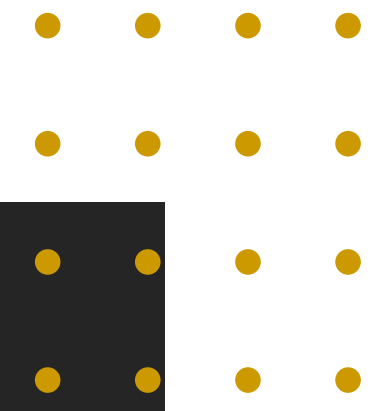




BACK-IN-THE-SADDLE

Common Sense Safety - Back to the Basics



INTRODUCTION

As we shift from extended leave periods and modified schedules, we want to remind everyone of the importance of maintaining an active risk management mindset as you settle back in to your normal work routine.

The following presentation provides a reminder and general information on basic safety practices to help you avoid unnecessary injuries and mishaps.



Common Sense Safety

Here a few examples of where common sense safety practices can help you start the new year off right:

No matter where you work or what your job is, most mishaps, minor, severe or catastrophic, can be prevented by adhering to these simple principles.

- Self-Care
- Situational awareness
- Follow proper procedures
- Look out for your fellow Sailors and Marines



Self-Care

We all have a lot of stuff competing for our attention and it's not always easy to recognize when we're losing motivation and focus or getting complacent in how we do things. As we kick off the new year, remember fatigue, stressors and your overall health can negatively impact your decision-making and performance at work. One way to ensure you're focused and safe at work is to practice self-care.

Self-care is a combination of strategies to tend to basic needs such as:

- Getting enough sleep
- Eating a balanced diet
- Visiting a medical or mental health provider for physical or mental concerns
- Coping skills



Self-Care



1

Sleep

2

Diet

3

Health concerns

4

Coping skills





Make Time for Adequate Sleep

A lack of sleep can lead to degraded performance and negatively impact reaction time, memory, physical coordination, perception and decision-making.

Exhaustion and poor sleep can increase the likelihood you'll make mistakes such as forgetting an important step in a procedure, developing tunnel vision while troubleshooting a problem, misreading labels or gauges or misinterpreting what you see or your assessment of the environment,

Staying well-rested helps keep you aware and vigilant while performing tasks in your workplace.

Energy drinks are not a replacement for a good night's sleep!



Eating a Balanced Diet



According to the Centers for Disease Control and Prevention (CDC), a healthy lifestyle includes good nutrition and adequate physical activity. A healthy diet:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes a variety of high-protein foods such as seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, nuts and seeds.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars
- Stays within your daily calorie needs

More information on nutrition and eating right is available on the Navy and Marine Corps Public Health Center website at <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/>



Address Health Concerns



Stay on top of annual PHAs and physicals. Don't wait to see a doctor if something doesn't feel right. According to Healthline.com, a physical examination helps your primary care provider determine the general status of your health. The exam also gives you a chance to talk to them about any ongoing pain or symptoms that you're experiencing or any other health concerns that you might have.

These exams are used to:

- check for possible diseases so they can be treated early
- identify any issues that may become medical concerns in the future
- update necessary immunizations
- ensure that you are maintaining a healthy diet and exercise routine



○ Coping Skills

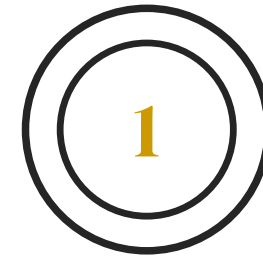
An important aspect of self-care is developing and maintaining positive coping skills to recharge one's physical and psychological health, such as engaging in healthy activities to regroup and decompress, spending time with family and friends, connecting with spirituality, practicing gratitude, journaling and more.

Ideally, a holiday or extended leave period gives everyone the chance to relax, recharge and reset, but we know that's not always the case. Part of effective risk management is identifying and assessing the situation or problem and incorporating mitigating strategies.

It's important to reach out for help if you need it to help tolerate, mitigate and deal with stressful situations in life, both on and off duty. Managing stressors can help you feel better physically and psychologically.



Situational Awareness



Pay attention to the environment



Avoid distractions



Focus on the task at hand





Situational Awareness

Knowing what is happening around you and knowing where you are in relation to the things around you allows you to anticipate changes in your environment and adjust or react accordingly.



Pay attention to the environment: Look around!

It's important to look where you're going, watch what you're doing and pay attention to your surroundings. Many mishaps involving injury or death could have been prevented if the person or others involved were paying attention to what they were supposed to be doing.

For example, one area with the most common and preventable injuries pertains to ladder and ladderwell use.

