

2018 SUMMER SAFETY



Critical Days of Summer Presentation

Here comes Summer...



And for many in the fleet this means warm weather!

Before you rush off for whatever fun-filled activities you have planned let's go over a few safety topics for the **Critical Days of Summer.**

(we will try to make this is painless as possible)

Summer 2017 Fatalities

In 2017, Between
Memorial Day and
Labor Day:

12 Sailors and

14 Marines lost
their lives



Impact: 26 trained and ready Sailors and
Marines are no longer with us.

Summer 2017 Overview

Traffic and Off-Duty/Recreation Mishaps

Total Traffic and Off-Duty/Recreation Fatalities

- 8% higher than previous 5-year average (26 vs. 24.8).
- 37% increase from previous year (26 vs. 19).

Automobile Fatalities

- 6% higher than 5-year average (7 vs 6.6).
- 12% decrease from previous year (7 vs. 8).

Motorcycle Fatalities

- 49% higher than 5-year average (17 vs 11.4).
- 112% increase from previous year (17 vs. 8).

Pedestrian Fatalities

- 44% less than 5-year average (1 vs. 1.8)
- No change from previous year (1 vs. 1).

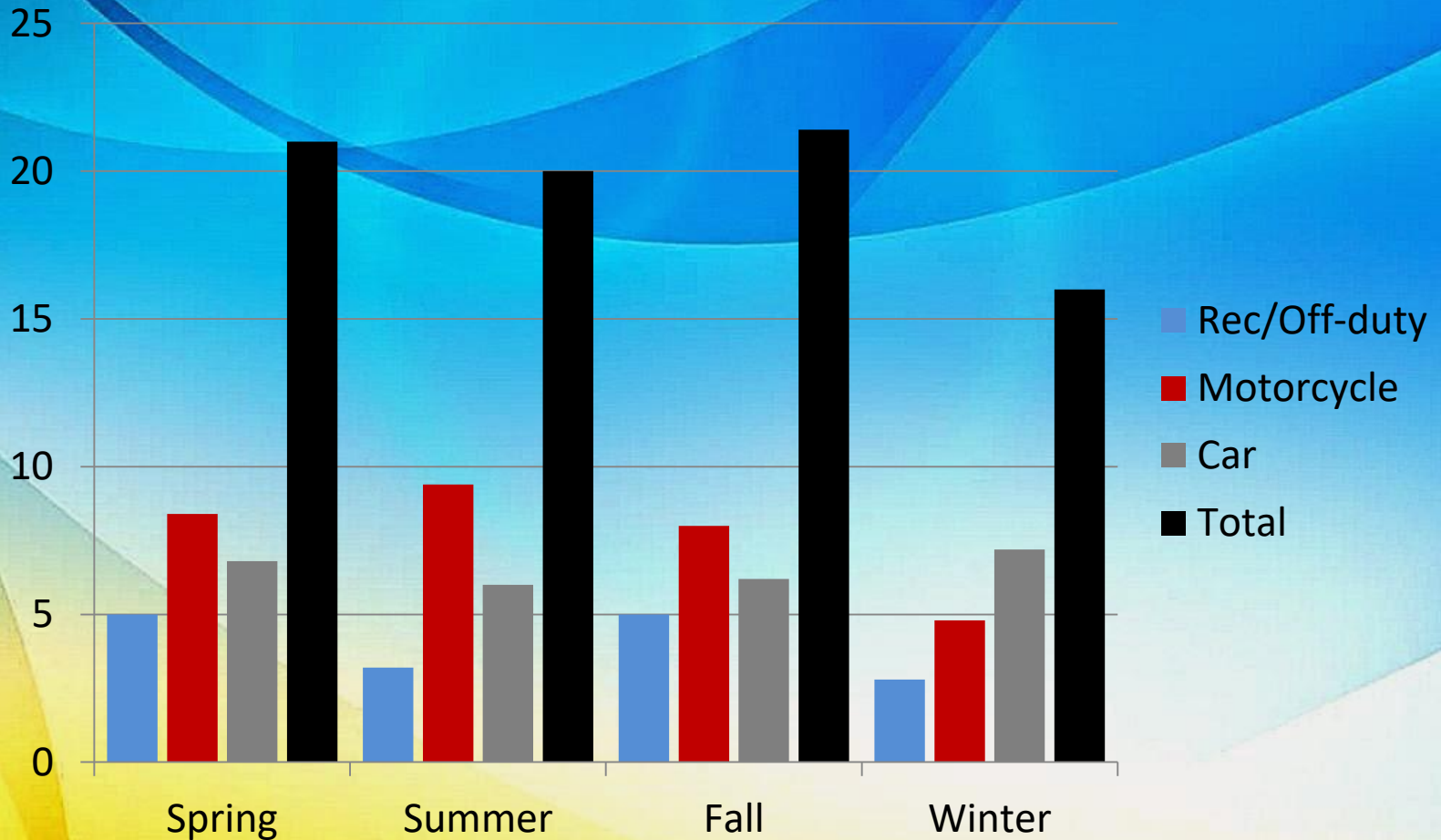
Off-Duty/Recreation Fatalities

- 81% less than 5-year average (1 vs 5.2).
- 50% decrease from previous year (1 vs. 2).



Is Summer More Dangerous?

