

101 SAFE Days of Summer 2011

4th of July

Safety Briefing

Summer Safety 2011



Unsafe Acts

- **Heat Injuries**



- **POV Safety**

- **Recreation Safety**



- **Sports Safety**



- **Water Safety**

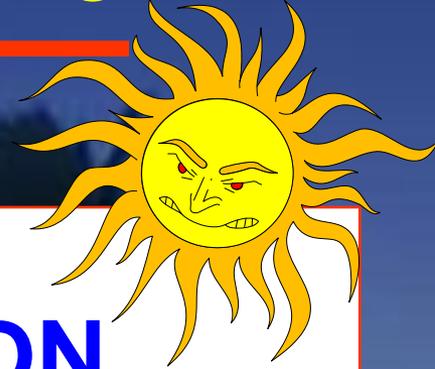
- **Outdoor Safety**



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Unsafe Acts



HEAT INJURY PREVENTION

The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries are easily preventable. By following these simple recommendations, it will decrease your susceptibility to them.

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HEAT INJURY PREVENTION

- Keep Hydrated...Drink plenty of water
- Avoid heavy meals at lunch time
- Maintain a well balanced diet
- Wear appropriate clothing
- Use sunscreen
- Follow recommended work/rest cycles



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HEAT INJURY PREVENTION

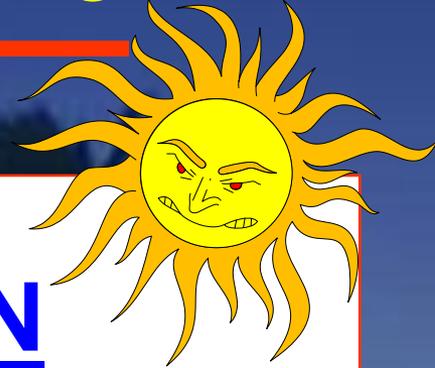
- Keep areas well ventilated
- Schedule outdoor activities during the cooler part of the day
- Use the buddy system - watch for danger signals
- Monitor those at risk
- Use common sense



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SUNBURN PREVENTION

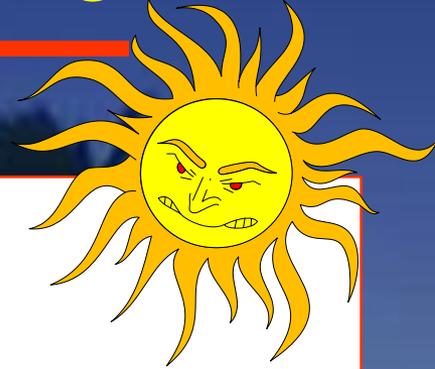
- Use sunscreen - reapply frequently
- Moderation - avoid extended exposure during peak hours (1000-1600)
- Avoid repeated exposure
- Seek medical care if severely burned



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HEAT RASH

CAUSE

Skin irritation caused by excessive sweating in a hot humid environment

SYMPTOMS

Appears as a cluster of pimples or small blisters neck, groin area; under breasts & arms; and skin creases

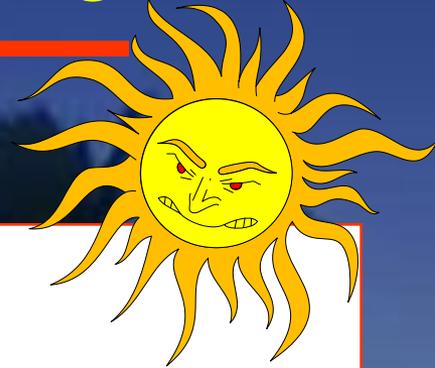
TREATMENT

Baby powder with corn starch
Cool shower - avoid lotions - change clothes frequently

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HEAT CRAMPS

CAUSE

Excessive loss of salt from the body

SYMPTOMS

Painful cramps of the major muscle groups
(arms, legs, or stomach)

