



101

CRITICAL
DAYS
OF
SUMMER

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FRONT COVER IMAGE BY BRIANA TOZOUR / BACK COVER IMAGE BY ANDRII LEONOV



PHOTO BY ANNA-DEMIANENKO

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HOME SAFETY



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COMMANDER'S LETTER



Rear Admiral "Lucky" Luchtman

Greetings from the Naval Safety Center,

From Memorial Day to Labor Day, we lose more Sailors and Marines than at any other time of the year.

During this period, the weather is warmer and the days are longer. Many of the summer activities we enjoy are inherently dangerous if we do not first think about how to mitigate the risks. The last couple of months have been particularly challenging given our distributed operations due to COVID-19. As some of the restrictions start to relax across the country, we're going to be spending more time swimming, boating, riding motorcycles, celebrating America's independence with fireworks, and hosting barbecues and gatherings with families and friends.

The Secretary of Defense reiterated his three priorities for COVID-19 response:

- 1) protect our military and civilian personnel and their families;
- 2) safeguard our national security capabilities;
- 3) support the whole-of-nation response to the pandemic.

We must continue to be deliberate in our

efforts to keep ourselves, our families, and those around us safe, both from the pandemic and the inherent dangers of our traditional summertime activities. It is incumbent upon us all to continue exercising procedural compliance by practicing personal discipline and taking personal responsibility for our actions by doing the right thing.

It is critical to our mental well-being to take the time to recharge our batteries by participating in activities that create memories with our loved ones. I will be enjoying many of the same off-duty activities as you. I ask you to join me, especially over the course of the 101 Critical Days of Summer, to take a few extra moments to consider the risks associated with increased outdoor activities, and to have a plan to keep you, your family and your friends safe.

Whether you are on the road, on the water, or in your backyard – we cannot afford to lose you. Every life matters to our warfighting mission, so commit with me today, to smartly plan your summer activities.

My wife Maria and I wish you a safe summer season, and we look forward to continuing to serve with you in the future.

101 CRITICAL DAYS OF SUMMER

Summer is here, and it's time for the Naval Safety Center's Summer Safety Campaign. The 101 Critical Days of Summer began on Memorial Day weekend and will end after Labor Day.

Summer is the longest vacation period of the year. As the restrictions of COVID-19 begin to relax across the country, there will be an increase in people who are out enjoying the sunshine and warm weather swimming, boating, playing, and having a good time. It's also a time of celebration, recreation, staying awake long hours, and driving more miles than your body has the energy for. With all those fun summer activities, the following safety tips are offered to make your summer a safe and happy one.

Each year from FY13-FY19, the Navy lost an average of 13 Sailors, and the Marine Corps lost 8 Marines in off-duty mishaps. Do your part – we can't afford to lose Sailors and Marines to preventable off-duty mishaps.



AFLOAT DRINKING

Photo by Toa Heftiba

From FY15-FY19, there were 79 off-duty Navy and 75 off-duty United States Marine Corps (USMC) cases where alcohol was a contributing factor to the mishap. Impaired Judgment + Poor Vision + Delayed or Slow Reaction Time = MISHAP.

In FY19 alone, there were 22 Navy and 11 USMC cases.

Afloat Drinking

The Centers for Disease Control and Prevention (CDC) reports that alcohol is involved in 70% of deaths related to water recreation. It's not a risk worth taking!

Did you know:

- A boat operator is likely to become impaired quicker than a driver, drink for drink?
- The penalties for Boating Under the Influence (BUI) can include significant fines, revocation of operator privileges and severe jail terms?
- The use of alcohol is involved in about a third of all recreational boating fatalities?
- According to DrivingLaws.org, "a boater who causes "serious bodily injury" to another person while operating a boat under the influence can be convicted of a class 6 felony."

DO NOT MIX SUN AND ALCOHOL

Both alcohol and the sun can cause dehydration. The sun causes your body to sweat in order to stay cool, and if those fluids aren't replaced, your body will undergo adverse reactions. You may feel extremely thirsty, dizzy or fatigued. When people drink they tend to become more lackadaisical and reckless, which can have dangerous implications when water recreation or water sports are involved. In fact, up to 70% of all water recreation deaths of teens and adults involve alcohol consumption. If you are drinking in or near a body of water be aware that you may lack the dexterity needed to stay afloat, which can increase your risk of drowning (the third leading cause of unintentional injury and death worldwide and fifth in the United States). Sun and heat exposure only amplifies this risk. In addition, the physical exertion of swimming on a hot day paired with alcohol consumption can lead to overheating - a risk factor for heat syncope (fainting)- which can have deadly consequences.

AFLOAT ACCIDENTS DUE TO ALCOHOL CONSUMPTION



Image by Drew Dau

Boating accidents are also another major concern. In 2017, the United States Coast Guard reported **4,291** boating accidents that involved **658** deaths, with alcohol as the leading known contributing factor.

According to the Boat U.S. Foundation: "Stressors, such as exposure to noise, vibration, sun, glare, wind, and the motion of the water, affects boat operators and

passengers, thus drinking while boating is even more dangerous than drinking and driving. Research shows that hours of exposure to boating stressors produces a kind of a fatigue, or 'boater's hypnosis,' which slows reaction time almost as much as if you were legally drunk. Adding alcohol or drugs to boating stress factors intensifies their affects—each drink multiplies your accident risk."



Photo by Karsten Winegeart

AFLOAT SAFETY TIPS

Wear the right fit life jacket!

Drownings are by far the highest cause of death related to boating accidents, and over 90% of drownings occur when victims aren't wearing a personal flotation device (PFD). It's not just enough to wear it though, you need to ensure it fits securely and is buckled tight. Make sure there is a PFD for each passenger, including infants and pets. Make sure it fits right by wearing the proper size: Try it on, buckle straps, and zip up zippers. If the jacket rides up above the ears, it's too big. If it doesn't zip closed, the jacket's too small.

Know the Law

Children under 13 years on moving boats are required to wear a properly fitted U.S. Coast Guard-approved life jacket. Laws may vary from state-to-state.

SAFELY

YES

Bad Idea

NON-SAFELY

Each year a staggering number of people lose their lives due to tragic water-related accidents.

According to the CDC, approximately **10 people** per day die from unintentional drowning. Two out of 10 of these victims are under the age of 14.

Drowning is the fifth leading cause of unintentional injury death for people of all ages, and the second leading cause of injury death for children ages 1 to 14 years.

Source: <https://www.cdc.gov>

OPERATOR'S RESPONSIBILITIES

- Don't drink and boat.
- BUI is dangerous and illegal.
- Make sure the boat is in top operating condition.
- Keep legally mandated safety equipment onboard.
- Maintain a safe speed at all times to avoid a collision.
- Keep an eye out for changing weather conditions and act accordingly.
- Know and obey federal and state regulations and waterway markers.

Photo by Maxi Am Brunnen



Photo by Austin Neill

MAN OVERBOARD

When you lose your balance or suddenly slip and fall overboard, it's scary and dangerous. Here are the basic man overboard rescue steps:

Shout – “Man overboard!”

Spot – Locate the person in the water and keep an eye on them at all times. With waves and the boat's movement, it's easy to lose track of your victim.

Throw – Toss a flotation device into the water for the victim to latch onto.

Turn Around – Turn back toward the victim to pick them up. Two types of turns are used to quickly return to the point of origin—the elliptical (an oval racetrack-shaped turn) and the Williamson (most appropriate at night or in reduced visibility), which may be quicker.

