



# Summer 2015 Safety Topics

**Manage risk, safeguard the mission**

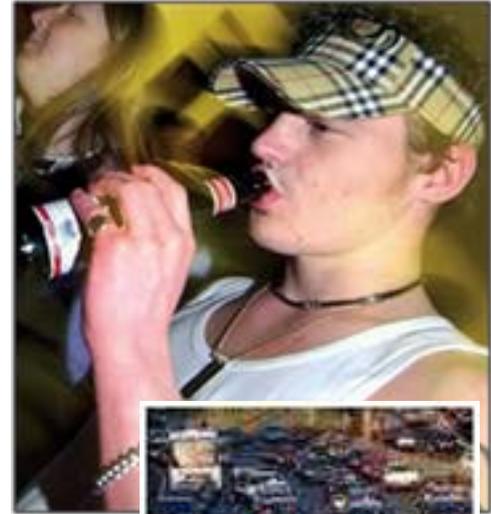


# It's Not Summer Until You've Had Your Lecture!

The summer season brings the potential for increased risk. Why?

Bad headwork leads to bad decisions all year long. So why this brief and why now?

Because we're creatures of habit, and everyone knows it's not summer until you've had your safety lecture.



# Summer Focus Areas

- How Sailors and Marines got hurt
- Cars, motorcycles and traffic
- Alcohol Awareness
- Water safety
- Sexual assault
- Suicide awareness
- Off-duty risk management
- Grills, firearms, sports



# Summer 2014 Fatalities

Between Memorial Day and Labor Day 2014:

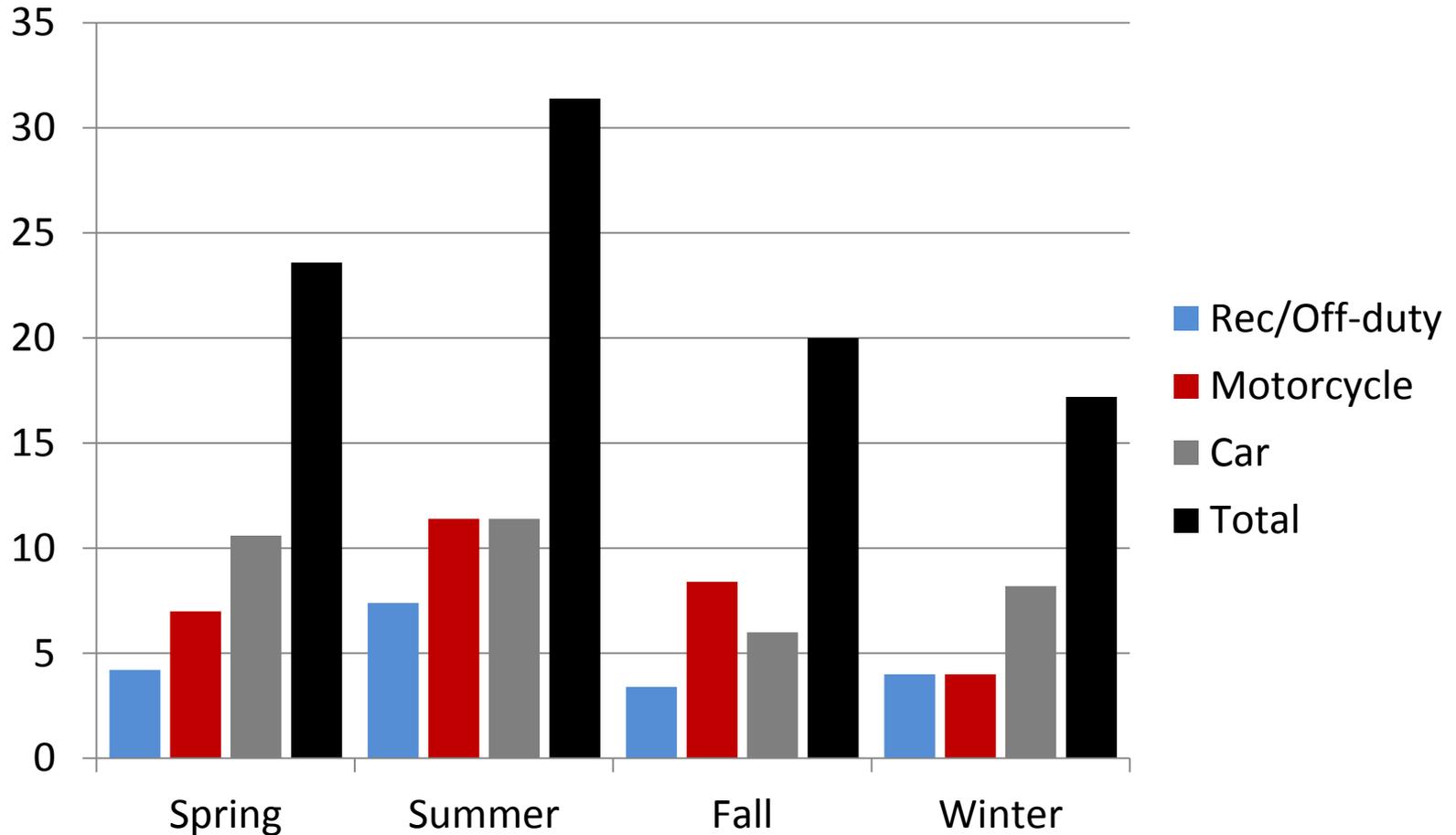
**13** Sailors and  
**9** Marines lost  
their lives



