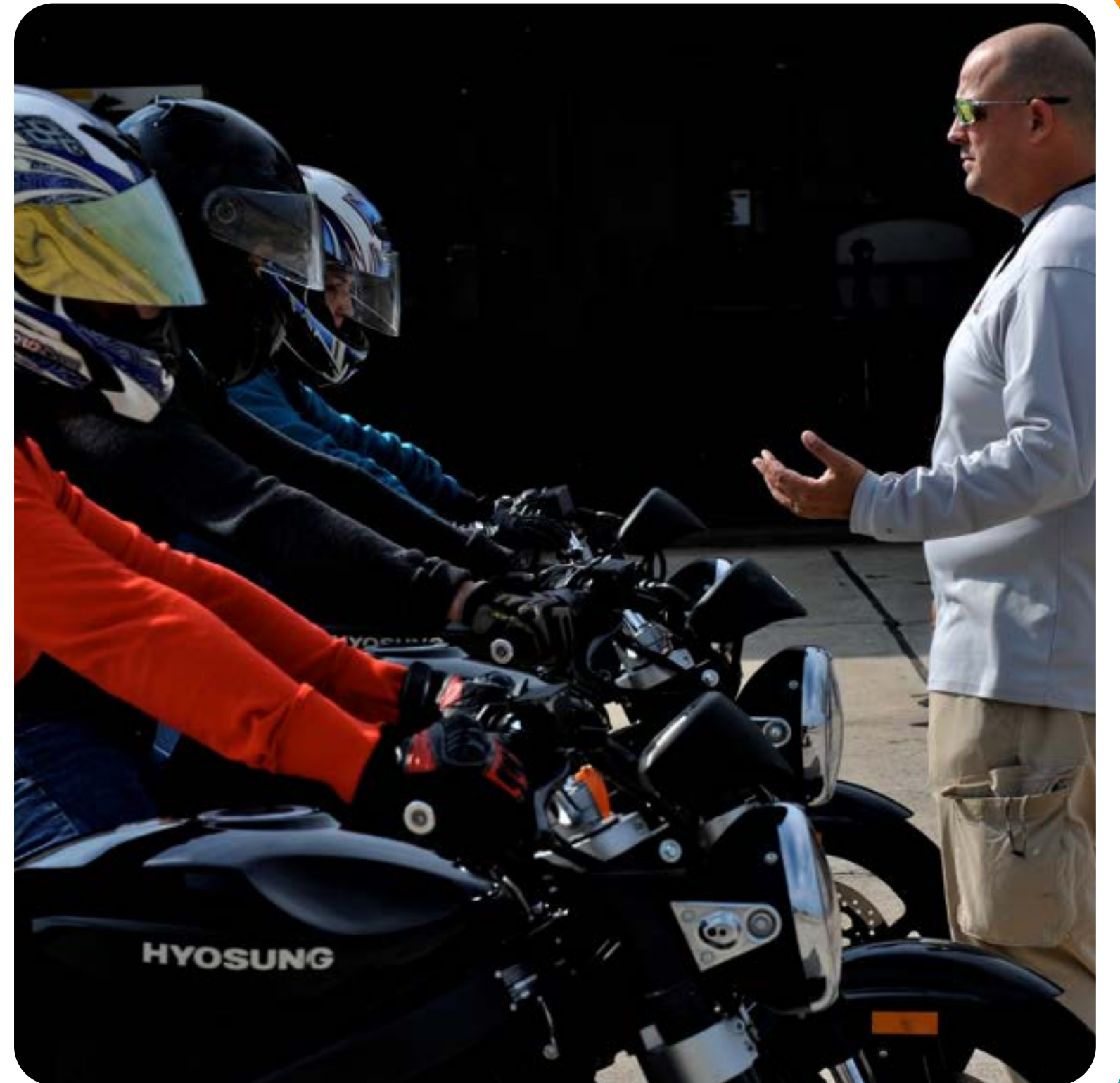


In 2023 during the 101 Critical Days of Summer, the Department of the Navy lost 27 Sailors and Marines as a result of vehicle (PMV-4) and motorcycle (PMV-2) crashes.