5-Year Average # of Deaths

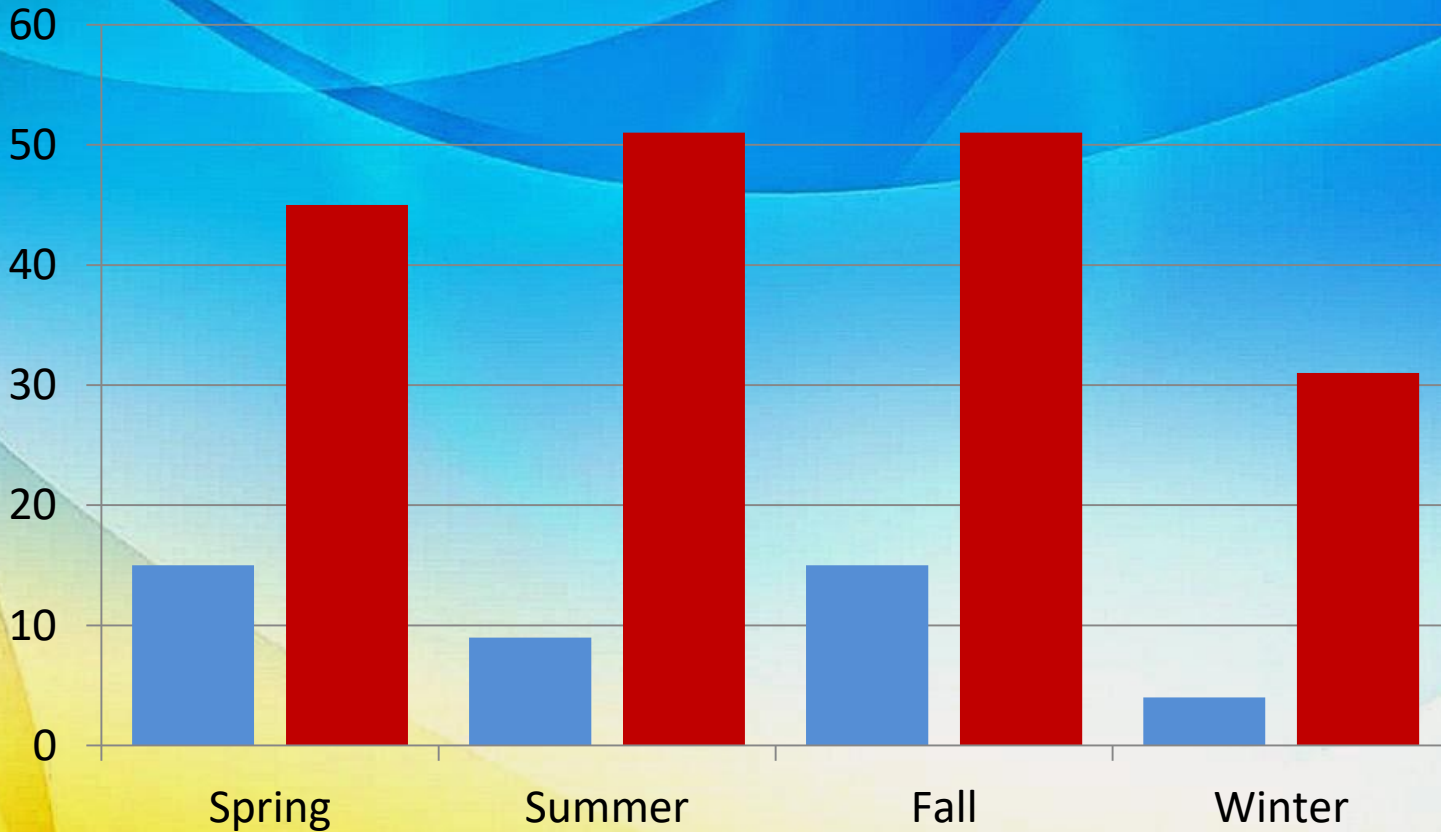


Data show average Off-Duty/Recreational Fatalities, FY13-17, for Navy and Marine Corps; total includes pedestrians

Seasonal Deaths

■ Rec/Off-duty ■ Auto/Motorcycle/Ped/Bike

3-Year Total # of Deaths



Data show types of Off-Duty Fatalities, FY15-17, Navy and Marine Corps

Top 10 killers during the CDOS...

Dept. of the Navy (DON) CDOS 5-years
Fatality Causes



Safe Barbecuing

- **Keep your grill outside.** Keep away from house, trees, and deck railings.
- **Read the owner's manual.** Make sure your grill is assembled properly and stable.
- **Protect yourself.** Grill gloves, utensils with long handles, and avoid loose fitting clothing.
- **Clean thoroughly.** Keep a fire extinguisher handy.
- **Man the fire.** Never leave unattended when flames are present or hot.
- **Start a gas grill with the lid open.** Lighting while closed can cause a dangerous buildup of gas.
- **Be responsible with lighter fluid.** Only use to start a charcoal grill.



- **Check the gas lines.** Conduct a gas leak test at the beginning of every season. Inspect propane tanks.
- **Use the right cords.** Only use an outdoor extension cord that is properly grounded.
- **Shut down your grill correctly.** Turn off burners and fuel supply.

Swim Safety

- Always swim with a partner
- Never allow young children to swim without adult supervision
- Never swim when you are tired, under the influence of alcohol, drugs, or medication