**Impact:** 22 trained and ready Sailors and Marines are no longer with us.

# Is Summer More Dangerous?

5-Year Average # of Deaths

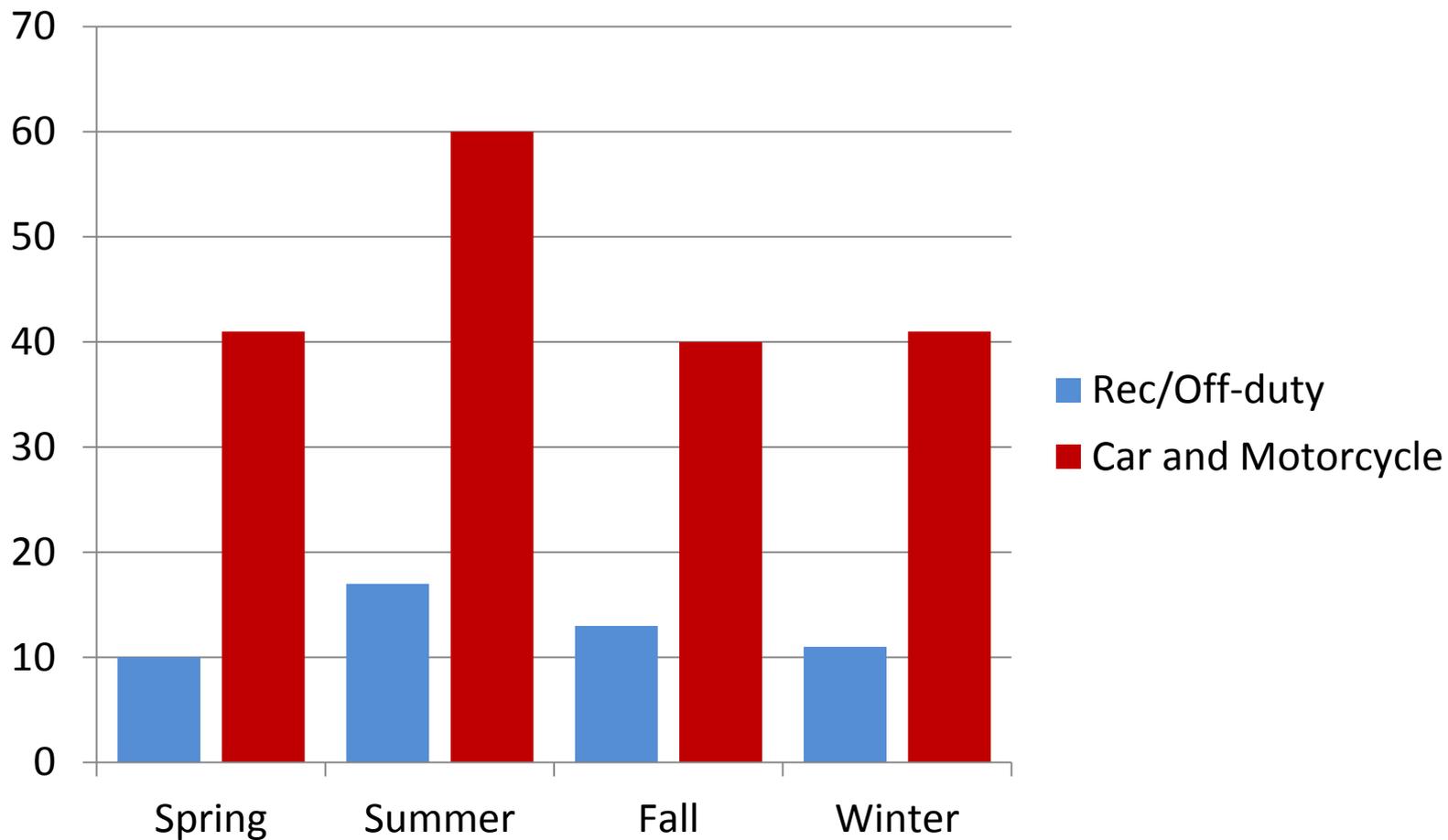


Data show average Off-Duty/Recreational Fatalities, FY10-14, for Navy and Marine Corps; total includes pedestrians



# Summer Traffic Deaths Dominate

3-Year Total # of Deaths



Data show types of Off-Duty/Recreational Fatalities, FY12-14, Navy and Marine Corps

# Who's At Risk?

## E-3 to E-5

- They make up 59% of all Marines and 50% of all Sailors
- However, they made up **86%** of last summer's fatalities (PMV, off-duty/rec)

# Summer 2014 Overview

## Traffic and off-duty/recreation mishaps

The good news:

- ✓ 30% decrease from 5-year average
- ✓ 15% decrease from previous year
- ✓ 10% less as many motorcycle fatalities as previous year
- ✓ All categories (cars, motorcycle, pedestrian and rec/off-duty) 30% below 5-year average (22 vs. 31.4)

# Summer 2014 Fatalities

## Traffic and off-duty/recreation mishaps

### The Bad News

- ✘ **13** fatal traffic mishaps
  - 9 were motorcycles
- ✘ **9** died during recreational activities
  - 4 drownings (2 kayaking, 1 cliff diving, 1 personal water craft )
  - 3 falls (balcony, window, parking garage)
  - 1 ATV wreck
  - 1 private plane crash



# Motorcycle Fatality Trends

- 3 of 9 involved speeding
- 8 of 9 riders were at fault
- 5 of 9 lost control and were single-vehicle
- 6 of 9 below 26 years of age
- 6 of 9 during daylight hours

# 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



# Discussing Traffic Safety

- How has fatigue affected you on the road?
- How does taking short breaks fight fatigue?
- What is the craziest thing you've seen other drivers or motorcycle riders do? What did or could have gone wrong?