Overall, there were 32 PMV-4 and 67 PMV-2 Class A-E mishaps.

PMV-4 Example RMI ID#928166

PMV-2 Example: RMI ID#:4410726



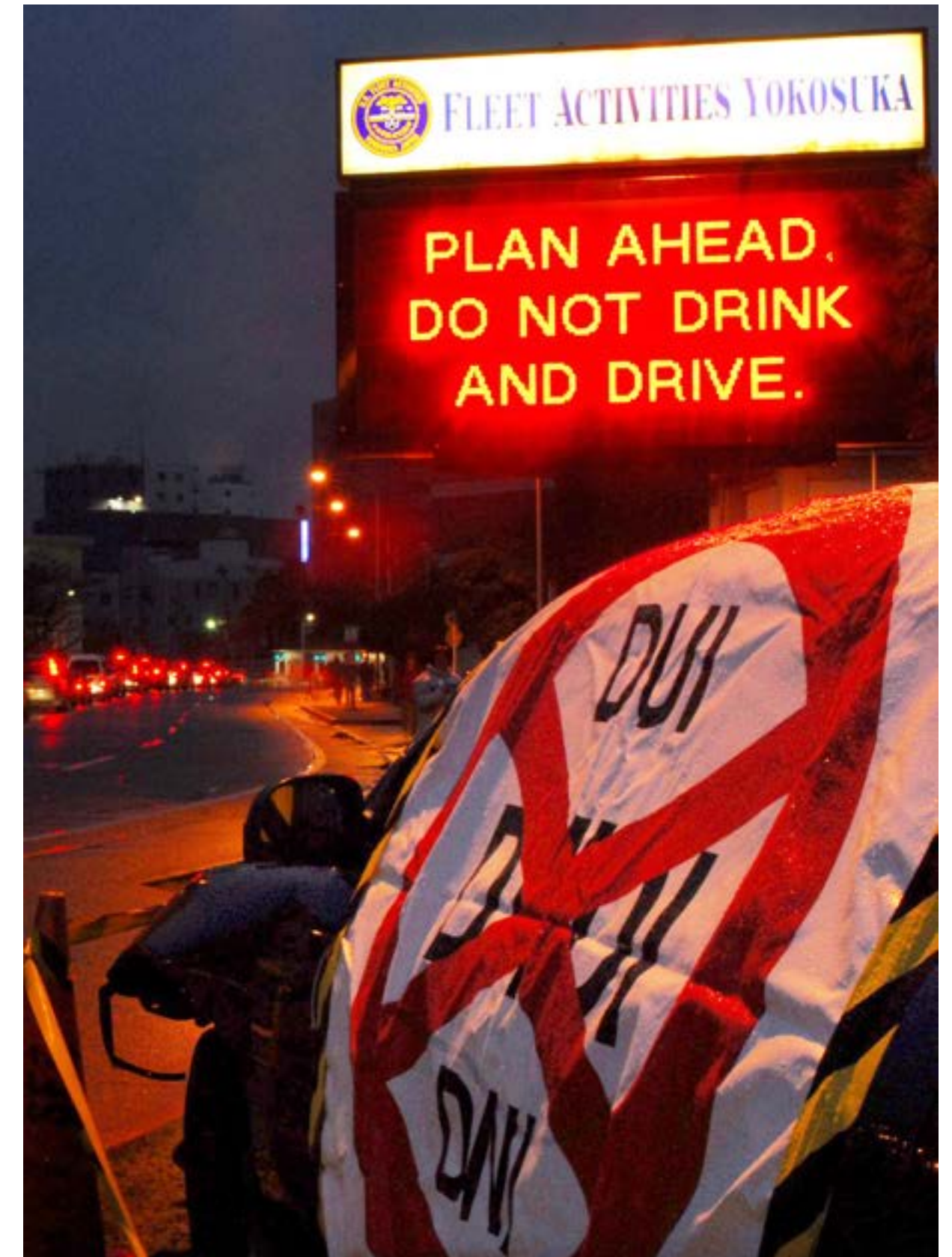
When you're behind the wheel of a car – whether alone or with passengers – driving safely is paramount.

