



SEPTEMBER 2004

**WARNING...CHILDREN HEADING BACK TO SCHOOL !!!**

## Labor Day Safety Information

Labor Day marks the end of summer and the beginning of the school season. The upcoming holiday weekend gives families and friends the opportunity to cap off the summer and get kids ready for another great school year. During this holiday weekend, safety must be everyone's first priority.



To help ensure everyone returns home safely after the upcoming holiday, the Army has setup a risk planning tool for traffic safety, which can be accessed using <https://safety.army.mil/asmis1>. It's a tailor made risk analysis that gives guidance on steps to take to lower the overall risks associated with traveling.



The Naval Safety Center has also made available tools from their website <http://www.safetycenter.navy.mil> to help in reducing accidents. It is a known fact that speed, fatigue and alcohol are all factors that contribute to mishaps and accidents and we cannot stress enough the importance of getting this information out to our personnel. From Memorial Day FY04 through 25 Aug 04, there have been 22 Navy PMV fatalities, an increase by 2 from FY03, 10 Marine PMV fatalities, a decrease from 14 recorded in FY03, 7 Navy Shore/Recreational fatalities, a decrease from 5 recorded FY03 and 2 Marine Shore/Recreational fatalities, same as FY03 for the 102 days of summer. Keep in mind that off-duty activities are the most challenging in keeping individuals safe. Using the tools that are being provided should help us achieve the Secretary of Defense 50% reduction in mishaps and accidents this holiday and upcoming fiscal year. Have a great holiday and stay safe.



The Naval Safety center also has a Labor Day Recreation and Off-Duty Safety Brief that can be viewed and downloaded at <http://www.safetycenter.navy.mil/presentations/seasonal/laborday2.htm>

## SAFETY TIPS



**Swimming/Water Recreation:** Know your abilities and don't try to exceed them. Swim in designated areas with Lifeguards present. Never swim at night and without a buddy. Alcohol and the sun make a dangerous combination, whether swimming or boating they don't mix. If you're going to be operating a watercraft then don't plan on drinking alcohol. Just like a DUI while in car, a BUI in a boat or Jet Ski carries stiff penalties, jail time, and can lead to injury and death.



**Barbecuing:** Use good common sense while working the grill this weekend. Keep it away from the house or other flammable material; use hot gloves to move items around and picking up serving platters and utensils. Keep the small kids away from the grill area, and keep a fire extinguisher or water hose handy.



**Traveling:** Use the pre-travel tools provided by the Safety Center website and perform a risk analysis of your trip. Pre-inspect your vehicle to make sure it's in good working order. The highways are going to be crowded this holiday weekend so use good defensive driving skills. Watch out for the other guy, pay attention to the roadway, and get plenty of rest. Plan to stop every two hours of travel to get out and stretch. Lastly, never drink and drive. You are too valuable of a team member to take the chance of injuring or killing yourself or someone else.



**Sports:** Go out there and have fun but remember your limitations, we're not all MLB players and NBA stars. We see most of our recreational injuries from softball and basketball pickup games. Make sure you stretch and warm-up before the game, follow the rules and watch the playing field. Drink plenty of water before and during play.



Please take the time and read the **message from COMNAVSAFECEN about Labor Day Safety**. Remember to always use good common sense with any activity you and your family plan on doing this Labor Day and have fun out there.

FM COMNAVSAFECEN NORFOLK VA

TO ALSAFE

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SUBJ: LABOR DAY SAFETY  
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SUBJ/LABOR DAY SAFETY//  
 GENTEXT/REMARKS/

/1. LABOR DAY WEEKEND MARKS THE CLOSE OF THIS YEAR'S 102 DAYS SINCE MEMORIAL DAY WEEKEND - KNOWN AS "THE CRITICAL DAYS OF SUMMER." WE LABEL THEM AS SUCH BECAUSE, DURING THIS PERIOD, THE NAVY TRADITIONALLY SEES A SPIKE IN PRIVATE MOTOR VEHICLE AND OFF-DUTY RECREATIONAL MISHAPS. THIS YEAR HAS BEEN NO DIFFERENT. AS LEADERS, WE MUST ALWAYS ASK OURSELVES WHY WE CONTINUE TO LOSE SERVICE MEMBERS ON THE NATION'S HIGHWAYS AND DURING RECREATIONAL MISHAPS. DO WE POSSIBLY VIEW THIS AS THE COST OF DOING BUSINESS? AND THEN, MOST IMPORTANTLY, HOW DO WE REVERSE THIS ALARMING TREND? AS LEADERS, ARE WE ENGAGED ENOUGH WITH OUR PEOPLE? DO WE ASK THE SAME QUESTIONS OF THEM