# 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.



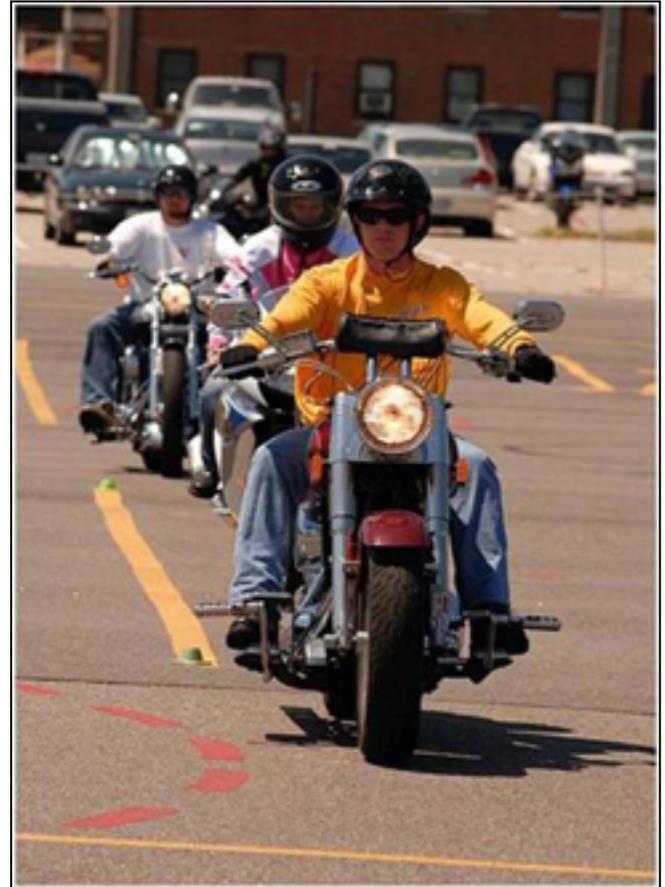
# Close the Motorcycle Training Gap



- All Sailors and Marines who ride must take the Basic Rider Course.
- All sportbike riders must take the Military Sportbike Rider Course 60 days after completing the BRC.

# Close the Motorcycle Training Gap

- All cruiser riders must take the Experienced Rider Course.
- Refresher training is required every three years.
- See your command Motorcycle Safety Representative to sign up for classes



# Profile of a Dead Rider

- Sober during the day
- Speeding
- Failed to identify hazards
- On a sport bike
- First year of riding
- Incomplete training
- Under age 26



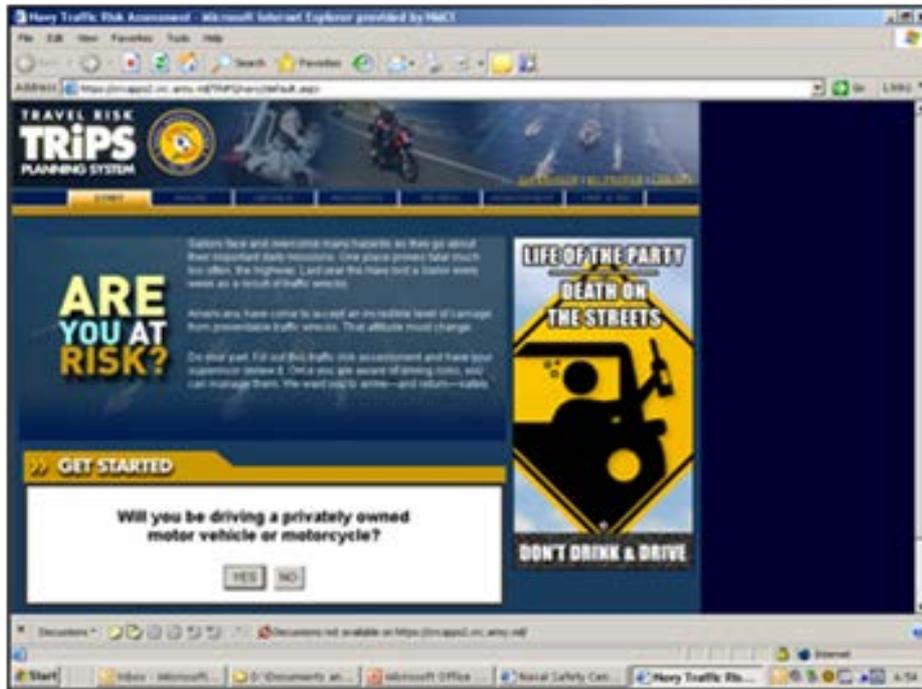
**Didn't know limitations**

# Motorcycles: Profile of a Rider Fatality

- ✗ Sport bike rider
- ✗ First year rider
- ✗ No formal training
- ✗ Under 30
- ✗ Speeding
- ✗ Doesn't know limitations
- ✗ Failed to identify hazards



# Use TRiPS for your Trip



- TRiPS = Travel Risk Planning System
- Easy, online risk assessment that helps you recognize and reduce travel risks
- Supervisory involvement is key
- You have the option of online and a downloadable pdf.

Access TRiPS at <https://trips.safety.army.mil/>

# It's No Laughing Matter

Alcohol-related mishaps kill and injure Sailors and Marines every summer.