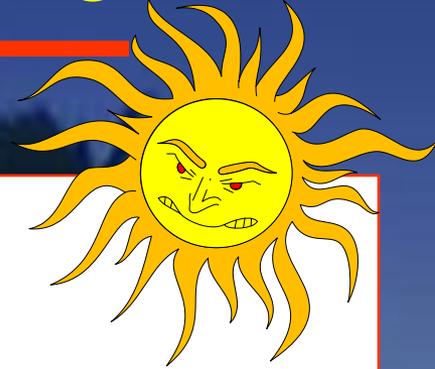
TREATMENT

Provide cool water - shade - monitor

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HEAT EXHAUSTION

CAUSE

Excessive loss of salt and water in the body

SYMPTOMS

Profuse sweating - headache - paleness - weakness
nausea - cool moist skin - tingling sensation in extremities

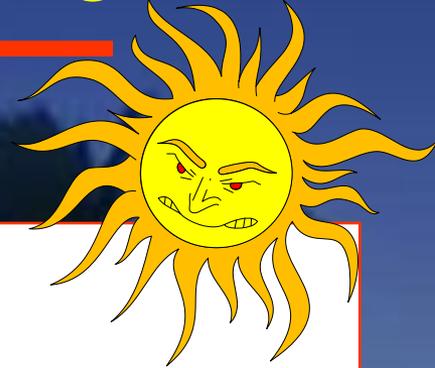
TREATMENT

Provide water - shade - elevate feet - monitor
seek medical attention immediately

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HEAT STROKE

CAUSE

The body's heat regulatory mechanism stops

SYMPTOMS

Headache - dizziness - delirium - weakness - nausea
red, hot skin - unconsciousness

TREATMENT

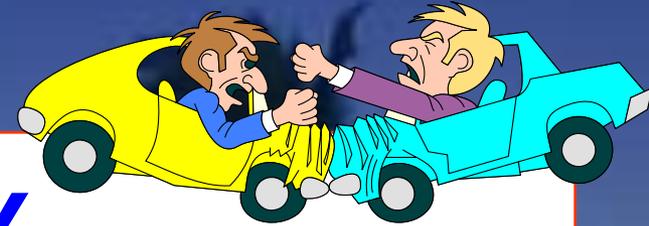
MEDICAL EMERGENCY!!

cool shaded area - soak clothing and fan - elevate feet
massage extremities

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POV SAFETY

Factors that influence our risk:

- Age
- Fatigue
- Seatbelts
- Location
- Alcohol
- Speed

**Vehicle accidents are #1 killer of off duty
Military Personnel**

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POV SAFETY

Age



military Personnel who are 18-26 are at the highest risk.

The chance of involvement in a fatal crash for sailors who are 18-26 is nearly 4x greater than any other age group.

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POV SAFETY



Seatbelts

Seatbelts prevent deaths in 42% of all potentially fatal crashes. Add an air bag to the buckled seatbelt and you increase your odds of surviving the crash to 47%

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POV SAFETY

Alcohol



The intoxicated driver is **15x** more likely to be involved in a crash and to be fatally injured than a sober driver. About **48%** of all traffic fatalities involve an intoxicated or alcohol impaired person.

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POV SAFETY

Fatigue



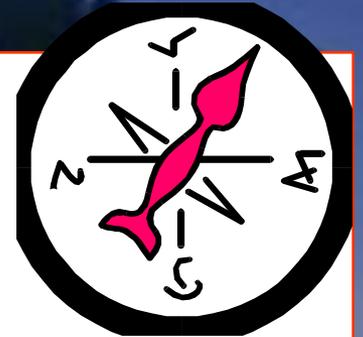
Drivers between the ages of **18-24** are at special risk with over **56%** of fatal crashes involving fatigue or falling asleep at the wheel.

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POV SAFETY



Location

Statistics show that travel on interstates is safer than two lane roads. However, the fatality rate for travel on roads where high speed is possible increases the fatality rate by 30%.

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POV SAFETY

Speed



The faster a car is going, the more distance and time it takes the driver to stop. Speeding also reduces the amount of time a driver has to react, and reduces the ability to safely negotiate the road. **Speed Kills!**

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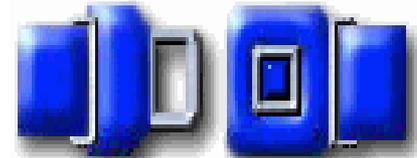
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POV SAFETY



1. Don't drink and drive
2. Use a designated driver
3. Wear seatbelts
4. Obey the speed limit
5. Don't drive when you're tired

Take rest breaks at least every two hours



Drive to Arrive Alive

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POV SAFETY



7. Adjust speed for conditions
8. Don't follow too close
9. Maintain your vehicle
10. Drive defensively
11. Avoid use cellular phone while driving.