The Williamson Turn – If dealing with a man overboard, always bring the vessel upwind of the person.

- Put the rudder over full.
- If in response to a man overboard, put the rudder toward the person (e.g., if the person fell over the starboard side, put the rudder over starboard full).
- Shift the rudder full to the opposite side to stop vessel 60 degrees from its original course and start turning to the opposite direction.
- When heading about 20 degrees short of the reciprocal, put the rudder amidships so that vessel turns onto the reciprocal course.
- Bring the vessel upwind of the person, stop the vessel in the water with the person alongside, well forward of the propellers.

Pull or Climb – Return to the victim's side, toss a lifeline, and tow them in. Or you can pull the victim by the life vest into the boat. If they're strong enough, they may be able to climb aboard via the swim ladder.

MARITIME WARNING SIGNS

Maritime warning flag systems will hoist flags to provide boaters a visual indicator to current weather conditions. Here are a few to know:

One **red flag** denotes a small craft advisory and two red flags indicate a gale warning.



One **red flag with a black square** in the middle indicates a general storm warning.

The use of **two black-squared red flags** denotes a hurricane force wind warning or a hurricane warning or tropical storm, depending on where you are located. Some lakes are big enough to create their own weather so this isn't just for ocean goers.

The National Weather Service generally issues a storm warning for higher winds and wind gusts of 48 knots (89 km/h; 55 mph) to 63 knots (117 km/h; 72 mph) at sea and on many lakes in the United States.

Safety Guidelines

- Do NOT swim alone. 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.

SWIMMING SAFETY



RIP CURRENT

Rip currents are powerful currents of water moving away from the shore. They can sweep even the strongest swimmer out to sea.



WATER-RELATED ACTIVITIES

FROM FY14-FY18, THE NAVY LOST EIGHT SAILORS IN WATER-RELATED MISHAPS. THERE WERE ZERO WATER-RELATED DEATHS IN FY19.

FY19 HAD 35 INJURIES. WATER-RELATED ACCIDENTS DO NOT DISCRIMINATE: JUNIOR ENLISTED, SENIOR ENLISTED, WARRANT OFFICERS, JUNIOR OFFICERS, AND SENIOR OFFICERS ALL SUCCUMB TO THE DANGERS OF BEING AROUND THE WATER.



ALCOHOL CONTINUED TO BE THE LEADING KNOWN CONTRIBUTING FACTOR IN FATAL BOATING ACCIDENTS IN 2018, ACCOUNTING FOR 100 DEATHS, OR 19 PERCENT OF TOTAL FATALITIES.

Photo by Mohammed Nashah
Source: https://uscgboating.org/statistics/accident_statistics.php

POOL SECURITY:

- Use an approved safety cover and keep the pool covered when not in use.
- Never allow children access to the pool without adult supervision.
- Fence and lock your pool.
- Consider installing a water surface tension alarm, or an underwater motion alarm.

USING POOL CHEMICALS SAFELY:

- Ask for help if you are NOT trained for specific tasks.
- Read chemical and entire product label or Material Safety Data Sheet (MSDS) before each use.
- Dress for safety by wearing appropriate safety equipment (for example, safety goggles, gloves, and mask).
- Handle in a well-ventilated area.
- Open one product container at a time and close it before opening another.
- Minimize dust, fumes, and splashes.
- Measure carefully.
- Never mix chlorine products with acid; this could create toxic gases.
- Never mix different pool chemicals (for example, different types of chlorine products) with each other or with any other substance.
- Only pre-dissolve pool chemicals when directed by product label.
- If product label directs pre-dissolving, add pool chemical to water; NEVER add water to pool chemical because a violent (potentially explosive) reaction can occur.

DIVING SAFETY:

- Always test water depth before diving.

If you are unable to see below the water's surface, don't dive.

- Never dive into rivers or other moving bodies of water.
- Keep your arms extended above your head when diving.

READ ALL POSTED SIGNS:

- Follow posted safety rules and warnings.
- Teach kids that being safe in and around the water is a personal responsibility - yours and theirs.

SPIT IT OUT:

- Teach kids not to drink the pool water.
- To prevent choking, never chew gum or eat while swimming, diving, or playing in the water.

AVOID WATER WINGS:

- Do not use air-filled swimming aids (such as 'water wings') in place of Coast Guard-approved life jackets or life preservers with children.

Water wings are not a U.S. Coast Guard approved device for swimming. Using air-filled swimming aids can give parents and children a false sense of security, which may increase the risk of drowning. These air-filled aids are toys and are not designed to be personal flotation devices, as they can deflate or be punctured.

CHECK THE WATER DEPTH:

It is important to maintain the proper water level. Not sure how to figure out if the water in your pool is too high or too low? The American Red Cross recommends 9 feet as a minimum depth for diving or jumping.

ALWAYS BE WATER-AWARE!

Swimming is one of life's great pleasures. It offers many health and fitness benefits, cools you off in the summer, and provides a great opportunity to socialize with family and friends. Although water can be a lot of fun, make sure you and yours stay safe by being water-aware.

LEARN TO SWIM

The best thing anyone can do to stay safer in and around the water is to learn to swim. This includes both adults and children.

Note: The American Academy of Pediatrics now supports swimming classes after the age of 1 if the child is emotionally and developmentally ready.



Photo by Angelo Pantazis

WATCH OUT

Don't get too tired, cold, far from safety, exposed to sun, or experience too much strenuous activity. Don't take chances by overestimating your swimming skills.

Note the weather:

Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.

STORING POOL CHEMICALS

BEFORE YOU STORE POOL CHEMICALS:

- Get trained in pool chemical safety (for example, during operator training course).
- Ask for help if you are NOT trained for specific tasks.
- Read entire product label or Material Safety Data Sheet (MSDS) before storing.
- Learn your pool's Emergency Chemical Spill Response Plan and practice steps (for example: evacuation).

STORING POOL CHEMICALS SAFELY:

- Follow product label directions for chemical storage:

- Dress for safety by wearing appropriate safety equipment (for example: safety goggles, gloves and mask).
- Separate incompatible chemicals (for example: acid and chlorine).
- Lock chemicals up to protect people and animals.
- Keep chemicals dry and do not mix different chemicals (for example: different types of chlorine products).
- Keep chemicals cool in a well ventilated area away from direct sunlight.
- Keep chemicals closed in original, labeled container.
- Store liquid chemicals low to prevent accidental contact (for example: by leaking) with chemicals or substances stored below them.

DISPOSAL OF POOL CHEMICAL CONTAINERS:

- Follow product label directions for safe disposal; never reuse containers.
- Contact local or state hazardous materials agency for proper disposal procedures for pool chemicals in unlabeled containers.

Always respond to pool chemical spills immediately. Follow your pool's Emergency Chemical Spill Response Plan, and be sure to contact the proper authorities and management.

Pool Chemical Safety Sources:

<https://www.cdc.gov/healthywater/pdf/swimming/resources/chemicalsafety/pool-chemical-safety-poster.pdf>

HEAT AWARENESS

WHAT IS HEAT-RELATED ILLNESS?

Heat-related illness, also called hyperthermia, is a condition resulting from exposure to extreme heat where the body becomes unable to properly cool, resulting in a rapid rise in body temperature. The evaporation of sweat is the normal way to remove body heat, but, when the humidity is high, sweat does not evaporate as quickly. This, in turn, prevents the body from releasing heat quickly. Prompt treatment of heat-related illnesses with aggressive fluid replacement and cooling of core body temperature is critical to reducing illness and preventing death.

