

MCLB ALBANY SAFETYGRAM

RECREATIONAL AND OFF DUTY SAFETY

Off-Duty recreation is a fundamental part of a Marine and Civilian Marine's way of life. These activities instill qualities of confidence, competitiveness, aggressiveness and determination. By utilizing proper supervision, effective instruction, appropriate training and thorough planning, prevention of mishaps can be achieved.

Recreational mishaps cost the Navy more than 12,000 workdays and more than \$1,000,000 in losses every year. Approximately, 90% of all mishaps involve human behavior. The most common factors are: lack of knowledge, inattention or distraction and intentional violation of safety procedures.

Enjoy recreational and off duty activities while managing risk by following the safety tips below:

WATER SAFETY

- Use Personal Floatation Devices (life jackets) approved by the Consumer Product Safety Commission (CPSC) when boating.
- Do not leave children unattended in the water and take CPR classes whenever possible.
- Do not overestimate children's swimming abilities or underestimate the water depth.
- File a 'float plan' with a relative or friend, meaning to let someone know where you are going.

PLAYGROUND

- Supervise children on the playground and consider the age or height requirement to use it.
- Apply sunscreen of at least SPF15 to prevent sunburns. Use mosquito-repellent products as necessary to prevent insect-borne diseases.
- Inspect playground equipment for hot surfaces, cracks, sharp edges, etc. before use.

SPORTS

- Make sure you have the proper training, physical conditioning and required safety equipment before participating in any sport activity.
- Minimize the chance of muscle strain by warming up and stretching before exercising/playing. Conduct cool down exercises after activity to loosen up muscles.
- Schedule frequent water breaks during practices and games. Replenish fluids properly considering high temperatures.

MOTORCYCLE

- Always wear a properly fitted helmet. Use of CPSC approved helmet is mandatory when riding on DoD Installations.
- Wear bright-colored clothing in daytime and reflective gear for nighttime.
- Do not ride under the influence of alcohol or drugs.

By following the safety recommendations above, recreational and off duty activities can be enjoyed in a safe manner, remember that our forces are affected just as drastically by an off-duty mishap as by one occurring at work.

For more information, login to ESAMS and search for the training course:

Recreational and Off-Duty Safety Training Awareness (course #1263), or follow the link below.

https://esams.cniv.navy.mil/ESAMS_GEN_2/GlobalTraining/Rec_OffDuty/ControlPanelMain.asp.



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