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. Ensure you and your vehicle are in the right condition before you get behind the wheel. Dangerous driving behaviors like speeding, distraction and impairment are the greatest threats to pedestrians.

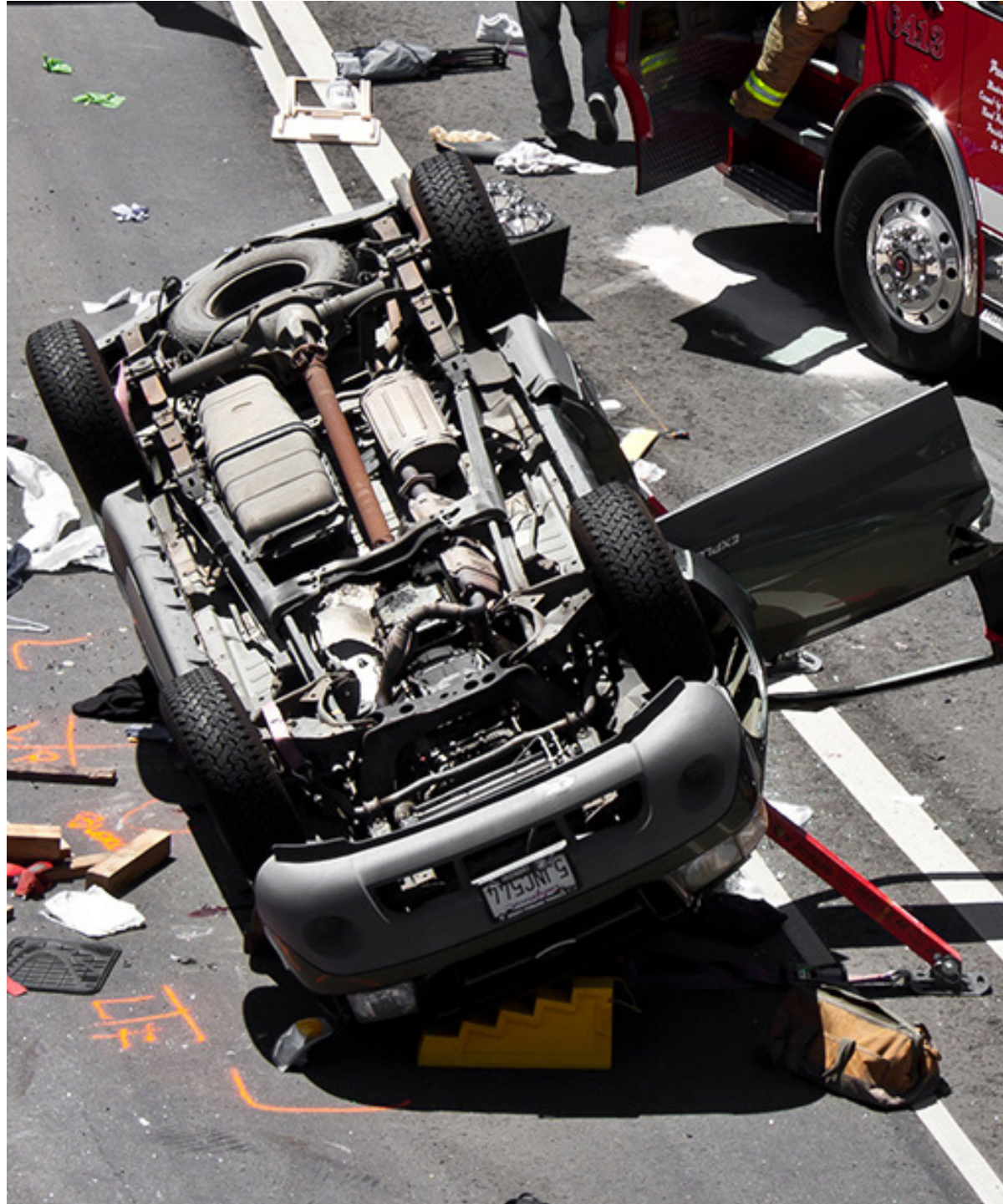
- Avoid distracted driving.
- Don't drink and drive.
- Follow the rules of the road and don't speed.*
- Use caution when changing lanes. Cutting in front of someone, changing lanes too fast or not using your signals may cause an accident or upset other drivers.