SUNBURN:

Signs of sunburn:

When you get a sunburn, your skin turns red and hurts. If the burn is severe, you can develop swelling and sunburn blisters. You may even feel like you have the flu -- feverish, with chills, nausea, headache, and weakness. A few days later, your skin will start peeling and itching as your body tries to rid itself of sun-damaged cells.

Sunburn treatment is designed to attack the burn on two fronts -- relieving reddened, inflamed skin while easing pain. Here are a few home remedies for sunburn:

- Compresses. Apply cold compresses to your skin or take a cool bath to soothe the burn.
- Creams or gels. To take the sting out of your sunburn, gently rub on a cream or gel containing ingredients such as: Menthol, Camphor, Aloe. Refrigerating the cream first will make it feel even better on your sunburned skin.
- NSAIDs. Nonsteroidal anti-inflammatory drugs, like ibuprofen or naproxen, can relieve sunburn swelling and pain all over your body.
- Stay hydrated. Drink plenty of water and other fluids so that you don't become dehydrated.
- Avoid the sun. Until your sunburn heals, stay out of the sun.

HEAT CRAMPS:

What to look for:

- Heavy sweating during intense exercise;

- Muscle pain or spasms;

What to do:

- Stop physical activity and move to a cool place;
- Drink water or a sports drink;
- Wait for cramps to go away before you do any more physical activity.

Get medical help right away if:

- Cramps last longer than one hour;
- You're on a low-sodium diet;
- You have heart problems.

WHAT YOU CAN DO:

- During heat waves, frequently check on people at risk for heat-related death, such as the elderly and disabled or homebound people.
- Never leave children alone in cars, and ensure that children cannot lock themselves in an enclosed space, such as a car trunk.
- Limit sun exposure during midday hours and in places of potential severe exposure, such as beaches.
- Drink plenty of nonalcoholic fluids, and replace the body's salts and minerals, which sweating can release. Do not take salt tablets unless under medical supervision.
- Dress infants and children in cool, loose clothing and shade their heads and faces from the sun with hats or an umbrella.
- Provide plenty of fresh water for pets, and leave the water in a shady area.

HEAT EXHAUSTION:

Exposure to excessive heat can directly or indirectly cause some illnesses and can exacerbate many preexisting conditions, such as heart and respiratory disease. Of the heat-related illnesses, heat exhaustion and heat stroke are the most serious. Can occur due to loss of water and salt through sweat. The **symptoms** of heat exhaustion include:

- Muscle cramping;
- Fatigue;
- Headache;
- Nausea or vomiting;
- Dizziness or fainting.

Treatment:

- Stop and rest.
- Hydrate and get into a cool room or shade.
- Loosen clothing and apply cool wet towels or pour cool water over the head.

Prevention: Same as heat cramp prevention.

HEAT STROKE:

If untreated, heat exhaustion may progress to heat stroke. Heat stroke is a serious, life-threatening condition characterized by the following **symptoms**:

- A body temperature greater than 103°F (39.4°C);
- Red, hot, and dry skin (no sweating);
- Rapid, strong pulse;
- Throbbing headache;
- Dizziness;
- Nausea;
- Confusion;
- Unconsciousness.

Very high body temperatures can damage the brain or other vital organs. In severe cases, the problem can progress to multiple organ system failure and death. A serious condition when the body's cooling system stops working and core temperature rises to dangerous levels.

Treatment:

- Reduce body temperature by cooling the body.
- Remove unnecessary clothing.
- Apply water, cool air, wet sheets, or ice on the neck, groin, and armpits to accelerate cooling.
- Seek professional medical attention immediately!

Prevention:

- Same procedure concerning heat cramps or heat exhaustion.

RESOURCES

- CDC: <http://www.cdc.gov/extremeheat/>
- EPA: <http://www.epa.gov/naturaldisasters/extremeheat.html>
- READY GOV: <https://www.ready.gov/heat>
- NOAA: <http://www.nws.noaa.gov/>
- American Red Cross: <http://www.redcross.org/prepare/disaster/heat-wave>
- <https://www.webmd.com/skin-problems-and-treatments/guide/sunburn#1>

FIREWORKS

“

**THEY AREN'T CALLED
'FIRE WORKS' FOR
NOTHING.**

**DON'T LET THE
NUMBER OF HAND AND
EYE INJURIES
SKYROCKET.**

”

101 Days of Summer

FireworksInjuries

230 people on average go to the emergency room every day with fireworks-related injuries in the month around the July 4th holiday.

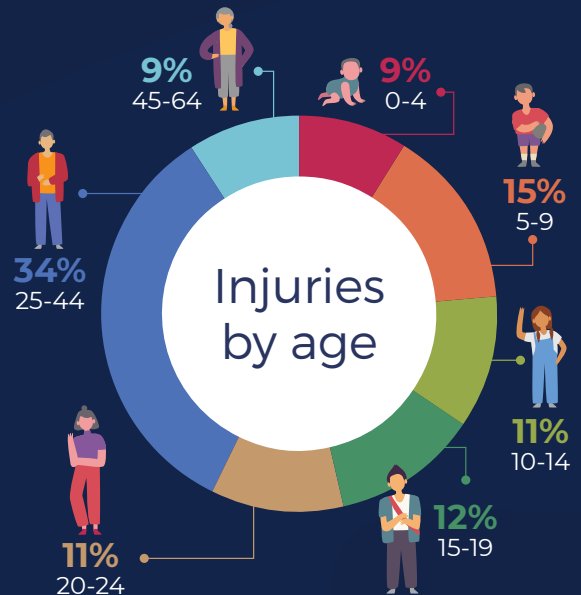


Injuries by Fireworks Type*



*These percents do not account for how many products are used

Injuries by age



Fireworks Safety Tips

- Never allow **children** to play with or ignite fireworks.
- **Never** try to **re-light** or **pick up** fireworks that have not ignited fully.
- Keep a **bucket of water** or a **garden hose** handy in case of fire or other mishap.
- Make sure fireworks are **legal** in your area before buying or using them.
- Ensure **proper handling** of fireworks.



<https://navalsafetycenter.navy.mil>

Source: U.S. Consumer Product Safety Commission Fireworks



GENERAL RULES

1

NEVER allow children to play with or ignite fireworks.

2

Read and follow ALL warnings and instructions.

3

Ensure people are out of range before lighting fireworks.

4

ONLY light fireworks on a smooth, flat surface away from the house, dry leaves and flammable materials.

5

NEVER try to relight fireworks that have not fully functioned.

6

In case of a malfunction or fire, keep a bucket of water (or a garden hose) and fire extinguisher at the ready.