WHETHER THEY ARE ON OR OFF DUTY? WHAT PROGRAMS DO WE HAVE AT OUR COMMANDS TO EDUCATE OUR SAILORS ABOUT THE HAZARDS FACING THEM ON OUR ROADS, AND THE POTENTIAL RISKS THEY ENCOUNTER WHEN ENGAGED IN OFF-DUTY ACTIVITIES?

2. EVERY ONE OF US MUST PLAY A ROLE IN REDUCING AND ELIMINATING MISHAPS. EVERY UNNECESSARY LOSS OF LIFE FROM A MISHAP AFFECTS SCORES OF PEOPLE, FROM CO-WORKERS TO FAMILIES TO SPOUSES AND FRIENDS. AS WE CONTINUE OUR GLOBAL WAR ON TERRORISM, WE MOURN THOSE WHO MAKE THE SUPREME SACRIFICE WHILE BATTLING THE ENEMY. WE ALSO MOURN THOSE LOST FROM PREVENTABLE MISHAPS OCCURRING ON OR OFF THE JOB.

3. WE HAVE A VARIETY OF TOOLS AVAILABLE TO PREVENT MISHAPS, AND IT IS INCUMBENT UPON ALL IN LEADERSHIP AND MANAGEMENT POSITIONS - WHETHER UNIFORMED OR CIVILIAN - TO EDUCATE OUR SAILORS AND CIVILIANS ABOUT USING THESE TOOLS. FROM PRACTICING OPERATIONAL RISK MANAGEMENT TO USING THE BUDDY SYSTEM WHILE ON LIBERTY, WE CAN ELIMINATE THE TRAGIC LOSSES FROM PREVENTABLE MISHAPS.

4. WAR EXACTS A TRAGIC TOLL ON THOSE WEARING THE CLOTH OF OUR NATION. IT IS UNACCEPTABLE THAT OFF DUTY ACTIVITIES EXACT A TOLL FROM PREVENTABLE MISHAPS. WE MUST EXERCISE INTRUSIVE LEADERSHIP AND ELIMINATE THE SENSELESS INJURIES AND LOSS OF LIVES THAT RESULT FROM WHAT USUALLY IS NOTHING MORE THAN USING COMMON SENSE OR WEARING PROPER PROTECTIVE GEAR. PRACTICE ORM, THINK BEFORE YOU ACT, AND ALWAYS PUT SAFETY IN THE FOREFRONT OF ALL ACTIVITIES, WHETHER ON OR OFF DUTY, AFLOAT OR ASHORE. ENJOY SUMMER'S LAST WEEKEND. DON'T GIVE COMPLACENCY THE OPPORTUNITY TO CLAIM YOU AS ANOTHER STATISTIC. RADM BROOKS SENDS.

## MISHAPS REPORTED FOR AUGUST

1. Service member slipped on a wet floor and fractured his left knee while playing basketball. (off-duty, one lost work day).
2. Service member suffered a gash on right hand when hand slipped and struck actuator rings. (on-duty, no lost work days).
3. Employee had chemical burn to eyes while using telephone that had just been cleaned with a strong chemical. (on-duty, no lost work days).
4. Service member suffered heat exhaustion while working out at the gym. (on-duty, one lost work day).
5. Employee tripped over vacuuming cleaner cord and injured her right knee. (on-duty, no lost work days).

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**Lost Work Day** - Loss of at least one full workday subsequent to the date of mishap.

**Lets' be safe out there !!**



**REGIONAL SAFETY OFFICE**  
1750 Tomcat Blvd. Suite 2170  
Virginia Beach VA 23460-2122

Oceana Bldg 230 • Dam Neck Annex Bldg 585  
OC- (757) 433-2692 • fax (757) 433-2694 • DSN 433  
DN- (757) 492-6630 • fax (757) 492-7411 • DSN 492  
[www.nasoceana.navy.mil/safety](http://www.nasoceana.navy.mil/safety)