***Note: Between fiscal 2013 and 2023, excessive speed was the reported leading causal factor of PMV fatalities across the naval services, followed by improper maneuvering.**

Safe Driving



Driving Fatality Trends



The National Highway Traffic Safety Administration estimates that 42,795 people died in motor vehicle traffic crashes in 2022. For more information on regional overview, visit:

<https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813428>

2020 had an average of 107 fatal car accidents per day. 2021 had the highest daily average of car accident fatalities: 118 a day. 2022 saw an average of 117 fatal accidents per day.

- Slow down.
- Keep plenty of distance between you and the car or motorcycle in front.
- Share the road.

- 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.
- Every day, 32 people die in drunk-driving crashes – that's one person every 45 minutes. That means you, your family or friends could be innocent victims. (Source: National Highway Transportation Safety Administration)
- 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.

Drinking and Driving



Drowsy Driving

WHO IS MOST AT RISK:

- Sleep-deprived drivers.
- 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.

KNOW THE SIGNS OF DROWSY DRIVING:

- Can't remember the last few miles driven.
- Drifting from lane or hitting a rumble strip.
- Difficulty focusing or keeping eyes open.
- Tailgating or missing traffic signs.
- Trouble keeping head up.
- Yawning repeatedly.

Example: RMI ID #5562867



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.