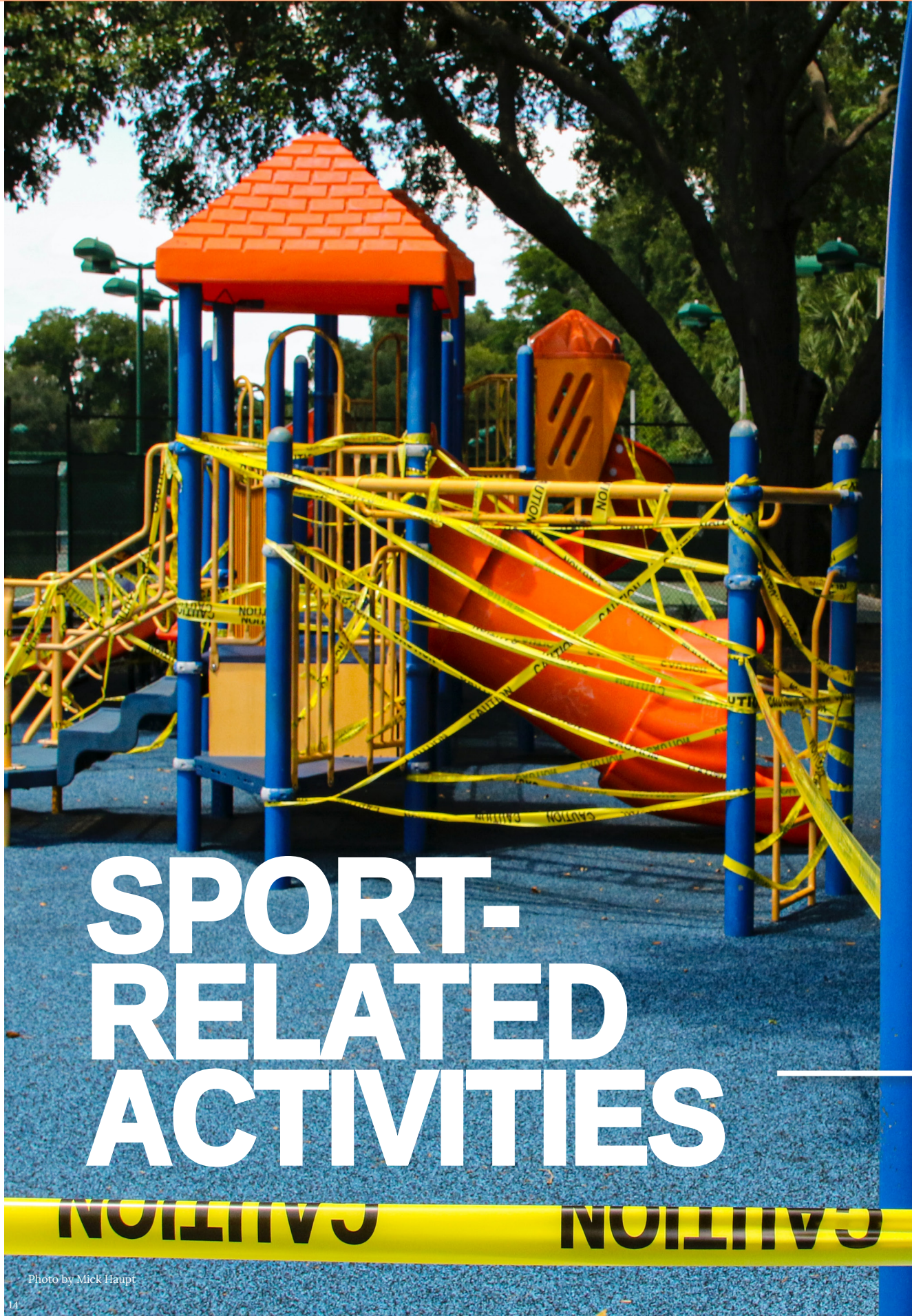


Photo by Mick Haupt

Taking part in sports and recreation activities is an important part of a healthy, physically active lifestyle for kids. But injuries can, and do, occur. More than 2.6 million children 0-19 years old are treated in the emergency department each year for sports and recreation-related injuries.

Thankfully, there are steps parents can take to help make sure kids stay safe on the field, the court, or wherever they play or participate in sports and recreation activities.

Key Prevention Tips

- **Gear up.** When children are active in sports and recreation, make sure they use the right protective gear for their activity, such as helmets, wrist guards, knee, or elbow pads.
- **Use the right stuff.** Be sure that sports protective equipment is in good condition, fits appropriately and is worn correctly all the time, avoid missing or broken buckles, or compressed or worn padding. Poorly fitting equipment may be uncomfortable and may not offer the best protection.
- **Get an action plan in place.** Be sure your child's sports program or school has an action plan that includes information on how to teach athletes ways to lower their chances of getting a concussion and other injuries. Get more concussion safety tips.
- **Pay attention to temperature.** Allow time for child athletes to gradually adjust to hot or humid environments to prevent heat-related injuries or illness. Parents and coaches should pay close attention to ensure players are hydrated and appropriately dressed.
- **Be a role model.** Communicate positive safety messages and serve as a model of safe behavior, including wearing a helmet and following the rules.

Sports Injury Prevention Tips

- Warm up and stretch BEFORE playing any sport.
- Ensure you are physically able to

play – see your physician for periodic physicals.

- Don't participate in a sporting event without a physician's release if you've had a sports injury that required medical attention.
- Make sure to wear all proper protective equipment required for the sport: Shoulder pads, elbow pads, knee pads and helmet for football; batting helmets with faceguards; catcher's face mask, throat guard, chest protector, and shin guards for baseball.

Playground Safety

- Ensure children take off their bicycle helmets when playing on playground equipment.
- Ensure there is soft surfacing underneath the playground equipment.
- Ensure children are sitting down while swinging. Have them slow down before they get off of a swing. DO NOT let them walk near someone else who is swinging.
- Ensure children use both hands when using climbers. Ensure they only climb on dry equipment to prevent them from falling.
- NEVER let your child climb up the front of the slide as they may get hit by another child sliding down.
- Ensure your child slides down feet first. Ensure children slide down one at a time to avoid injuries from a pile up.

Walking, Jogging Safety

- Execute warm up exercise prior to

walking, jogging, or running.

- Jog, run, or walk on sidewalks facing traffic. Exercise caution when jogging, running, or walking near roadways.
- Choose good shoes for jogging, walking, or running.
- Wear loose clothing with light colors. In the evening use reflective clothing.
- Drink plenty of fluids (water or sports drinks) before and during a walk, jog, or run.
- Watch for signs of heat cramps, heat exhaustion, or heat stroke in hot weather.
- Jog, run or walk in a familiar area; carry a whistle or cell phone.
- Allow a cool down period.

Bicycle Safety

As you might expect, when a crash occurs between a vehicle and a bike, it's the cyclist who is most likely to be injured. Below are some tips for your safety when bicycling:

- Find out what you can do to prevent bicycle injuries and deaths, and remember: A large percentage of crashes can be avoided if motorists and cyclists follow the rules of the road and watch out for each other.
- Remember to use arm and hand signals.
- Ride with traffic, not against it.
- Always wear an approved bicycle helmet.
- Avoid riding at night, if possible. If you must ride at night, install front and rear lights on your bicycle and wear reflective clothing. It's the law!

“

Extreme sports can be exhilarating, but deadly.”



Image by Ruben Gutierrez



Weapon Safety

Handling a weapon is simple:

- Treat every weapon as if it is loaded.
- Never point the muzzle at anything you don't intend to shoot.
- If you are not ready to pull the trigger or your sights are not on target, extend your index finger on the slide or frame of the gun. It is best to get your finger up as high as you can and as far away from the trigger guard as possible.

Alcohol and weapons don't mix:

- Do not handle weapons while, or after, consuming alcohol.

Complacency with privately owned weapons (POW):

- Know your weapon.
- Make sure you read the owner's manual and take a class.
- Everyone is a safety officer.
- Intervene when you see a peer, friend, or family member handling a weapon improperly.

Treat every weapon as if it's loaded.

Handle every weapon with care.

Identify the target before you fire.