- Know and observe your **swimming limitations** and **capabilities**
- Avoid swift-moving water. If caught in a current, swim with it and angle towards shore or the edge of the current
- Observe warning signs.
- Stay out of the water during thunderstorms and severe weather.



Diving Safety

Never dive into shallow water. Always inspect the depth of the water to make sure it is deep enough for diving. If diving from a high point, make sure the bottom of the body of water is **DOUBLE** the distance from which you're diving.

Ex: When diving from 8 feet above water, make sure the bottom of body of water is AT LEAST 16 feet under water.



Develop a plan for reaching medical personnel who can treat swimming-related injuries. Anyone watching swimmers near the water should learn CPR and be able to rescue them.

Rip Currents

A rip current: A strong channel of water flowing seaward from the shore. It can occur at any beach with breaking waves.

How to escape a rip current:

1. **Relax.** Don't swim back to shore directly against a rip. You risk exhaustion and drowning.

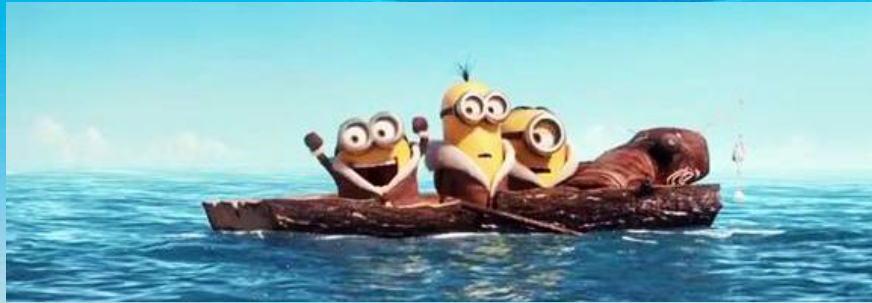


2. **Calmly** float or tread water to conserve energy. Swim parallel to shore until outside of the rip or in a **diagonal direction** towards the shore.

3. Swim where **lifeguards** are present.

Boating Safety

Operating a boat requires concentrated skill and a keen sense of awareness in the boat and on water. A clear head and a responsible outlook are necessary to make a day on the water as smooth and as safe as possible.



