

MCLB ALBANY SAFETYGRAM

2016 INDEPENDENCE DAY SAFETY TIPS



This Fourth of July commemorates the 240th anniversary of America's independence. Holiday celebrations involve parades, fireworks, and family gatherings with picnics and barbecues. Independence Day weekend is also known to involve a significant increase in highway travel. Careful and thorough planning is required to ensure all travel and celebrations are executed safely. The following 'Safety Tips' are provided to enhance your Independence Day and weekend activities:

- **MOTOR VEHICLE SAFETY:** Learn and implement corrective actions to prevent common motor vehicle crash causal factors: Distractions; Speed; Alcohol; & Fatigue. Use 'TRiPS' prior to long distance travels. Inspect vehicle for road-worthiness and correct discrepancies prior to traveling. Take rest breaks to combat fatigue, and avoid traveling during normal sleep cycles. Maintain safe following distances and always leave an escape route.
- **GRILLING SAFETY:** Clean and inspect gas grill prior to use. Keep grills away from flammable materials, and keep kids and pets from coming in contact with hot grills. Ensure hands and fingers are well clear prior to opening or closing grill lids. Use long-handled utensils to prevent burns. Avoid using excessive amounts of lighter fluids. Cook food thoroughly and refrigerate left-overs promptly to prevent spoiling.
- **FIREWORKS SAFETY:** Use extreme care around fireworks, and never use illegal fireworks. Know and follow your state and city fireworks ordinance rules. Ensure fireworks are not accessible to children. Do not use fireworks if consuming alcohol, or if in close proximity to flammable material. Dispose of fireworks debris properly. Keep fire extinguisher or garden hose readily available.
- **ALCOHOL AWARENESS:** Make smart choices and set a good example for others. Never get behind the wheel if you've consumed any alcohol. Know your limit and stop drinking before it's reached. Avoid engaging in high-risk activities if alcohol has been consumed. Monitor and control party attendee's alcohol in-take. Make arrangements to get them home safely, or allow them to stay until sober enough to drive. Bystander intervention is key to prevention.
- **RISK MANAGEMENT:** Apply risk management principles in all activities. Exercise strict discipline in avoiding needless risks and their consequences. Maintain a keen situational awareness. Avoid complacency. Intervene when a situation does not look or feel right.



Manage the Risk...Protect What You've Earned!



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