Never point the muzzle at anything you don't intend to shoot.

Keept the weapon on safe and your finger off the trigger until you intend to fire.

ALWAYS KEEP THE MUZZLE POINTED IN A SAFE DIRECTION

This is the most basic safety rule. If everyone handled a firearm so carefully that the muzzle never pointed at something they didn't intend to shoot, there would be virtually no firearms accidents. It's as simple as that, and it's up to you.

Never point your gun at anything you do not intend to shoot. This is particularly important when loading or unloading a firearm. In the event of an accidental discharge, no injury can occur as long as the muzzle is pointing in a safe direction.

A safe direction means a direction in which a bullet cannot possibly strike anyone, taking into account possible ricochets

and the fact that bullets can penetrate walls and ceilings.

The safe direction may be "up" on some occasions or "down" on others, but never at anyone or anything not intended as a target. Even when "dry firing" with an unloaded gun, you should never point the gun at an unsafe target.

Make it a habit to know exactly where the muzzle of your gun is pointing at all times, and be sure that you are in control of the direction in which the muzzle is pointing, even if you fall or stumble. This is your responsibility, and only you can control it.

FIREARMS SHOULD BE UNLOADED WHEN NOT ACTUALLY IN USE

Firearms should be loaded only when you are in the field or on the target range or shooting area, ready to shoot. When not in use, firearms and ammunition should be secured in a safe place, separate from each other. It is your responsibility to prevent children and unauthorized adults from gaining access to firearms or ammunition.

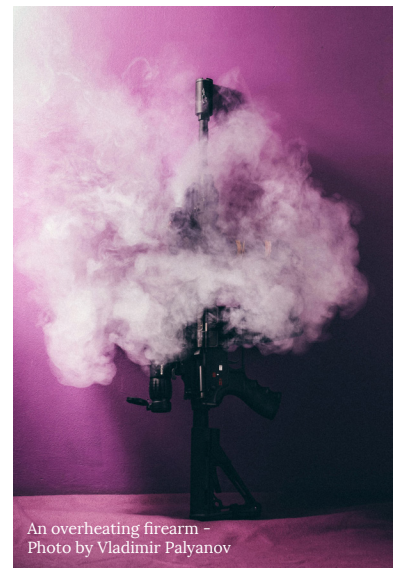
Unload your gun as soon as you are finished. A loaded gun has no place in or near a car, truck, or building. Unload your gun immediately when you have finished shooting, well before you bring it into a car, camp, or home.

Whenever you handle a firearm or hand it to someone, always open the action immediately, and visually check the chamber, receiver, and magazine

to be certain they do not contain any ammunition. Always keep actions open when not in use. Never assume a gun is unloaded – check for yourself! This is considered a mark of an experienced gun handler!

Never cross a fence, climb a tree, or perform any awkward action with a loaded gun. While in the field, there will be times when common sense and the basic rules of firearms safety will require you to unload your gun for maximum protection.

Never pull or push a loaded firearm toward yourself or another person. There is never any excuse to carry a loaded gun in a scabbard, a holster not being worn, or a gun case. When in doubt, unload your gun!



An overheating firearm -
Photo by Vladimir Palyanov

Article source: The Firearm Industry Trade Association / www.nssf.org

DON'T RELY ON YOUR GUN'S "SAFETY"

Treat every gun as though it can fire at any time. The "safety" on any gun is a mechanical device which, like any such device, can become inoperable at the worst possible time. Besides, by mistake, the safety may be "off" when you think it is "on." The safety serves as a supplement to proper gun handling but cannot possibly serve as a substitute for common sense. You should never handle a gun carelessly and assume that the gun won't fire just because the "safety is on."

Never touch the trigger on a firearm until you actually intend to shoot. Keep your fingers away from the trigger while loading or unloading. Never pull the trigger on any firearm with the safety on the "safe" position or anywhere in between "safe" and "fire." It is possible that the gun can fire at any time, or even later, when you release the safety without you ever touching the trigger again.

Never place the safety in between positions, since half-safe is unsafe. Keep the safety "on" until you are absolutely ready to fire. Regardless of the position of the safety, any blow or jar strong enough to actuate the firing mechanism of a gun can cause it to fire. This can happen even if the trigger is not touched, such as when a gun is dropped.

Never rest a loaded gun against any object because there is always the possibility that it will be jarred or slide from its position and fall with sufficient force to discharge. The only time you can be absolutely certain that a gun cannot fire is when the action is open, and it is completely empty.

Again, never rely on your gun's safety. You and the safe gun handling procedures you have learned are your gun's primary safeties.

ARE YOU GOING TO “GET BURNT” THIS SUMMER WITH POOR DECISIONS?

FOR EACH CORRECT QUESTION ADD 20 POINTS. AIM FOR 100+ POINTS.
BY LESLIE TOMAINO

1. You should seek medical help if someone is suffering a heat stroke. Signs include a temperature above ____ degrees.

(A)

100

(B)

102

(C)

103

2. The best way to avoid a heat-related illness is to limit exposure outdoors. The hottest part of the day is ____ to ____, and should be avoided.

(A)

10 AM to 2 PM

(B)

11 AM to 3 PM

(C)

12 PM to 4 PM

3. When a vessel is underway with children under ____ years of age, they must be wearing a lifejacket. The exception is if they are below deck or in an enclosed cabin.

(A)

8

(B)

13

(C)

16

4. TRUE OR FALSE: If you get caught in a current, don't try to fight it; stay calm and float with it, or swim parallel to the shore until you are free.

(A)

True

(B)

False

5. Sparklers alone count for 25% of emergency room visits for fireworks injuries. At about what temperature in degrees do sparklers burn?

(A)

250

(B)

500

(C)

2000

6. If someone's symptoms are sweating, pale or moist skin, muscle cramps, nausea or vomiting, and rapid heart rate, they may be suffering from this:

(A)

Heat Stroke

(B)

Heat Poisoning

(C)

Heat Exhaustion



DISCLAIMER: The views, thoughts, and opinions expressed on this page belong solely to the author, and not to the author's employer.

DRIVING SAFETY

THIS IS JUST A MYTH!

**"Texting and talking on the phone while driving is just multitasking.
Doing both at the same time is easy, and not at all distracting."**

ROAD SAFETY

ONE BAD DECISION COST THEM THEIR LIVES!

DRINKING AND DRIVING

- Impaired driving randomly kills one person in America every 48 minutes. That means you, your family, or friends could be innocent victims.
- All 50 states, the District of Columbia, and Puerto Rico have set a threshold making it illegal to drive with a blood alcohol content (BAC) of .08 g/dL or higher.
- In 2017 there were 10,874 people killed in alcohol-impaired driving crashes.
- According to NHTSA, 10,511 people died in alcohol-impaired crashes in 2018. Alcohol-impaired crash fatalities accounted for 29% of all crash fatalities.
- Of the 10,874 people who died in alcohol-impaired driving crashes in 2017, there were 6,618 drivers who

had BACs of .08 g/dL or higher. The remaining fatalities consisted of 3,075 motor vehicle occupants and 1,181 non-occupants.

SAFE DRIVING

At any given daylight moment across America, approximately 660,000 drivers are using cellphones or manipulating electronic devices while driving.

DRIVING FATIGUED

There are several warning signs of fatigue; however, individuals often don't understand them or, worse, choose to ignore them.

WHO IS MOST AT RISK?

- Sleep-deprived.
- Driving long distances after working

a full shift.