1. **Don't overload** - check the boat manufacturer's capacity plate
2. **Know your boat** - what it can and can't do
3. Keep a good **lookout** and **situational awareness** of other boats and objects
4. Ensure crew and passengers wear a USCG approved personal **flotation device**
5. Operate at safe and legal speeds- watch your wake
6. Know and respect the weather - **heed weather warnings!**

Boating Safety and BUIs



Don't forget BUI is just as deadly as drinking and driving!

Alcohol has many physical effects that directly threaten safety and well-being on the water.

Did you know:

- *A boat operator is likely to become impaired **MORE** quickly than a driver, drink for drink
- * The penalties for BUI can include large fines, revocation of operator privileges and serious jail terms
- *The use of alcohol is involved in **about a third** of all recreational boating fatalities
- * It is illegal to operate a boat while under the influence of alcohol or drugs in **EVERY** state. The Coast Guard also enforces a federal law that prohibits BUI. This law pertains to **ALL** boats (from canoes, rowboats to large ships) and includes foreign vessels that operate in U.S. waters, as well as U.S. vessels on the high seas.

Need to take a Boating Class?

Many boating safety courses are offered throughout the country, for all types of recreational boaters, and for boaters of all ages. Qualified volunteer organizations, such as the U.S. Coast Guard Auxiliary, U.S. Power Squadron, and others sponsor many courses, and many state boating agencies also provide classes.

Courses cover many aspects of boating safety, from boat handling to reading the weather, and from a "Water 'N Kids" class to courses for boaters who want to learn electronic navigation skills. The most popular basic courses generally have from 6 to 13 lessons to provide a foundation of operational and safety instruction.

***** Check with your Base/Regional Safety Office for specific requirements and training opportunities for your location! *****

Heat Stress

- Don't allow yourself to become thirsty, drink **WATER** frequently
- Eat well-balanced meals and wear loose-fitting breathable clothing
- Limit physical activities during hot conditions and postpone strenuous activities if heat exceeds **90°F**
- Continually assess the situation and be alert for signs of heat stress



Human Considerations

Emphasize the importance of hydration for all personnel

High correlation between dehydration and susceptibility to hypoxia & other undesired physiological conditions

Heat Stress (body temperature, 99.5 to 100F) reduces:

- Alertness
- Performance, dexterity, and coordination

Heat Exhaustion (101 to 105 F) symptoms:

- Nausea/vomiting
- Extreme weakness or fatigue
- Dizziness and confusion
- Cramps
- Rapid breathing

Heat Stroke (>105 F) symptoms:

- Hot, dry skin or profuse sweating
- Hallucinations
- Chills
- Throbbing headache
- High body temperature
- Confusion/dizziness
- Slurred speech and bizarre behavior



All Aircrew and Maintainers are susceptible!

Beware of hot aircraft surfaces. Wear appropriate PPE!

Aircraft Considerations

Aircraft Performance

Know the effects of the 4 H's (High, Hot, Heavy, & Humid)

An increase in any "H" will decrease performance - they will stack against you

Take real time assessments of the environment throughout your mission

Risk of settling with power

Ensure aircrew review aircraft performance charts for the environment you will be operating in.

Performance calculations should be for worst case environmental

Aircraft Systems

Review NATOPS Hot Weather Procedures

ECS and Avionics cooling, monitor early to ensure system is working

Consider leaving canopy open until ECS is engaged

Environmental Considerations

Late afternoon thunderstorms - thorough weather brief

LPOD shifts to the right to accommodate NVG flights - monitor crew day



Aviation HAZREPs & SIRs

Fixed Wing

- VT-10: SNFO displayed symptoms of heat exhaustion during preflight inspection
 - <https://wessas7.safetycenter.navy.mil:443/thoth/genpdf?docType=av-hazard&mdr=false&docId=1308580219727>
- VFA-106: Aircrew experienced hypoxia
 - <https://wessas7.safetycenter.navy.mil:443/thoth/genpdf?docType=av-hazard&mdr=false&docId=1365083814745>
- VFA-22: Aircraft experienced brake fire on landing roll after diverting
 - <https://wessas7.safetycenter.navy.mil:443/thoth/genpdf?docType=av-hazard&mdr=false&docId=1300040429984>