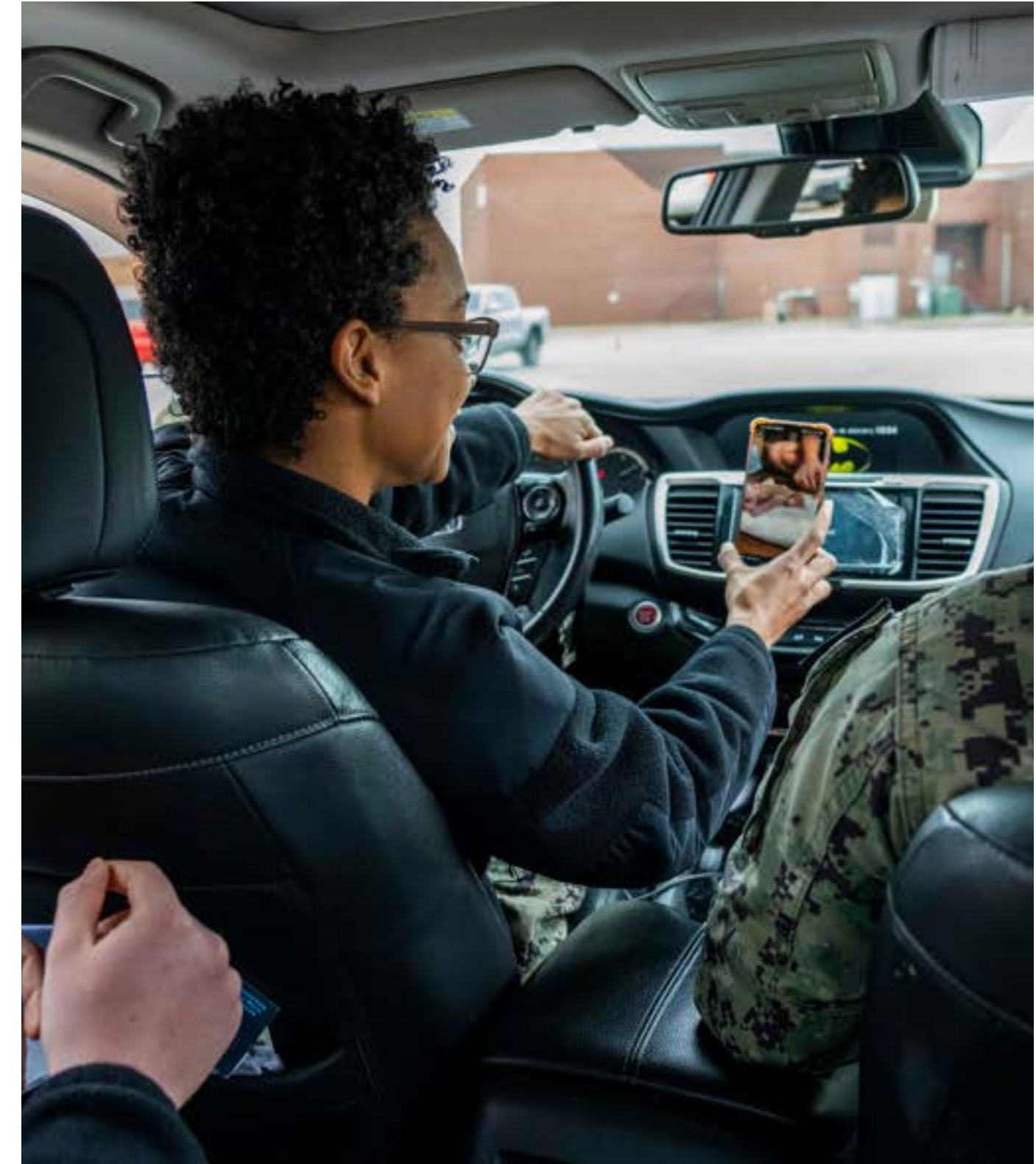
At any given daylight moment across America, approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving, according to the NHTSA.

Using a cell phone while driving creates enormous potential for deaths and injuries on U.S. roads. In 2020, 3,142 people were killed in motor vehicle crashes involving distracted drivers.

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.

You're not multi-tasking, you're distracted.

Distracted Driving



There are about 650 deaths and 100,000 injuries every year involving ATVs, according to the Consumer Product Safety Commission.

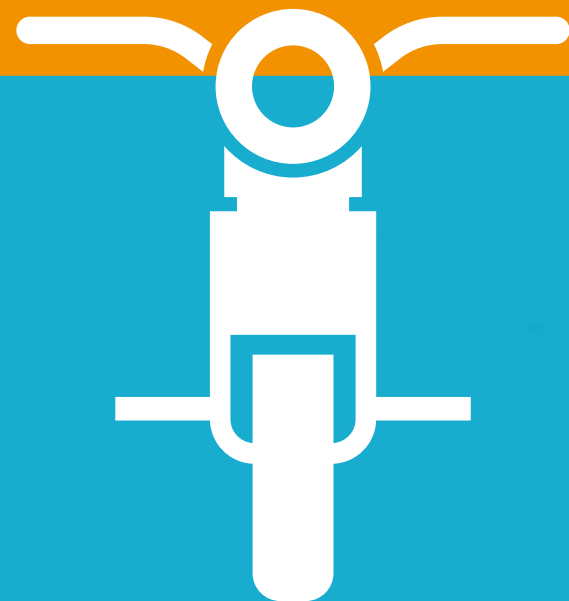
- Read the owner's manual carefully and ensure the ATV or ROV is in good working condition.
- Always wear an approved helmet.
- Never drive an ATV while under the influence of drugs or alcohol.
- Never drive an ATV on paved roads. Never operate ATVs or ROVs on streets, highways or paved roads, except to cross at safe, designated areas. Understand the terrain BEFORE you ride.
- Familiarize yourself with the local laws.
- Never ride alone, and always tell someone where you are going and when you will return.
- Always supervise young operators. Never carry extra riders.