- Driving through the night, the early afternoon, or at other times when normally asleep.
- Drinking alcohol or taking medication that increases drowsiness.
- Driving alone for long distances without rest breaks or much change in scenery.

WARNING SIGNS

- Can't remember the last few miles driven.
- Drifting from lane or hitting a rumble strip.
- Yawning repeatedly.
- Difficulty focusing or keeping eyes open.
- Tailgating or missing traffic signs.
- Trouble keeping head up.

SEAT BELT SAFETY TIPS

Seat belts will be worn by ALL personnel driving or riding in an automobile whether ON OR OFF THE INSTALLATION. No one shall be authorized to ride in the cargo areas of motor vehicles when prohibited by state or local laws.

What's the Right Way to Wear My Seat Belt?

- Position the shoulder belt away from your neck (but not off your shoulder) and across your chest, making sure to remove any slack from your seat belt with the lap belt secured below your belly so that it fits snugly across your hips and pelvic bone.
- Never place the shoulder belt under your arm or behind your back.
- Never place lap belt over or on top of your belly.



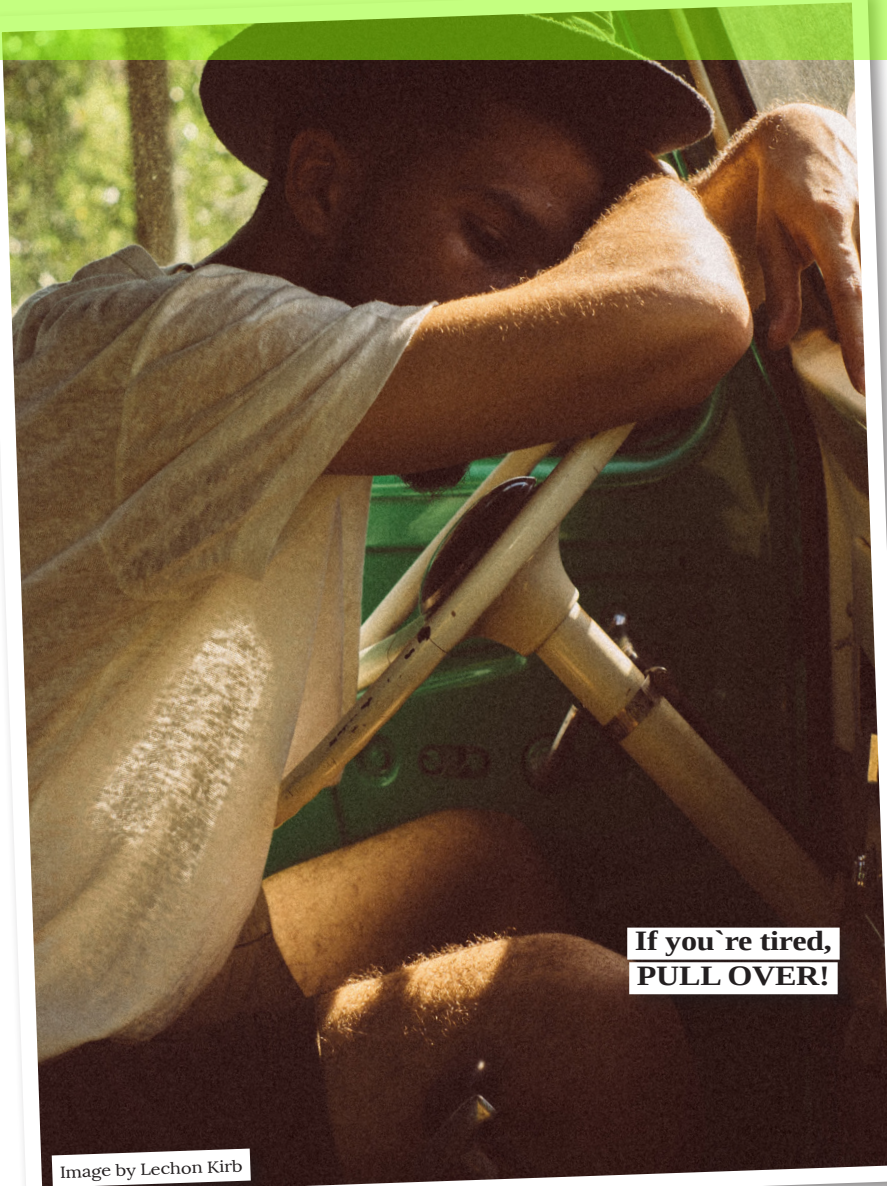
Photo by Francisco Delgado



Photo by Aljo Reinoso



Photo by Daniela Santos



Check the below
boxes before each
trip:



TRIP PREPARATION CHECKLIST

Safety check your vehicle:

- ☐ Oil;
- ☐ Brakes;
- ☐ Tire wear and air pressure;
- ☐ Coolant;
- ☐ Power steering fluid;
- ☐ Windshield wiper blades;
- ☐ Spare tire (air pressure, jack, and lug wrench).

Other Items:

- ☐ First aid kit;
- ☐ Blankets;
- ☐ Extra clothes;
- ☐ Emergency roadside kit (flares or safety triangles).

At any given daylight moment across America, approximately **660,000** drivers are using cellphones or manipulating electronic devices while driving.

ATV/ROV SAFETY TIPS

- Children and young people **under the age of 16** should not ride adult All terrain Vehicles (ATVs) with engines bigger than 90 cubic centimeters.
- Take a hands-on training course.
- Always wear an approved helmet.
- Never drive an ATV while under the influence of drugs or alcohol.
- ATVs are not toys; get training!
- Never ride alone, and always tell someone where you are going and when you will return.
- Read the owner's manual carefully.
- Check local laws.
- Be careful when operating ATVs and Recreational Off-highway Vehicles (ROVs) with added attachments; these affect the stability, braking, and operation of the vehicle.
- Always supervise young operators.
- Never carry extra riders.
- Never operate ATVs or ROVs on streets, highways, or paved roads, except to cross at safe, designated areas.
- Always make sure the ATV or ROV is in good condition.

MOTORCYCLE SAFETY

Motorcycles accounted for **44% of all Private Motor Vehicle (PMV) Accidents in FY19.**

Riding Tips

SEEing is the best way to avoid dangerous situations.

SEARCH around you for potential hazards.

EVALUATE any possible hazards such as a turning hazard.

EXECUTE the proper action to avoid the hazard.

A sound street strategy can prevent a

dangerous situation.

Personal Protective Equipment (PPE)

What's Required?

1. Helmets, certified to meet DOT standards.
2. Impact- or shatter-resistant goggles, wraparound glasses, or full-face shield.
3. Sturdy footwear, leather boots, or over-the-ankle shoes.
4. A long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens designed for use on a

motorcycle.

Riders are highly encouraged to select Personal Protective Equipment (PPE) that incorporates protective padding, fluorescent colors, and retro-reflective material.

PPE - IT'S WORTH EVERY DIME, EVERY TIME!

REMEMBER

- **ALL** sailors shall complete LEVEL I training prior to operating a motorcycle and then must complete LEVEL II training **within 60 days** of LEVEL I.
- **ALL** sailors shall complete either LEVEL II or LEVEL III refresher training **every three years**.



Photo by Jan Starek

Motorcycle Safety Tips

Make motorcycle riding safety your top priority!

It's important to understand some basic motorcycle safety tips to make sure your next ride is a safe one.