- Two Naval Safety Center studies looking at four years of data found most ladder injuries are due to human error in judgment and spatial awareness.
- From October 2017 to March 2020 there were 768 reported ladder-related injuries.
- The majority – 68% – happened while descending a ladder, 17% happened while ascending (12% did not indicate up or down), and 3% weren't going anywhere ... until they fell.

Ladder mishaps, along with the majority of slips, trips and falls, could have been prevented if the person had looked where they were going, taken their time and paid attention to their surroundings.

Numerous concussions, head lacerations and fractures occur annually due to people not looking where they are going and failing to pay attention to activity going on around them. Keep your head up, ears open and eyes pointed in the direction you are moving at all times.



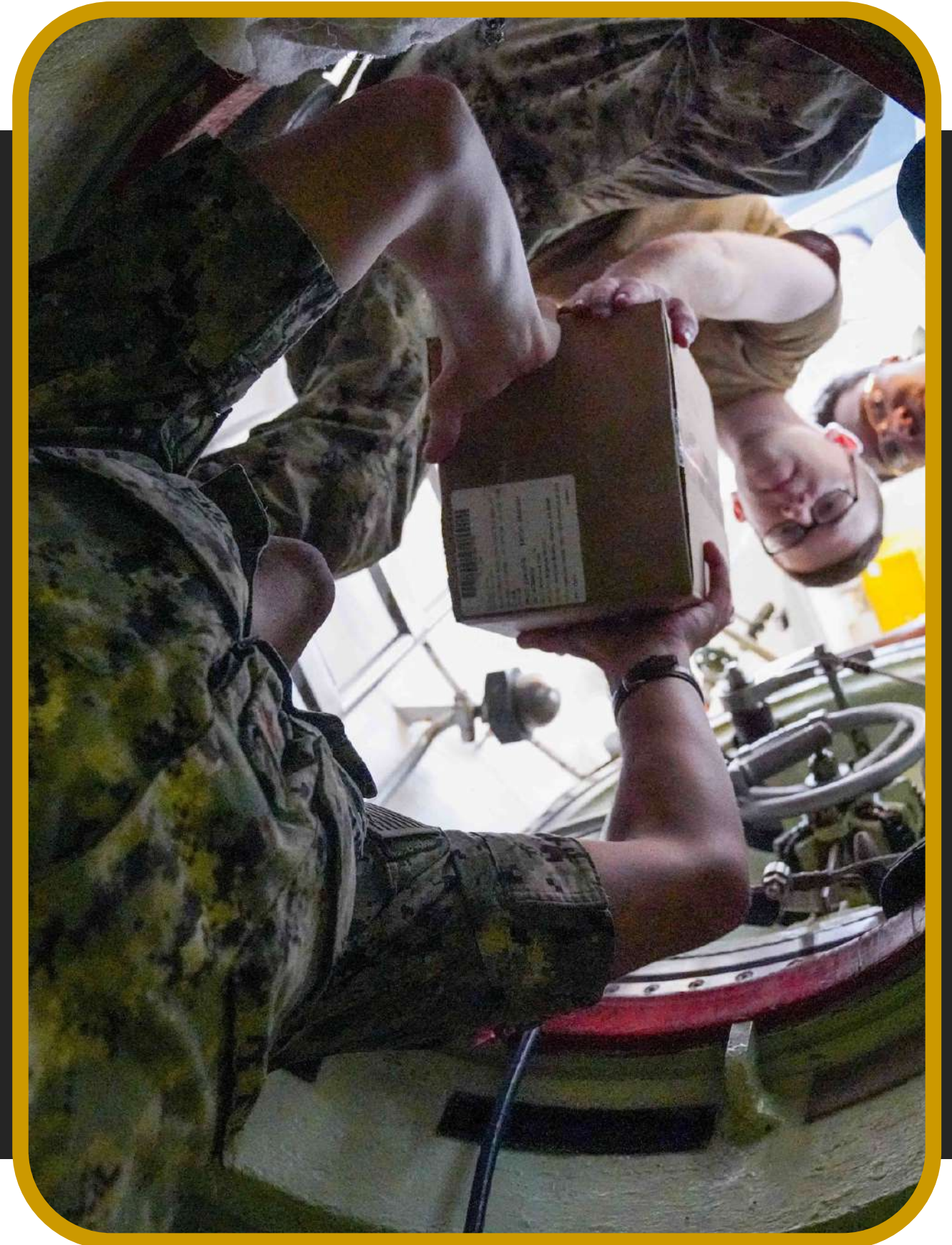
Don't get slippery with watertight doors

Since 2013, there have been roughly 130 mishaps reports of injuries from opening and closing watertight doors on board ships. These injuries resulted in a loss of 1,272 days of personnel unable to perform their assigned daily duties due to being hospitalized, sick in quarters (SIQ) or assigned light limited duty.