ATV and ROV Safety



MOTORCYCLE SAFETY

In 2023 during the 101 Critical Days of Summer, the Department of the Navy lost 14 Sailors and Marines as a result of motorcycle (PMV-2) mishaps.



Motorcycle Riding Safety

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.

Training Requirements:

- All Sailors must complete LEVEL I training before operating a motorcycle and then must complete LEVEL II training within 60 days to one year of LEVEL I.
- All Sailors must complete either LEVEL II or LEVEL III refresher training every five years.

Take riding courses periodically to improve riding techniques and sharpen your street-riding strategies.



Motorcycle Safety Tips



- Complete a formal riding education program, get licensed and take riding courses periodically to improve riding techniques and sharpen your street-riding strategies.
- Obey the speed limit; the faster you go the longer it will take you to stop. Know and follow local traffic laws and rules of the road.
- Make sure your bike is fit and ready to ride. Perform all recommended checks and inspections before you hit the road.
- Always wear a helmet with a face shield or protective eye wear. A motorcycle rider not wearing a helmet is five times more likely to sustain a critical head injury.

- **Wear leather clothing, boots with nonskid soles and gloves to protect your body from severe injuries in the event of an accident or skid. Attach reflective tape to your clothing to help other drivers to see you.**
- **Ride defensively. Nearly two-thirds of all motorcycle accidents occur from a driver violating a rider's right of way. Ride with headlights on; stay out of a driver's blind spot; signal well in advance of any change in direction and watch for turning vehicles.**
- **Fatigue and drowsiness impair your ability to react. Make sure you are well-rested when you hit the road.**
- **Don't drink and ride!**

Motorcycle Safety Tips



PEDESTRIAN SAFETY

Over the past five years, during the 101 Critical Days of Summer timeframe, the Department of the Navy lost 9 Sailors and Marines as a result of pedestrian-related mishaps.



The Governors Highway Safety Association reported an estimated 3,441 pedestrians were killed in the first six months of 2021, up from 2,934 (17.3%) over the same period in 2020.

- Look for pedestrians everywhere, at all times, to include those stopped on road shoulders with disabled vehicles.
- Use crosswalks and look left, right and then left again before crossing the street.
- Avoid distractions such as texting on your phone while walking.
- Avoid walking when impaired by alcohol.
- Be visible at all times. Wear bright clothing during the day and wear reflective materials or use a flashlight at night.
- Use all your senses when near an area with moving vehicles.
- Never assume a driver sees you. Make eye contact with drivers as they approach to make sure you are seen.
- Walk on sidewalks. If no sidewalk, walk facing traffic and as far from traffic as possible.

Pedestrian Safety





Home Safety



According to the National Safety Council, an estimated 128,200 preventable injury-related deaths occurred in homes and communities in 2021. The majority of deaths is tied to unintentional poisonings and falls.

Slips, Trips and Falls



Wet floors, slippery stairs and scattered toys all create the potential for falls. Make sure to do the following:

- Install handrails on staircases.
- Clear outdoor steps.
- Cover slippery surfaces in bathrooms.
- Install grab rails in 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.
- When working from a ladder assess risk and use the right equipment.
- Make sure you have level ground and never lean the ladder against an unstable surface.
- Ensure stepladders have a locking device to hold the front and back open.
- Always keep two hands and one foot, or two feet and one hand on the ladder.
- Wear slip-resistant shoes and don't stand higher than the third rung from the top.
- Don't lean or reach while on a ladder and have someone support the bottom.