• Follow these tips for safe riding:

- Always wear a helmet with a face shield or protective eye wear.
- Wearing a helmet is the best way to help protect against severe head injuries. A motorcycle rider not wearing a helmet is five times more likely to sustain a critical head injury.

• Wear appropriate gear.

Make sure to wear protective gear and clothing that will minimize the amount of injuries in case of an accident or a skid. Wearing leather clothing, boots with nonskid soles, and gloves can protect your body from severe injuries. Consider attaching reflective tape to your clothing to make it easier for other drivers to see you.

• Follow traffic rules.

Obey the speed limit; the faster you go the longer it will take you to stop. Be aware of local traffic laws and rules of the road.

Motorcycle Safety Tips (Continued)

• Ride Defensively

Don't assume that a driver can see you, as nearly two-thirds of all motorcycle accidents are caused by a driver violating a rider's right of way. You should always ride with your headlights on; stay out of a driver's blind spot; signal well in advance of any change in direction; and watch for turning vehicles.

• Keep your riding skills honed through education.

Complete a formal riding education program, get licensed, and take riding courses from time to time to develop riding techniques and to sharpen your street-riding strategies.





Motorcycle Safety Tips (Continued)

- **Be awake and ride sober.**

Don't drink and ride! You could cause harm to yourself and others. Additionally, fatigue and drowsiness can impair your ability to react, so make sure that you are well rested when you hit the road.



- **Preparing To Ride**

Making sure that your motorcycle is fit for the road is just as important as practicing safe riding. Should something be wrong with your motorcycle, it will be in your best interest to find out prior to hitting the road. To ensure that your motorcycle is in good working order, check the following:

- **Tires:** Check for any cracks or bulges, or signs of wear in the treads (low tire pressure or any defects could cause a blowout).
- **Under the motorcycle:** Look for signs of oil or gas leaks
- **Headlight, taillight, and signals:** Test for high and low beams (make sure that all lights are functioning)
- **Hydraulic and coolant fluids:** Levels should be checked weekly

Once you've mounted the motorcycle, complete the following checks:

- **Clutch and throttle:** Make sure they are working smoothly (throttle should snap back when released)
- **Mirrors:** Clean and adjust all mirrors to ensure sharpest viewing
- **Brakes:** Test front and rear brakes (each brake should feel firm and hold the motorcycle still when fully applied)
- **Horn:** Test the horn

PEDESTRIAN SAFETY



PEDESTRIAN SAFETY

Estimates of 2019 pedestrian fatalities from the Governors Highway Safety Association (GHSA) reveal that, through last year, the upward trend of deaths has continued. In **2019**, according to GHSA, pedestrian deaths were **up five percent** compared to the year prior, with **6,590** pedestrians killed, the highest number since 1988. That total translates to **two deaths per 100,000 people**, which is the highest since 1997.

Source: www.caranddriver.com

WHO IS MOST AT RISK?

- Alcohol-impaired drivers and pedestrians - almost half (47 percent) of crashes involved alcohol use by the driver or the pedestrian.
- One in three pedestrian crashes involve a pedestrian with a BAC of at least 0.08, and 17 percent with a driver with at least 0.08.
- Older adults (aged 65 and older) and children pedestrians account for 20 percent of all pedestrian deaths.
- One in five children under the age of 15 killed in traffic crashes were pedestrians in 2017.

PEDESTRIAN SAFETY TIPS

PEDESTRIAN SAFETY

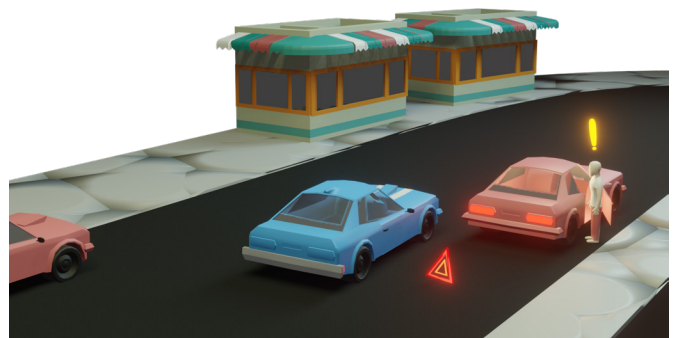
- Always walk on the sidewalk. If there is no sidewalk, walk facing traffic.
- Stay sober; walking while impaired increases your chance of being struck.
- Don't assume vehicles will stop. Make eye contact with drivers; don't just look at the vehicle. If a driver is on a cellphone, he or she may not be paying enough attention to drive safely.
- Don't rely solely on pedestrian signals.
- Look before you cross the road.
- Obey all traffic laws and signals.
- Look left, right, and left again before crossing a street.
- Don't wear headphones or talk on a cellphone while crossing.
- See and be seen.
- Use the crosswalk.
- Use all your senses when near an area with moving vehicles.
- Look left, right, and then left again.
- Stay off train tracks!
- Carry a flashlight when walking at night.
- Cross the street in a well-lit area at night.
- Stand clear of buses, hedges, parked cars, or other obstacles before crossing so drivers can see you.
- Watch for turning vehicles.
- Make sure the driver sees you and will stop for you.
- Be alert to engine noise or backup lights on cars when in parking lots and near on-street parking spaces.

PEDESTRIAN MISHAPS

- **Twenty-two U.S. Navy and U.S. Marine Corps** individuals lost their lives in off-duty pedestrian mishaps from FY-15- FY19.
- Almost all were male (**21**) with only **one** female.
- Ages ranged from **18-42**, but over **80%** were under **35** years old.

- **All but two** of the deaths occurred after dark.
- Alcohol impairment was confirmed in **50%** of the incidences and suspected in several.
- The season of the year wasn't much of a factor.

FY18 noted that **24 U.S. Navy and U.S. Marine Corps personnel** crossing a street or walking too near a roadway. **Three were intoxicated.** **Three Sailors** were **killed** in the vicinity of a fender bender or disabled vehicle.



What to Do When Your Vehicle Breaks Down?



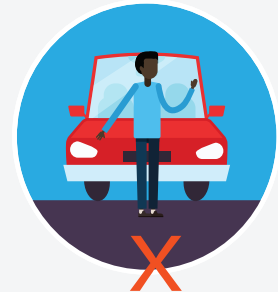
Pull off the road. On most roads, you should exit onto the far right shoulder, as far off the road as possible while remaining on level ground.



If you are driving on an interstate or multiple-lane highway with medians, you may consider the left shoulder, again pulling as far away from traffic as possible.



If you get out of your vehicle, proceed carefully and watch for oncoming traffic, especially at night or in bad weather, when visibility is limited.

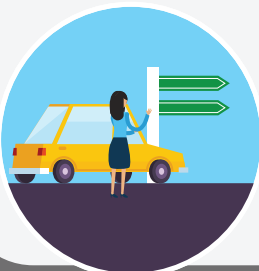


Never stand behind or directly in front of your vehicle. Other roadway users may have trouble seeing you, and you could be struck by another vehicle.



What if you CANNOT pull off the road?

If your vehicle loses power and is inoperable, switch on safety/emergency flashers. Do not risk personal injury by attempting to push it to a safe location.



If you cannot get your vehicle to a location away from traffic, or if you are uncertain about your safety and think your car may get struck from behind, do not stay in your vehicle. Park on the right side of the road, and exit through the passenger door.