When transiting spaces, pay attention to where you put your hands and fingers. Avoid resting hands on door jambs, on or near door wheels or anywhere near edges of doors, hatches or scuttles.

Look out for others before you shut or secure a hatch, scuttle or door.

When working through scuttles, ensure they're properly secured to avoid inevitable serious injuries should they fall shut on someone's head, hand or other limb.



○ Avoid distractions

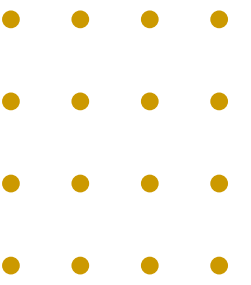
A distraction is anything that prevents you from giving your attention to something else. Tasks needing our focus include daily activities as mundane as walking up the pier or into the office, to those that require more intensive concentration and focus, such as loading, clearing or firing a weapon, performing a medical procedure, flying an aircraft, troubleshooting an electrical issue or performing hot work.

- When you're engaged in any task or project, focus on what you're doing. Avoid engaging in non-task-related discussions when the task calls for it. For example, the gun range is not the place for joking, talking or horseplay.
- Follow workplace policies on earbuds and headphones to ensure you can hear directions, alarms and announcements while working.
- Properly secure your gear, tools and hand-held equipment so you can focus on the job without constantly re-securing loose items or adjusting your PPE.
- We know texting while driving is literally a crash waiting to happen, but plenty of trips, falls and head injuries (from walking into things) occur because people are texting or looking at their phone while walking. Put the phone down and pay attention to what you're doing.





Focus on the Task at Hand



Naval Safety Center data shows many mishaps are caused by a lack of attention and focus on the specific task or evolution.

- Much of the work done throughout the naval enterprise carries inherent risk - both by the nature of the work itself and with the operational environment as a whole.
- Even the most routine activities carry risk. For example, on board your ship, you're used to automatically raising your foot a bit higher to avoid banging your shin or tripping as you walk through a hatch. And you may not even realize how many times a day you duck your head to avoid pipes or cables in the overhead or maneuver around equipment and tie-down chains in the hangar bay. Once you return to work after an extended leave period, automatic maneuvers like these may not be so automatic.
- The same can be said for performing electrical repairs, running equipment checks, or preparing meals for the crew. No matter how many times you've performed a task in the past, or how minor or routine you think it is, take it seriously and give it the attention it deserves.

The best way to ensure you and your fellow Sailors and Marines stay safe, avoid injuries and prevent loss of life, is to pay attention to what you are doing when you're doing it. Look, listen and focus on the job in front of you.