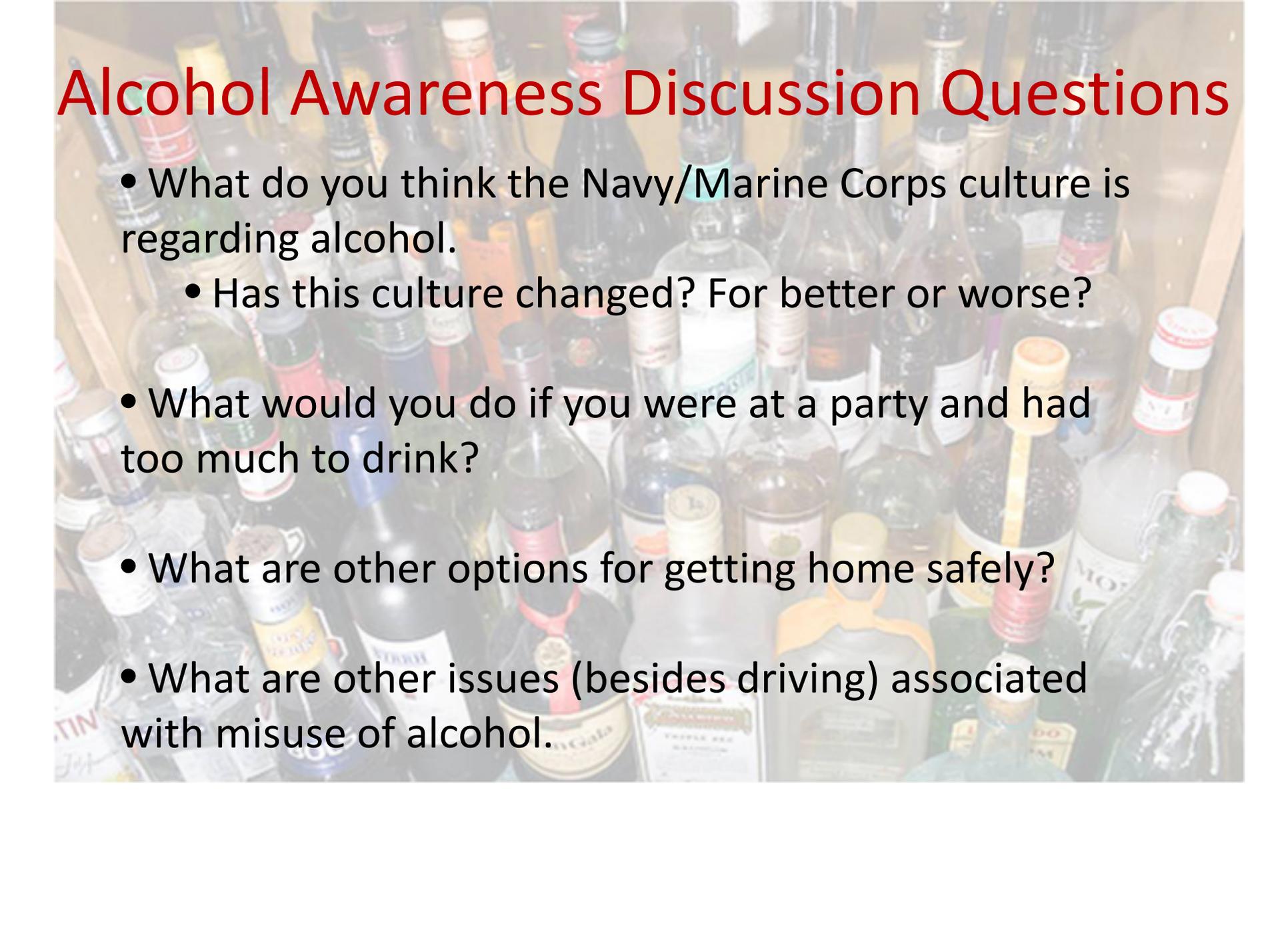


# Alcohol Awareness

- Drinking Facts:
  - Absorption of alcohol depends on
    - Your size, weight, body fat and sex
    - Amount of alcohol consumed
    - Amount of food in your stomach
    - Use of medications
  - 60% of STDs are transmitted by drunk partners
  - In 67% of unplanned pregnancies, at least one partner was drunk.