Grill Safety

According to the U.S. Fire Administration, over half (57%) of grill fires on residential properties occur in the months of May, June, July and August. Grill fires on residential properties result in an estimated average of 10 deaths, 100 injuries and \$37 million in property loss each year.

- Use grill outside only, away from siding, deck rails and overhanging branches.
- Clean grills regularly to 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.



Open Fire Safety

Many off duty, outdoor fire burns sustained by Sailors and Marines are caused by someone, either the service member or another person, pouring or shooting a flammable liquid into or near a fire; while burning yard debris or by tripping and falling into the fire. Many incidents result in second-degree burns to the person's face and torso.

- Do not pour, aim or shoot gasoline, alcohol, lighter fluid or any other flammable liquid into or near a fire.
- Keep the area around designated fire pits, campfires or bonfires free of trip hazards.
- Make sure the fire pit is at least three feet away from structures and anything that can burn.
- Pay attention to where you're walking and don't run in the vicinity of an open fire.
- Keep a hose or water source nearby to extinguish the fire quickly if needed.
- Ensure fires are completely out.



Gardening Safety



Emergency rooms treat more than 400,000 injuries each year related to outdoor garden tools, says the U.S. Consumer Product Safety Commission.

- **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.
- **Wear safety gear whenever operating power equipment,** including hedge trimmers (safety glasses, hearing protection, non-slip closed-toe shoes or boots, long pants or chaps, long sleeves and work gloves).
- **Store poisonous chemicals safely.** There were over 2 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.

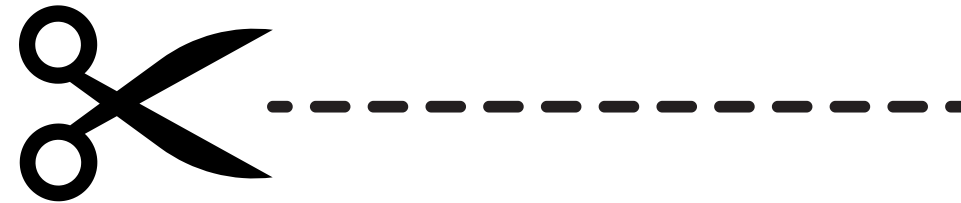


Gardening Safety

- **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 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.**

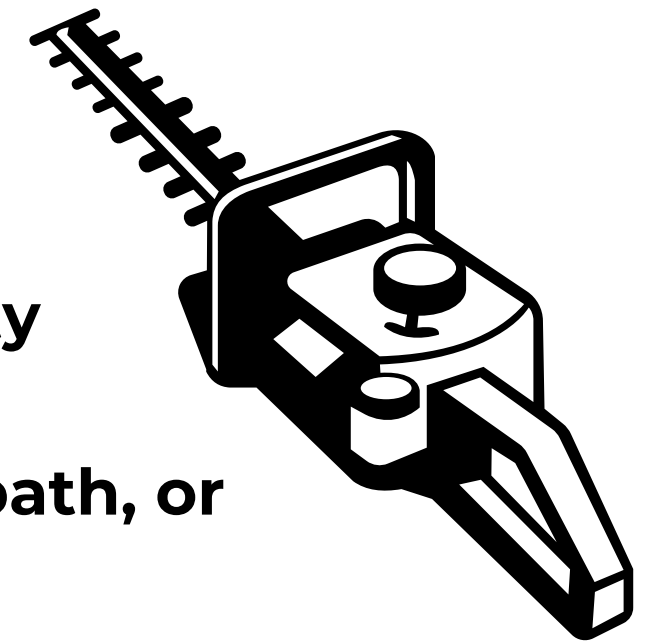


Bladed Tool Safety



The most common concern when using sharp blades or edges is an injury, such as a cut (laceration, puncture) or an amputation. Tools or equipment with sharp blades or edges can include box cutters, utility knives, safety cutters and equipment with blades or moving parts such as hedge trimmers. To prevent cuts:

- Use the right tool for the job it was designed for.
- Make sure the blade is sharp. Dull blades require more force, increasing the chance of injury.
- Carry one tool at a time, tip and blade pointed down at your side.
- Work in a well-lit space so you can see what you are doing.
- Cut on a stable surface.
- Use protective clothing such as cut resistant or mesh gloves, and safety glasses to protect eyes if the blade shatters or breaks.
- Cut away from your body. Make sure no body parts are in the cutting path, or in the path the blade might take if it slips.
- If the tool has a retractable blade, retract it immediately after use, and retract it fully. Similarly, close scissors or snips when not in use.



Bladed Tool

Safety



- Follow the manufacturer's instruction manual when you operate, clean and maintain the equipment.
- Make sure that all guards and safety devices are in place and functioning properly.
- Make sure cutting blades are sharp.
- Keep your hands away from the edges of cutting blades – make sure you can see both your hands (and all your fingers) as well as the cutting blades. Keep your eyes on the item you are cutting and know where your fingers are in relation to the blade.
- Keep your hands away from all moving parts and avoid cleaning or brushing off moving parts such as cutting blades.
- Turn off and unplug the equipment before trying to dislodge items and before disassembling and cleaning.
- Put all guards and safety devices back in place after cleaning.
- If there are moving parts, cover or tie back your hair, tuck in loose or frayed clothing and remove your gloves and jewelry.
- Do not bypass any guards or safety devices.
- Do not operate the equipment if you feel tired or unwell.



Off-duty mishaps by uniformed service members are required reports in the Risk Management Information (RMI) mishap reporting system: <https://afsas.safety.af.mil>

Without accurate data, honest analysis cannot be made.

Conclusion

No matter where you are or what activity you are engaging in, make sure you know and understand the inherent environmental risks of that region, especially if you are new to or unfamiliar with the region. Threats vary depending on the locale.

Familiarize yourself with climate, local wildlife and any potential threats or dangerous situations specific to that activity and location. Make sure you have identified avenues for medical treatment (nearby hospitals) and always prepare for the unexpected.

If you get hurt, seek medical attention as soon as possible, even if the injury appears mild. Let a medical professional assess the likelihood of additional symptoms that may not be experienced or develop. For example, a head injury may have unseen symptoms at onset or appear later.

Understand inherent environmental risks.





RMI Mishap Examples



Sport, Class C, RMI ID #598153: Playing tennis and jumped to hit the ball in the air. Landed on the side of their right foot and fractured right ankle.

Bicycling, Class C, RMI ID #714805: Riding bicycle from work to barracks. Fell off bicycle and punctured abdomen with left handlebar. Another individual discovered the injured person laying in the middle of the road. Treated at hospital and released the following day, 4 lost workdays.

PMV-4, Class C, RMI ID #5562867: Fell asleep at wheel. Single car crash. Car destroyed. Fractured finger and lacerations to forehead; 14 days SIQ.

Rock Climbing, C, RMI ID #140562: Fell 40 feet at indoor rock-climbing facility; multiple injuries; 12 days hospitalized, 10 weeks limited light duty.

Swimming, Class C, RMI ID #906097: Swimming and hit head on the wall of the pool; head injury, Concussion protocol.

Running, C, RMI ID #295705: While running; tripped over concrete curb, fell and hit head on concrete bollard; concussion, cuts to forehead, received sutures and 30 days LLD.

Have you connected with our NAVSAFECOM Phone App?



The Naval Safety Command mobile app delivers valuable guidance and tools to assist naval safety personnel in assessing, managing and reducing risk on and off duty. Users have access to four portals, each with warfare community-specific content including: safety program information, checklists, guides, templates, announcements, assessments and much more.



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