Follow Procedures

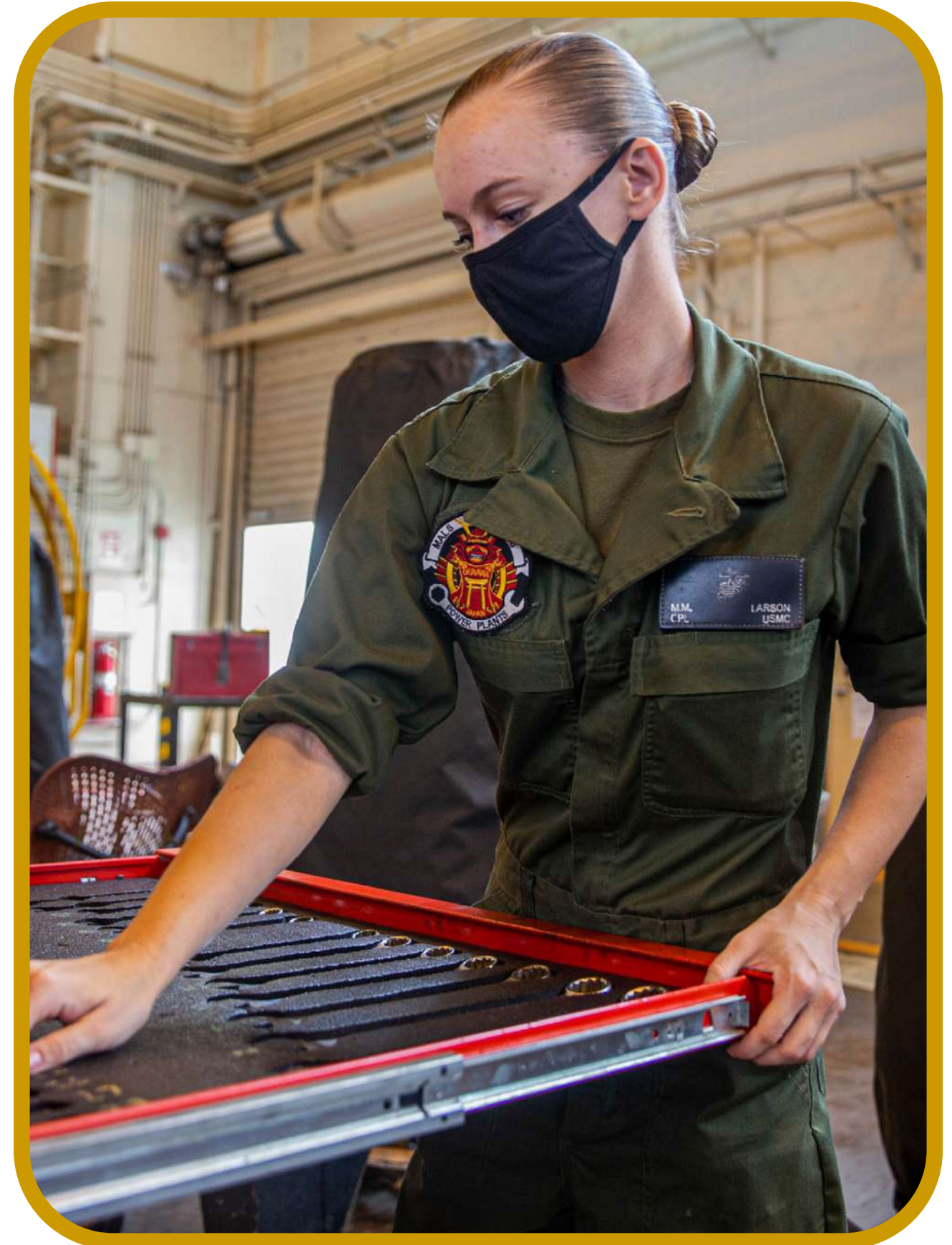


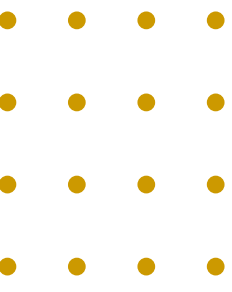


Follow proper procedures

Procedures are in place not only to tell you how to complete a specific task or job, but to also protect you, your fellow Sailors and Marines, and the equipment, systems and assets you're working on.

- Review procedures, directions and manuals BEFORE starting any task - even if you've done the task a hundred times.
- Many preventable injuries occur because those involved ignored safety protocols, skipped steps or failed to wear PPE properly.
- Ensure you have the required tools and PPE before you start. Use the right tool for the job and wear your PPE properly.
- Ensure the person doing the job is trained and qualified to do the job.



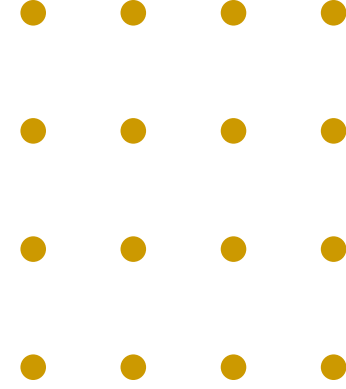


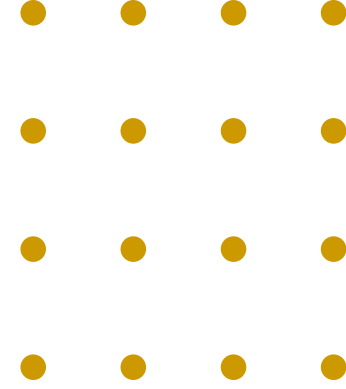
Personal Protective Equipment

- Many preventable injuries occur because those involved ignored safety protocols, skipped steps or failed to wear PPE properly.
- Know when to wear gloves and what kind to wear. While some tasks require heavy work or electrical safety gloves, there are plenty of jobs where having the wrong gloves increases the likelihood of material being caught in moving equipment, gears or machinery.
- Don't assume respirators and other face gear fit properly. Ensure they are fit-tested regularly and checked by qualified personnel.



Look out for
each other





Looking out for each other



- Pay attention to your fellow Sailors and Marines.
- Raise awareness and remember - lessons learned are lessons observed!
- When you see someone struggling, encourage them to seek help.
- Speak up when you see a potential safety hazard - you may be saving your life and the life of others.
- If you see someone struggling, be there, listen and encourage them to seek help.
- If you or someone you know is in crisis, please call the Military Crisis Line for confidential support at 1-800- 273-TALK (8255) and Press 1. You are not alone!



Contact Us

Email us:

NAVALSAFETYCENTER.NAVY.MIL

Call us:

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Disclaimer: Some photos were taken before the COVID-19 pandemic; therefore, some images will not showcase use of mask.