Information courtesy of [www.thatguy.com](http://www.thatguy.com)



A background image showing a dense collection of various alcohol bottles, including beer, wine, and spirits, arranged on shelves. The bottles are of different shapes, sizes, and colors, creating a textured and colorful backdrop for the text.

# Alcohol Awareness Discussion Questions

- What do you think the Navy/Marine Corps culture is regarding alcohol.
  - Has this culture changed? For better or worse?
- What would you do if you were at a party and had too much to drink?
- What are other options for getting home safely?
- What are other issues (besides driving) associated with misuse of alcohol.

# How Do You Know if You Need Help?

- Have you ever felt you should cut back on your drinking?
- Does your drinking ever make you late for work?
- Do you ever forget what you did while you were drinking?
- Do you ever drink after telling yourself you won't?
- Have people annoyed you by criticizing your drinking?
- Do you ever need a drink first thing in the morning to steady your nerves or get rid of a hangover?

# How Do You Know if You Need Help?

If you answered yes, even once, to the questions on the pervious slide, you may have a problem with alcohol.

- Help is easy to find!
- Learn what Tricare can do by visiting [www.tricare.mil/ProviderDirectory/](http://www.tricare.mil/ProviderDirectory/)  
<http://www.tricare.mil/mtf>
- To find a local resource, call the Center for Substance Abuse Treatment at 1-800-662-HELP

# On the Water

- Learn to swim
- Swim where lifeguards are present
- Keep a close eye on kids
- Obey signs about water conditions
- Know your limits

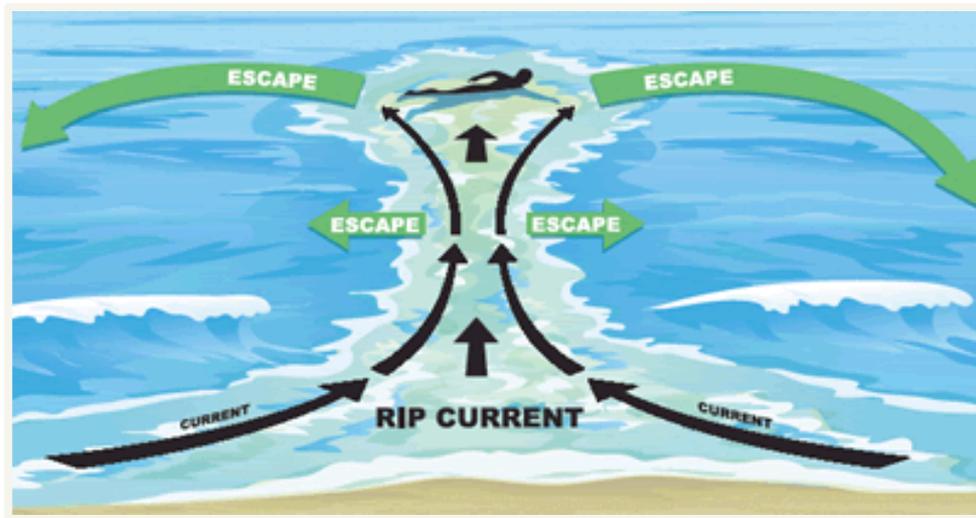


# Water Safety Discussion Questions

- Name three reasons why alcohol and water can be a dangerous combination.
- What is the best way to escape a rip current?
- Discuss ways to protect kids around the water.



# Rip Currents



- Don't panic.
- Swim parallel to the shore until you are out of the current.
- Rough undertow is dangerous as well

# Boating Safety



- Take a Coast Guard approved boating safety class
- Ensure everyone aboard has a personal flotation device.