Rotary Wing

- HT-28: SNA experienced heat exhaustion during preflight
 - <https://wessas7.safetycenter.navy.mil:443/thoth/genpdf?docType=avhazard&mdr=false&docId=1312486174669>
- HM-15: Two crewmen experienced heat exhaustion while performing crew duties
 - <https://wessas7.safetycenter.navy.mil:443/thoth/genpdf?docType=avhazard&mdr=false&docId=1471355821378>
- HSC-5: Aircrew endurance vest has multiple undocumented safety issues
 - <https://wessas7.safetycenter.navy.mil:443/thoth/genpdf?docType=av-hazard&mdr=false&docId=1475774276747>
- HMLA-269: AH-1W struck wire while traveling cross-country
 - <https://wessas7.safetycenter.navy.mil:443/thoth/genpdf?docType=av-hazard&mdr=false&docId=1478095584520>

Tilt Rotor

- VMM-161: Aircraft experienced a hard landing shortly after takeoff with pax onboard
 - <https://wessas7.safetycenter.navy.mil:443/thoth/genpdf?docType=av-hazard&mdr=false&docId=1308880761614>

Fireworks Safety



- Fireworks are illegal in many areas. Check with your city or town before using fireworks.
- **NEVER** allow children to play with or ignite fireworks and supervise children around fireworks at **ALL** times.
- Read and follow **ALL** warnings and instructions
- Be sure people are out of range **BEFORE** lighting fireworks
- **ONLY** light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials
- **NEVER** try to relight fireworks that have not fully functioned
- In case of a malfunction or fire, keep a bucket of water/garden hose and/or fire extinguisher at the ready!!!

Camping Safety- Top 10 Tips

Camping is a fun way to get family and friends together to enjoy the outdoors. Take a few minutes to help ensure your camping trip is safe and healthy.

1. Get vaccinated.
2. Prepare safe food and water.
3. Include safe physical activities.
4. Protect against carbon monoxide poisoning.
5. Avoid wild animals, and protect family pets.
6. Fight the bug bite.
7. Prevent temperature-related illness.
8. Protect yourself from the sun.
9. Avoid water-related illness and injury.
10. Be prepared.

Defensive Riding

- More riders being hit by cars
- Not just visibility – traffic position and awareness are critical
- Riders must protect a clear path of travel
- Drivers must reduce in-vehicle distractions
- Drivers must be more aware of motorcycles, pedestrians and bicycles



AND NEVER TEXT & DRIVE!
No message snap, or tweet
is ever worth it!

Let's talk TEXTING and DRIVING

Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system—**anything** that takes your attention away from the task of safe driving.

Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for **5 seconds**. At **55 mph**, that's like driving the length of an entire football field with your eyes closed.

You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

Why does this matter?

In 2016 alone, **3,450 people were killed.**

391,000 were injured in motor vehicle crashes involving distracted drivers in 2015.

During daylight hours, approximately **481,000** drivers are using cell phones while driving. That creates enormous potential for deaths and injuries on U.S. roads. Teens were the largest age group reported as distracted at the time of fatal crashes.

Motorcycle Safety



***ALL** Sailors and Marines must complete Level I training prior to operating a motorcycle.

***ALL** Sailors and Marines must complete a Level II training course upon successful completion of Level I training.

Standard/Cruiser Riders

✓ Advance Rider Course (ARC)

✓ Experienced Rider Course

Sportbike Riders

✓ Military Sportbike Rider Course (MSRC)

✓ Advanced Rider Course (ARC)

***ALL** Sailors and Marines must complete a Level II or **Refresher** training course every three years. Level III is an acceptable refresher substitute.

*Contact your command **Motorcycle Safety Representative** for course information or visit www.navymotorcyclerider.com to sign up for a course.

Sobering Drunk and Drugged Driving Facts

In 2016, **10,497** alcohol-impaired fatalities occurred, **67 percent (7,052)** of those with a **BAC of .15 g/dL or greater!** Each crash, each death, each injury impacts not only the person in the crash, but family, friends, classmates, coworkers and more.

There are many impairing drugs—**both legal and illegal**—that can impair driving skills: over-the-counter, prescription, legal medicinal/recreational marijuana, and illicit drugs.

Don't Drink and Drive

There are things a person can do if they have been drinking (or know they will be).

These include:

Call a cab. Use UBER, LYFT or other ride application.

If the destination is nearby, walk home.

Have a designated driver before drinking.

Give them the keys before drinking.