HOME SAFETY

TOP FOUR MUST-KNOWS:

Grilling
Smoke Alarm
Fire Prevention
Carbon Monoxide

HOME SAFETY

In the U.S., each year, an average of **8,900 home fires** are caused by grilling. Other injuries are caused by carbon monoxide, and the lack of properly installed smoke alarms.

More than one-quarter (27%) of reported fires occurred in homes. Even worse, four of

every five (79%) fire deaths and three-quarters (73%) of all reported injuries were caused by home fires. U.S. fire departments responded to an estimated average of **358,500** home structure fires per year during 2011-2015, which represents three-quarters of all structure fires. Home fires cause an annual average of **2,510** civilian fire deaths and **12,300** fire injuries.

Most home fires and fire casualties result from five causes: cooking, heating, electrical distribution and lighting equipment, intentional fire setting, and smoking materials.

For the last five years (2015 - 2020), cooking has been the leading cause of home fires and home fire injuries, while other causes include carbon monoxide and the lack of (adequately installed) smoke alarms.

Safety Tips when Grilling:

- Use grill outside **ONLY**, away from siding, deck rails, and overhanging branches.
- Periodically remove grease buildup.
- Never add charcoal starter fluid to fire.
- Never use gasoline or any flammable liquids other than starter fluid.
- Check the gas cylinder hose for leaks.

Across the U.S.:

- Leading cause of home fires is cooking (47%)

- **Forty-three percent** reported home structure fires started in the kitchen.
- **Thirty-nine percent** of home fire injuries were caused by these incidents.
- In addition, **17%** of home fire deaths resulted from kitchen fires.

SMOKE ALARMS

A properly installed and maintained smoke alarm is the only thing in your home that can alert you and your family to a fire 24 hours a day, seven days a week.

CARBON MONOXIDE

What is it?

- Colorless/odorless gas
- Extremely poisonous and can kill within minutes

Caused by poorly maintained:

- Heating systems
- Gas stoves
- Gas-powered generators

Controls:

- Maintain your heating system and fuel-burning appliances.
- Install a carbon monoxide (CO) detector.
- Don't use a portable generator indoors.
- Don't run your vehicle inside the garage.
- Don't heat your house with a gas oven.

FIRE PREVENTION

- Never smoke in bed.
- Avoid grease build-up in kitchen.
- Use space heaters properly.
- Inspect wires and never overload circuits or extension cords.
- Use extreme caution when using candles.
- Keep washers and dryers clean. Pay particular attention to lint traps and dryer vents.

TOP FIVE HOME HAZARDS:

MAGNETS
RECALLED PRODUCTS
FURNITURE TIP-OVER
WINDOW & COVERINGS
POOL AND SPA DRAINS

MAGNETS

Small, powerful magnets, if swallowed, can attract inside the body and block, twist or tear the intestines. If you think your child has swallowed a magnet, seek medical attention immediately.

RECALLED PRODUCTS

Be aware of the latest safety recalls and get dangerous products out of the home.

FURNITURE TIPOVER

Top-heavy furniture, TVs and stoves can tip over and crush young children. Make them stable by installing anchors and brackets.

WINDOW & COVERINGS

Strangulation deaths and injuries can occur anywhere in the house where a window covering with a cord is installed.

POOLS AND SPA DRAINS

Suction from a pool or spa drain can be powerful enough to trap a child or adult underwater. Inspect pools or spas for missing or broken drain covers.

Source: <https://www.cpsc.gov>
Photo by Daniel Tausis

101 CRITICAL DAYS OF SUMMER

MISHAPS

Rest of Year Summer Total Percentage

Entering/Exiting Vehicle	7	1	8	13%
Ascending/Descending Ladder	4	1	5	20%
Boxing	8	2	10	20%
Showering/Bathing	16	4	20	20%
Training, Physical Other	4	1	5	20%
Hiking	14	4	18	22%
Rugby	7	2	9	22%
Rock Climbing	10	3	13	23%
Fishing/Crabbing	3	1	4	25%
Dodgeball	3	1	4	25%
PMV	622	220	842	26%
Lifting	27	10	37	27%
Jogging/Running	13	5	18	28%
Football	70	28	98	29%
Horseplay	15	6	21	29%
Housekeeping/Cleaning	7	3	10	30%
Running/Jogging (non PT)	43	18	61	30%
Walking/Stepping/Marching	145	66	211	31%
Bar/Club	6	3	9	33%
Frisbee	10	5	15	33%
Firing	2	1	3	33%
Playing Wii/Playstation/XBox	2	1	3	33%
Basketball	124	64	188	34%
Weight Lifting	19	10	29	34%
Skateboarding	26	14	40	35%
Bicycling	33	19	52	37%
Jumping	17	10	27	37%
Cooking/Grilling	3	2	5	40%
Roller Skating/Blading	6	4	10	40%
Tree/scrub cutting/trimming	3	2	5	40%
Handling Pet/Animal/Insect	18	13	31	42%
Repair/Overhaul	7	5	12	42%
Baseball/Softball	29	22	51	43%
Glass/Knife Handling	12	9	21	43%
Surfing	4	3	7	43%
Soccer	29	25	54	46%
Boating	2	2	4	50%
Entering/Exiting Building	5	5	10	50%
Dancing	4	4	8	50%
Lawn Maintenance	4	4	8	50%
Mud run/Tough mud run	1	1	2	50%
Paintball	1	1	2	50%
Sawing	1	1	2	50%
Scuba Diving	1	1	2	50%
Tennis	1	1	2	50%
Volleyball	8	9	17	53%
Riding scooter	3	4	7	57%
Loading/Unloading	8	11	19	58%
Swimming, Intentional	6	10	16	63%
Wrestling	1	2	3	67%
Martial Arts (off-duty only)	3	7	10	70%
Calisthenics	1	3	4	75%
Tubing	1	6	7	86%
Parachuting/Gliding/Skydiving	0	1	1	100%
Snorkeling	0	1	1	100%
Fireworks (off duty only)	0	1	1	100%
Skim/Wake Boarding	0	2	2	100%
Paddle Boarding	0	2	2	100%
Wallyball	0	2	2	100%
Sunbathing/Tanning	0	2	2	100%
Cliff Jumping/Diving	0	5	5	100%



The Memorial Day weekend is the unofficial start of summer, and with higher temperatures and winter in the rearview mirror, Navy and Marine Corps personnel should take time to consider the safety aspects of this busy time of year.

That's where the "101 Critical Days of Summer" campaign comes in to play.

The Naval Safety Center defines the 101 Critical Days of Summer as the period between Memorial Day and Labor Day each year. During this time many more people, civilians and military alike, are participating in activities that could potentially be dangerous if precautions are not taken.

The 101 Critical Days of Summer campaign originally began sometime after the passage of the Monday Holiday Bill in 1971, when statistics showed an increase in mishaps and fatalities during long weekends and longer summer days.

The period between Memorial Day and Labor Day was chosen as the critical days. There are 101 days between the beginning of the Memorial Day weekend and the end of the Labor Day weekend.

- Article written by Mass Communication Specialist 1st Class **Pedro A. Rodriguez**, Naval District Washington Public Affairs, and it originally appeared on the Navy's official website, **Navy.mil** in 2016.

The content was modified for this publication.



Images from top to bottom:
U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Donovan M. Jarrett/Released
U.S. Navy photo by Mass Communication Specialist 2nd Class Scott Wood

We are **YOUR** safety advocate



MISSION

To preserve warfighting capability and combat lethality by
identifying hazards and reducing risk to people and resources.

www.NavalSafetyCenter.Navy.mil





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