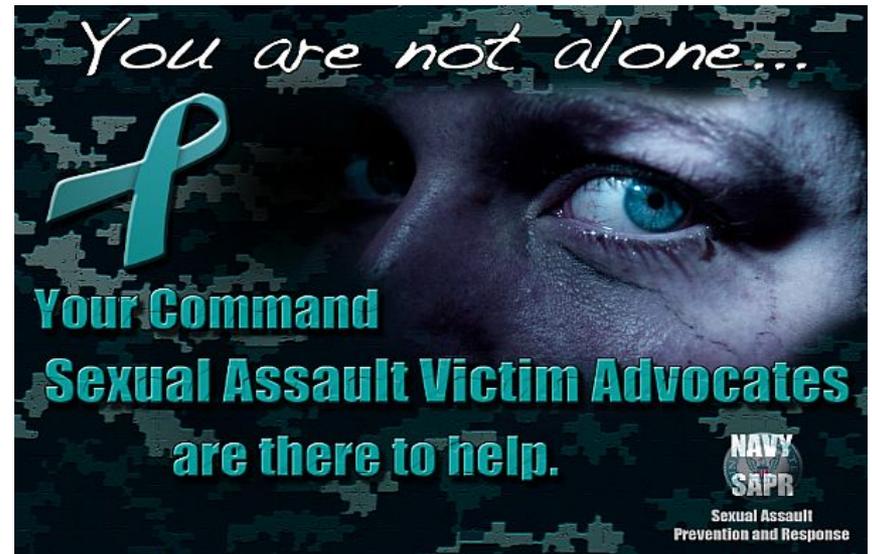
# Preventing Sexual Assault: For Victims, It's a Safety Issue

- Directly approach potential problems and express concern
- Involve friends, witnesses and authorities
- Distract the predator and remove the potential victim
- Don't leave potential victims alone



# Discussing SAPR

- What would you do if you witnessed a shipmate being harassed or assaulted?
- What resources are available for victims?
- Can men be victims?
- How can you help?



# Preventing Sexual Assault

## Be an Active Bystander

### **Direct Approach**

- Talk to your friend to ensure he or she is doing okay
- Pull your shipmate aside and say you think the situation is dangerous
- Point out the potential perpetrator's disrespectful behavior in a safe manner to de-escalate the situation
- Recommend to a bartender or party host that potential victim or perpetrator has had too much to drink

### **Involve Others**

- Grab a friend or two before speaking with the potential perpetrator
- If the situation seems to be escalating, call the police

# Preventing Sexual Assault

## Be an Active Bystander

### **Distraction**

Make up an excuse to get your friend get away from the creep (e.g., “I think I lost my phone. Can you help me look for it?” “I was thinking of grabbing some food, want to come with me?”)

### **Be a Third Wheel**

If it seems like the potential perpetrator is trying to isolate your shipmate (offering him or her a ride, inviting him or her to their home, etc.) go with them.



# Suicide Warning Signs

- Expressing suicidal thoughts
- Increased drug and/or alcohol use
- Withdrawal from friends and family
- Recklessness
- ACT: Ask, Care, Treat



**For resources, visit [www.suicide.navy.mil](http://www.suicide.navy.mil)**

# Manage Risks Off-Duty, Too

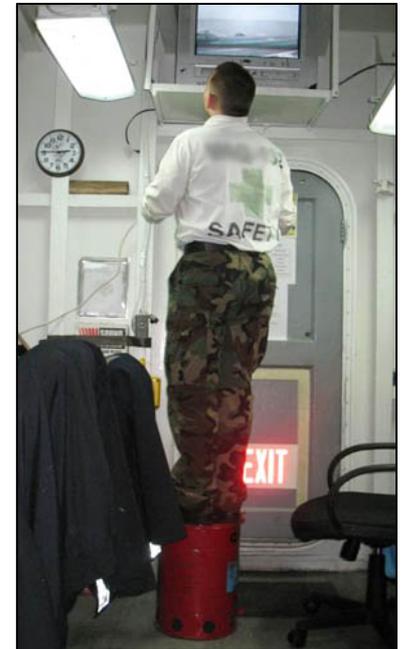
- Risk management isn't just for work
- Plan for the worst case
- Have a sound plan, follow it, and adjust when new risks arise



... or maybe you didn't really need that refrigerator after all.

