



Naval District Washington

1014 N Street, SE, Washington DC 20374-5001

## CHECKING THE WAKE Safety E-Newsletter

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### Take 10 For ORM: Labor Day Weekend

by *Teresa S. Boucher*

#### Take time to make your vehicle road-ready:

To avoid the inconvenience and potential safety hazards of breaking down miles away from home, a simple driveway inspection before hitting the road will help ensure a hassle-free Labor Day weekend.

- Check all fluids, including engine oil, power steering, brake and transmission, as well as windshield washer solvent and antifreeze/coolant.

- Check the hoses and belts that can become cracked, brittle, frayed, loose or show signs of excessive wear. These are critical to the proper functioning of the electrical system, air conditioning, power steering and the cooling system.

- Check the tires, including tire pressure and tread. Uneven wear indicates a need for wheel alignment. Tires should also be checked for bulges and bald spots.

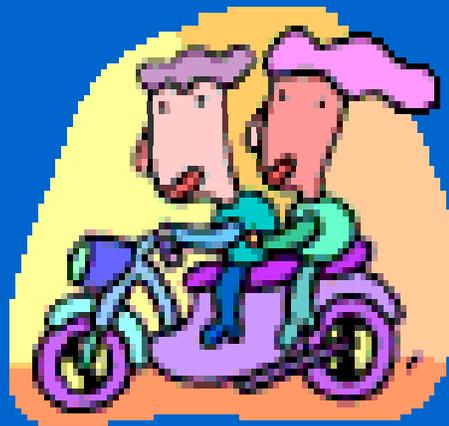
- Check the wipers and lighting so that you can see and be seen. Check that all interior and exterior lighting is working properly and inspect and replace worn wiper blades so you can see clearly when driving during precipitation.

To further save on fuel costs - avoid aggressive driving, observe the speed limit and eliminate excessive idling. Gas caps that are damaged, loose or missing should be replaced to prevent gas from spilling or evaporating.

**Did You Know . . . . .**  
that passengers should consider themselves a second operator and share responsibility for safety while on a motorcycle?



Check out your state laws and requirements for carrying a passenger on your motorcycle.



**ALWAYS WEAR A HELMET!!!!**

## Motorcycle Quick Tips:

As the weather turns cooler, more motorcyclist are taking to the roads. Here are some guidelines for riding with a passenger on your motorcycle . . . . .

## Legal and Operator Preparation:

1. All state laws and requirements for carrying a passenger must be followed.
2. Some states have a set minimum age for motorcycle passengers.
3. Passengers should be considered as a second 'active' rider so they can help ensure that safety and procedural operations are correctly followed.
4. A passenger tends to move forward in quick stops and may 'bump' your helmet with theirs – be prepared for this.
5. Starting from a stop may require more throttle and clutch finesse.
6. Your braking procedures may be affected while riding with a passenger. Braking sooner and/or with greater pressure may be required and riding on a downgrade will cause braking distance to increase.
7. Extra caution is called for in a corner because of the extra weight. Cornering clearances may also be affected.
8. More time and space will be needed for passing.
9. The effects of wind, especially side wind, may be more pronounced with a passenger.

## Motorcycle and Passenger Preparation

1. When carrying a passenger, the motorcycle's suspension and tire pressure may need adjustment.
2. Care should be taken not to exceed the weight limitations specified in the owner's manual.
3. The passenger should be tall enough to reach the footrests and mature enough to handle the responsibilities.
4. Passengers should always wear proper protective gear.

**Did You Know . . . . .** that 90% of bicycle related deaths involve collisions with motor vehicles?



Kids learn what they see.....be a good example and always wear a helmet.



## **Bicycle Quick Tips:**

It is not just motorized vehicles that we have to take safety precautions with. Bicycle crashes result in 800 to 900 deaths per year nationally.

### **Bicycle Preparation**

#### ❖ **Before you ride . . . . .**

- ❖ Inspect your bicycle
- ❖ Wear a helmet
- ❖ Inflate tires properly
- ❖ Check your brakes

#### ❖ **When you ride . . . . .**

- ❖ See and be seen
- ❖ Wear light colored, reflective clothing
- ❖ Use a backpack
- ❖ Avoid riding at night
- ❖ Ride single file with traffic
- ❖ Obey traffic signs, signals and lanes
- ❖ Use proper hand signals
- ❖ Stay alert for road hazards
- ❖ Watch for motorists
- ❖ Stay out of driver's blind spots
- ❖ Ride far enough from the curb to avoid the unexpected from parked cars

# **Ride To Survive!**



## A Little Bit On Sports Injuries

TIP #1: Warm up.

TIP #2: Wear appropriate shoes and socks.

TIP #3: Keep physically fit. Fit people are less prone to accidents.

TIP #4: If appropriate wear protective pads where needed.

TIP #5: Participate only in games at your skill level.

TIP #6: Observe the rules.

TIP #7: Indoor court? Ensure playing floor is free of water, dirt, and slick spots.

TIP #8: Know your exercise limits.

TIP #9: Cool down.

**“We must use what we have**

**To ‘invent’ what we desire.”**

- Adrienne Rich



**ON SUCCESS:**

**“Success is not final,  
Failure is not fatal:  
It is the courage to continue  
that counts.”**

-Winston Churchill

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**The responsibility for Safety in all facets of our lives,  
really rests in all of our hands.”**

**ENJOY THE REST OF YOUR SUMMER,**

**HAVE FUN, AND BE SAFE ☺**

Contact Me:



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**FIND THE FOLLOWING WORDS ABOVE:**

Autumn, Leaves, Sports, Muscles, Rest, Ice,  
Helmet, Risk, Safety, Sweat, Bike, Injury, Skate,  
Motorcycle, Passenger, Labor Day, Basketball,  
Role Model, Survive, Soccer