Things that won't work:

Drinking coffee

Waiting for it to wear off



Fighting Fatigue

- ✓ Start every trip well-rested.
- ✓ Drive during daylight hours.
- ✓ Schedule breaks every two hours.
- ✓ Never drink and drive.
- ✓ Pull over if you get tired.



Summer Sports Safety

- ✓ Warm-up and stretch prior to activity
- ✓ Stay hydrated
- ✓ Know your limits, maintain current physicals.
- ✓ Wear the proper protective equipment gear and footwear for the activity or sport.
- ✓ Watch for signs of a heat stroke in warm weather.
- ✓ Wear light-colored and reflective clothing when running.



Visit the Naval Safety Center website at

http://www.public.navy.mil/NAVSAFECEN/Pages/shore/off-duty_rec/off_duty_rec.aspx to see more info and resources for Off-Duty and Recreation

Let's talk RISK and the Summer...

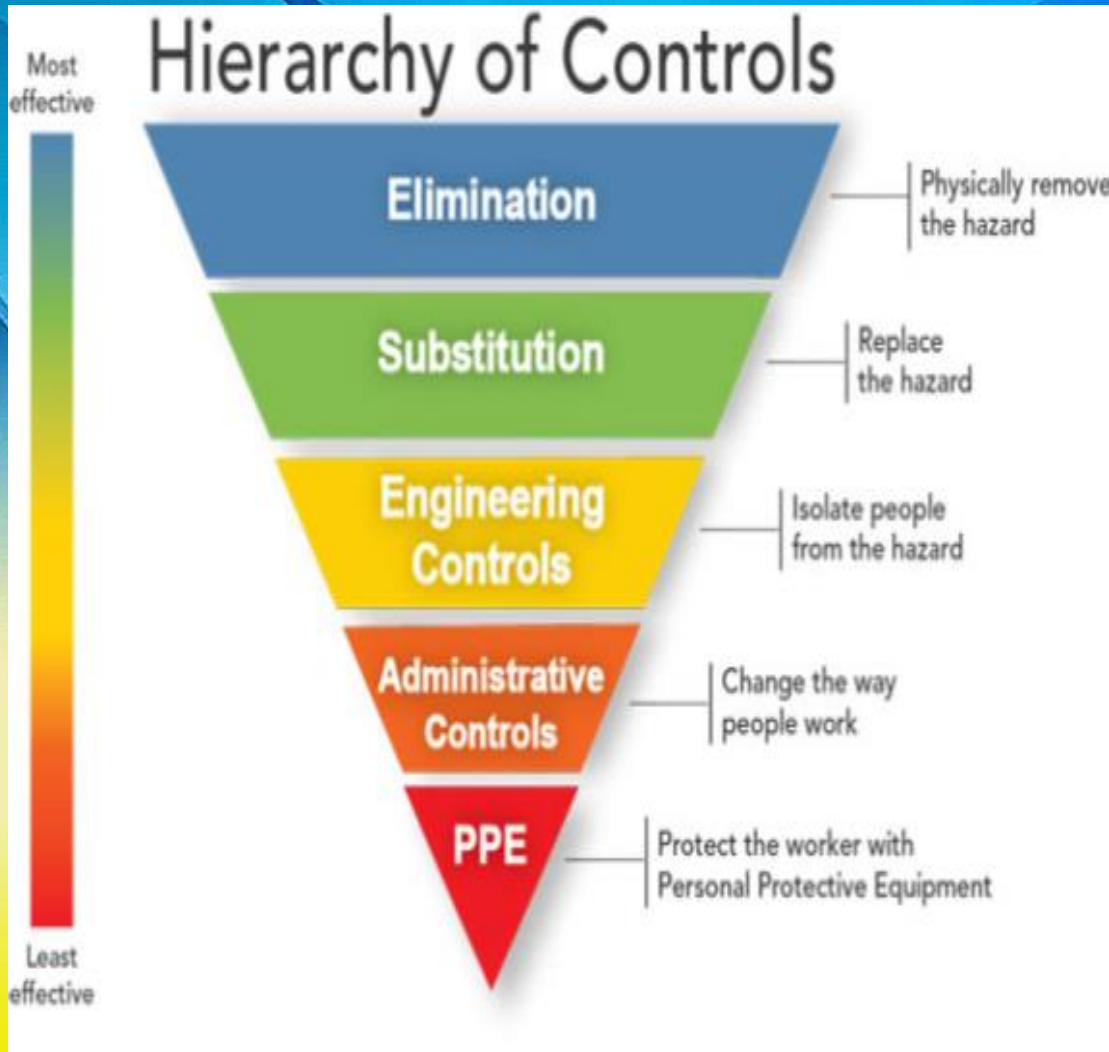
Because we are more active during the Critical Days of Summer, we are exposed to **more risk!**