# Walk the Walk

- Don't take shortcuts
- Don't get in a hurry
- If junior people see you doing something wrong, they figure it is OK



# Buddy System

- Two heads aren't better than one if one of them is a bonehead
- Choose your buddies carefully
- Don't hesitate to speak up



# Grilling

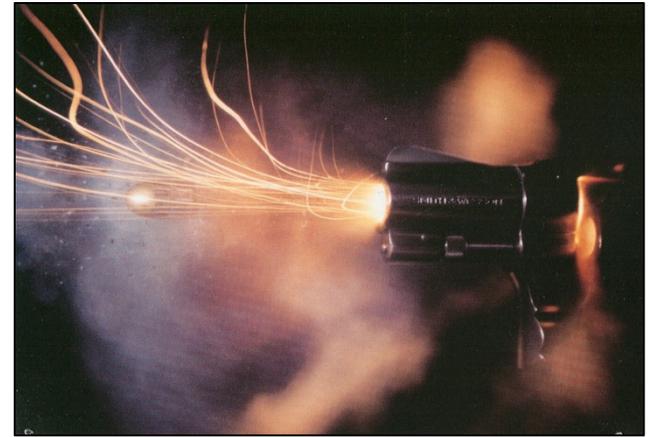
- Keep your grill at least three feet away from structures and trees.
- Use starter fluid that is made for especially for barbecue grills. Follow the instructions.
- If you have a gas grill, make sure you know how to use and store it.
- Make sure the valves work and that you are familiar with their purpose.



**Note: These Sailors are doing it wrong.**

# Firearms

- Teach children not to touch guns.
- Treat every gun as if it were loaded. Assume nothing and always check.
- While target shooting, know your target and what is beyond it.
- Always point a firearm down and in a safe direction, never at people.
- Store guns unloaded. Keep ammo in a separate place and locked up.



# How Sailors and Marines Got Hurt

Top Five Injury-Producing Activities, Summer 2014

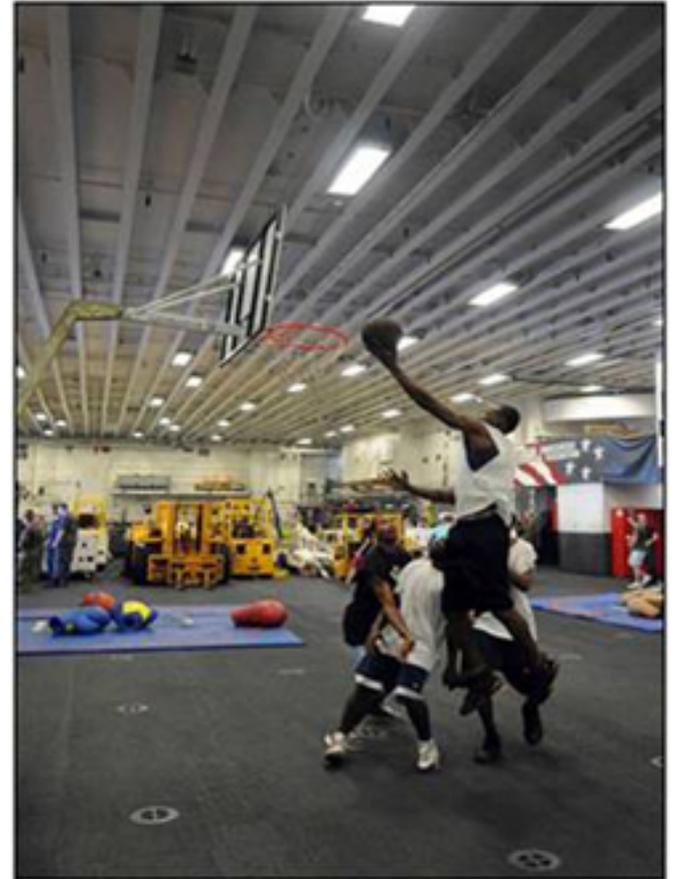


1. Basketball
2. Football
3. Jogging/Running
4. Baseball/Softball
5. Soccer
6. Bicycling



# Summer Sports Safety

- Stretch prior to activity
- Stay hydrated
- Wear proper gear and footwear
- Know your limits



# Veterans Crisis Line – Call, Chat or Text



 **Veterans  
Crisis Line**  
1-800-273-8255 **PRESS 1**

**IT'S YOUR CALL**

**Confidential help for  
Veterans and their families**

• • • • Confidential chat at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net) or text to **838255** • • • •

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

Questions?



[www.public.navy.mil/comnavsafecen](http://www.public.navy.mil/comnavsafecen)