



NAVAL SAFETY COMMAND

SAFETY AWARENESS DISPATCH



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Random Acts of Senselessness (Summer Edition)

"Listen to the pain. It's both history teacher and fortune teller." —Blind AI, Deadpool 2.

Random acts of senselessness—those moments of chaos that remind us that human creativity truly knows no bounds. Who hasn't marveled at the genius of wild pig wrestling, the brilliance of impromptu "tandem SCUBA diving," or the pure athleticism of jumping off a skateboard at 20 mph? These "SMH" feats of fearlessness are but a few examples of how some of our Sailors and Marines wielded the power of total disregard for basic logic and common sense, and paid a price in scrapes, gashes, broken bones and worse. As you read on, reflect on your own choices (*and your alcohol consumption*) to help you avoid becoming a future "random acts" tale of folly and pain.



- *♪In and Around the Lake♪*. A group of Marines gathered at a lake to enjoy time off with food and alcoholic beverages. After having an unknown number of drinks one of the Marines – who was a poor swimmer – with newfound alcohol-induced courage, decided to go for a swim. He unsurprisingly "lost buoyancy" and submerged below the surface for four to five minutes! Fortunately for our "sub-Marine," his friends recovered him unresponsive and called 911. Emergency medical personnel revived him enroute to the hospital where he was treated for near drowning. —*This Marine is only alive today because of the response of his buddies. Drinking alcohol doesn't make you a better swimmer, or driver, or [enter activity here]. Regardless of your abilities, swimming while consuming alcohol (especially a lot of it) isn't a wise choice. And every adult, especially a Marine, should know how to swim...seriously.*
- *"If you wrestle with a pig..."* A Sailor was contracted (*during his off-duty time*) to help remove wild pigs from a residential area. When he went to check his traps, Voila! He'd caught a pig! Instead of employing one of the authorized methods of dispatching said pig (*a bow or firearm*), our Sailor's weapon of choice was a machete. The pig, not wanting to feel the business end of the machete, freed itself and charged the Sailor. During the Sailor vs Pig wrestling match, the Sailor lost his machete and ended up in a water hole. To even up the match, the Sailor pulled the pig in with him. The Sailor eventually escaped the water hole, retrieved his machete and bested the pig, but not before suffering an open fracture of his thumb and deep gashes in his leg. The report doesn't say whether the gashes were from the pig or from the machete. —*Completing our subtitle "...you both get dirty, and the pig likes it." While this pig wasn't happy in the end, it inflicted significant injuries to the Sailor during the fight (and the Sailor may have inflicted some on himself). In this "wrong tool for the job" (and poor judgment) category, we urge you to follow local laws about hunting or removing wild animals. This incident should convince you why you should.*
- Jumping to a [Painful] Conclusion. Around midnight, a group of Marines returned to their barracks where they started drinking alcohol. The report on what followed is rather long, so we'll just hit the highlights. Fun was had, drinking games were played, and some Marines returned to their rooms around 0300. Our mishap Marine disappeared for a couple hours, returned to his room, had an argument with another Marine, more Marines tried to intervene, the duty non-commissioned officer was called, but before he arrived...the Marine suddenly pushed the screen out of his third-floor window and jumped out (*yep, you read that right*). Miraculously, he lived. But he must've suffered a severe injury because he needed surgery to fix whatever it was. OBTW, he was too drunk at the hospital to give his consent. —*Proving the "nothing good ever happens after midnight theory," this Marine didn't even remember jumping, and that's dangerous on its own. Besides the obvious "Don't drink and jump out of third floor windows," how about, "Don't drink so much that you don't remember what you did last night." Moderation, folks, moderation.*

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- It Went Downhill from There. A Sailor thought he could ride his skateboard down a very steep hill instead of walking because, why walk when you can skateboard, right? The Sailor decided to jump off his skateboard during the downhill run for some reason not listed in the report (*he got the speed wabbles? there was traffic? he thought he could run 20mph? we may never know*). What little we do know is that his jump turned into an extended tumble down the asphalt hill ending with an injured shoulder bad enough to receive a day SIQ and seven days restricted duty. —*Given two choices in life and picking the wrong one can be life altering. Fortunately for this skateboarder, he'll live to choose wisely (we hope) next time.*
- Under Pressure. Three Sailors met at the beach, two to snorkel and one to scuba dive. Forty minutes into the snorkeling and diving, one of the snorkelers and the scuba diver had a novel (*dumb*) idea. The snorkeler would dive alongside the scuba diver using his emergency regulator. After a quick brief, the scuba diver and his un-certified friend began their dive. While 20 ft deep and with no dive weights to keep him down, the Snorkel-diver let go of the emergency regulator and quickly swam toward the surface in a panic—while not following (or knowing) emergency ascent procedures to slowly exhale on the way up (*because the pressurized air expands as you go up to the surface with less water pressure—which is bad inside your lungs and bloodstream*). As he broke the surface, he lost vision, and his muscles began convulsing. The scuba Sailor surfaced to give aid and called for the other two Sailors to help. They called 911 and within 5 minutes, an ambulance took the Sailor to a hospital decompression chamber for treatment. He recovered after three days of treatment for decompression sickness (AKA “the bends”). —*The certified diver should have known better. Scuba diving involves the laws of physics and requires taking a course, not a five-minute brief.*
- ♪Don't Look Back♪. A group of Sailors went out to eat early one summer evening. As they were in the parking garage heading back to their car, Sailor 1 wanted to race Sailor 2 back to the car. Sailor 2 agreed to it and off they went. As Sailor 2 took the lead, he looked back over his left shoulder while rounding a corner to see how far his lead was and—as he turned his head back forward—BAM! He ran into a pole. He fractured his right orbital bone (*broke his eye socket*). —*There's no harm in a bit of competition, so we won't discourage a good foot race, but we will say this: Professional runners never look back during a race. You'll lose momentum and let your opponents know you're tired. As in life, there's nothing to look back to, it's in the past. Look forward to see what's ahead in life...like a pole.*

Key Takeaways

1. **Summer responsibly.** Summer social gatherings and outdoor festivities may tempt us to overindulge in alcoholic beverages. Setting personal limits and staying hydrated with water can help maintain balance, stay present, and avoid those cringe-worthy moments we all want to forget. Ease up on the alcohol and you'll probably find that you didn't need to drink so much to have a good time, and **BONUS**, your overall health will improve too.

2. **Throttle back a bit.** We want you to relax and have fun and adventure on your well earned time off, but we also want you back in one piece (and alive). Pace yourself, adhere to takeaway #1 and take a moment to consider the risks of what you are about to do. It may save your life.

3. **Take care of yourself and each other.** We are shipmates and fellow Marines. We look out for one another on duty and should do the same on our off time. In many off-duty mishaps, there was an opportunity for someone to intervene. Be that someone to break the error (wrong decision) chain before your buddy gets hurt...or worse.

And remember, “Let's be careful out there.”