Summer can be enjoyable and safe if we **don't accept any unnecessary risk!**

But if you don't manage your risk.... Summer can be the most dangerous and life threatening time of year! So let's talk about one way to manage risk...

Anyone know what Risk Controls Are?



Risk Controls are actions you can take to eliminate or reduce the risk

Time Critical Risk Management (TCRM)

Assess the situation- What's different today? Where am I? What is going on? What will happen next?

Balance Resources & Options- What are my options? What resources are available? How do I use them?

Communicate Intentions- Who needs to know? Who can help? Who can provide back-up? Revise if necessary.

Do & Debrief- Carry out the plan. Was mission successful? Did actions reduce risk?



***** TCRM is for ON & OFF-DUTY! Learn it, use it!*****

Time Critical Risk Management (TCRM)

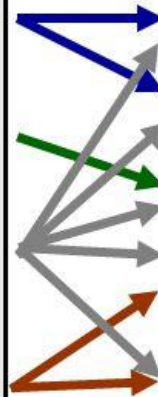


5-Step ORM and ABCD



Time Critical Process and Mnemonic

- A** – Assess (your situation, your potential for error)
- B** – Balance Resources (to prevent and trap errors)
- C** – Communicate (risks and intentions)
- D** – *Do and Debrief* (take action and monitor for change)



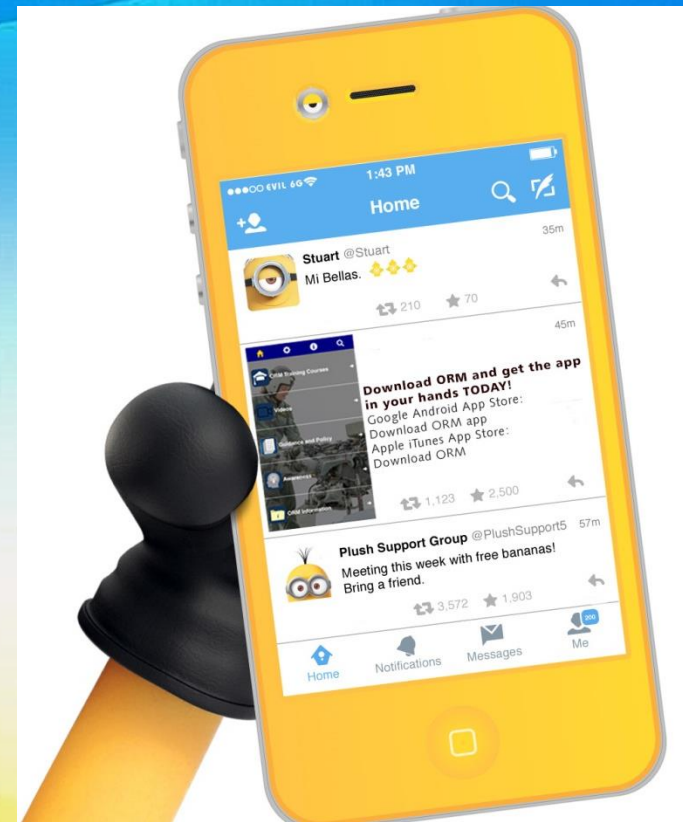
5-Step Deliberate and In-depth Process

1. Identify Hazards
2. Assess Hazards
3. Make Risk Decisions
4. Implement Controls
5. Supervise (watch for changes)

Did you know: ORM Phone App

Operational Risk Management (ORM) free phone application became available Feb 2017.

- Can be downloaded through Apple Store (iPhone) or (Android) devices.
- Allows the fleet access to training and resources.
- Complete your required training.



Manage those risks, and you'll have a fun
and safe summer!



www.public.navy.mil/navsafecen

*** And be sure to like and follow us on **FB** at
<https://www.facebook.com/NavalSafetyCenter>***