Drive to Arrive Alive

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Recreational Safety

- Get in shape, start slowly
- Choose exercise appropriate for your age and conditioning
- Start with warm-up
- Finish with cool down
- Know your exercise limits
- Dress appropriately



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Sport Injuries



More military Personnel are injured playing sports than performing on duty naval activities.



Basketball is the most frequent sports injury producer in the military.



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Sport Injuries

Before taking the court..

- Warm up
- Stay physically fit. Fit sailors are less prone to accidents
- Wear appropriate shoes and socks
- Wear knee pads to protect knees
- Participate only in games at your skill level
- Ensure playing surface is safe and goals secure



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Bicycle Safety

- Bicycle crashes result in 800-900 deaths per year
- 90% of bicycle-related deaths involve collisions with motor vehicles

Before you ride.....

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

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Bicycle Safety



When you ride.....

- **See and be seen**
- **Carry a backpack with essential repair tools**
- **Avoid riding at night**
- **Ride single file with traffic and obey traffic signs**
- **Use hand signals**
- **Stay alert for road hazards**
- **Watch for motorists**
- **Stay out of driver's blind spots**

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Jogging Safety



- Pace yourself
- Good running shoes are essential
- Always jog against traffic
- Be seen while running
- Finish with cool down
- Headphones are prohibited

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Water Safety

Drownings.....

- Are a major cause of off duty sailor's deaths
- Most often occur during off-duty recreational swimming in unauthorized swimming areas after dark
- Frequently related to alcohol use

Be Safe around Water



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Water Safety

- Learn to swim and know “your limits”
- Use the buddy system
- Swim in supervised areas
- Obey “**NO DIVING**” signs
- Don’t drink and swim
- Wear PFD’s when boating and fishing
- Know the weather conditions
- Use common sense - don’t swim after eating, while chewing gum or after drinking.



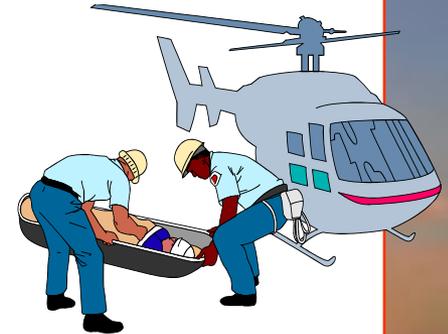
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Watch out for the “Dangerous Too’s”

- Too tired
- Too cold
- Too far from safety
- Too much sun
- Too much strenuous activity



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Water Safety



Most boating mishaps involve capsizing, falls overboard and collisions. About 90% of all fatalities are caused by drowning, and in nearly all cases personal floatation (PFD's) were NOT used.

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BOATING LIMITS



- Limit loading your boat to recommended weight
- Limit movement inside the boat
- Limit boating to safe weather and water conditions

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BOATING SAFETY TIPS

- Yield right of way
- Be aware of others
- Avoid alcohol
- Maintain a safe speed
- Don't overload
- Don't loan to inexperienced operators
- Wear proper clothing
- Ensure proper maintenance



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JET SKIS



“Jet Skis” or “personal watercraft” are classified as Class A inboard boats.



What does that mean?

It means that they are subject to the same rules and regulations as any other power boat. And operators must attend the required Coast Guard safety course

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WATER SAFETY RISK MANAGEMENT POINTER



DRINKING + WATER = TROUBLE

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WATER SAFETY RISK MANAGEMENT POINTER



PERSONAL
FLOATION DEVICE



**IT WON'T WORK
IF YOU DON'T WEAR IT**

A tropical sunset scene with palm trees and a bright sun low on the horizon. The sky is a mix of blue and orange, and the sun is a bright yellow-orange circle near the horizon. Several palm trees are silhouetted against the sky. The text "Thank you and have a safe 4th of July!!!" is written in a yellow, cursive font across the middle of the image.

Thank you and have a safe 4th of July!!!