

# NABLC Safety Advisor

July 2004

## On-Line Tool for Managing Traffic-Safety Risks Now Available to Sailors and Marines

With the increased focus on traffic mishaps as part of the 50% mishap-reduction campaign, Navy supervisors are looking for innovative ways to discuss the risks of driving. Now, thanks to the Army Safety Center, supervisors have access to an excellent, on-line, risk-planning tool, part of the Army Safety Management Information System (ASMIS).

"It is a great tool because it gets people thinking about what they're doing," said LCDR Carther Jorgensen of the Afloat Safety Programs directorate at the Naval Safety Center.

After registering at the ASMIS site, users fill in the details of their planned trip, such as starting point, destination, and driving habits. Then they get a tailor-made risk analysis, along with specific guidance about steps to take to lower the risks. "It graphically displays whether the trip is safe or dangerous," LCDR Jorgensen explained, keyed to a color-coded risk-management matrix.

The entire process takes from 10 to 15 minutes. The system also provides a wealth of helpful safety information, covering such topics as fatigue, night driving and road rage. Another screen gives brief narratives of actual mishaps that happened during similar trips.

A key feature is that the system sends a copy of the risk analysis to the user's supervisor, so that both people can discuss risks and plans, and figure out ways to reduce the risks. "It really clues leadership into what their people are doing," said LCDR Jerry Chapmon, who does traffic-safety training for shipboard supervisors during Safety Center surveys. "It is a great sanity check on planning."

And, he added, "It is one more tool that will enable leaders to say that they've done everything they could to prevent another mishap."

The ASMIS-1 home page is located at <https://safety.army.mil/asmis1>. You will be presented with an option of two buttons. Click on the one on the right, which is for users who aren't Army and who don't have an Army Knowledge Online (AKO) account.

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## Critical Days of Summer

*from COMNAVSAFECEN message 201755Z MAY 03 (A1safe 022/03)*

1. Memorial Day is the most meaningful military holiday, a time to commemorate those who selflessly gave their lives in the cause of freedom. It is also the beginning of "the critical days of summer," a high-risk time of the year when Sailors and Marines lose their lives in preventable, peacetime mishaps.
2. The beginning of summer means it's time to play ball, go fishing, hike, camp, or just have a backyard barbecue. Whatever your pleasure, apply risk management when planning those activities. Most of the things that can hurt you or go wrong are easy to anticipate and avoid. We can take active steps to keep our success in Operation Iraqi Freedom from being marred by mishaps on leave or liberty.
3. Since the tragic events of 9/11, 142 Sailors and 109 Marines have died in traffic and other off-duty mishaps. These losses outnumber our combat-related deaths in Afghanistan and Iraq combined. When non-tactical, off-duty activities appear to be more lethal than hostilities, it is a clear sign that we can do better at teaching and developing new habits. Driving only while sober and alert. Paying attention in traffic and obeying the speed limit. Always wearing seatbelts.

4. Risk management is becoming an effective decision-making tool in the daily lives of our Sailors and Marines. It must permeate all levels of the chain of command. Leaders must set the standard for safety, on-and off-duty. When everyone makes the right choices, life becomes even more rewarding. Take time to appreciate the 60 wars and conflicts that have claimed the lives of 1.4 million of our military personnel. Reflect on the lessons of peacetime mishaps, as well. Then do what you need to do. Lean forward, be safe and have fun.

### Critical Days How Goes It!

This year, there are 102 days from the Memorial Day weekend (starting Friday, 28 May) through Labor Day. Here's how we stand through 27 June (after 31 of the 102 days):

	Actual Fatalities	Actual Rate	Predicted Fatalities*	Predicted Rate
<b>Navy PMV</b>	12	36.61	23	21.69
<b>Marine PMV</b>	3	19.68	20	40.55
<b>Navy Shore/Rec</b>	3	9.15	11	10.37
<b>Marine Shore/Rec</b>	1	6.56	2	4.06

\*The number of fatalities predicted to occur by the end of the Critical Days.



### Fireworks Safety Tips

Fireworks and celebrations go together, especially during the Fourth of July.

But fireworks can be dangerous, causing serious burn and eye injuries.

If fireworks are legal where you live and you decide to set them off on you own, be sure to follow these important tips:

Never allow children to play with or ignite fireworks.

Read and follow all warnings and instructions.

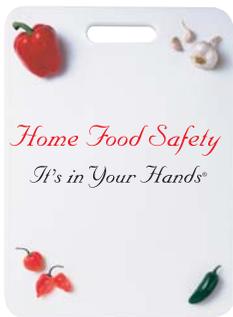
Be sure other people are out of range before lighting fireworks.

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

Never try to re-light fireworks that have not fully functioned.



**New and Improved Home Food Safety Program Web site ... The American Dietetic Association (ADA) and ConAgra Foods have given [www.homefoodsafety.org](http://www.homefoodsafety.org) a fresh new look and an updated navigation system that makes finding information a snap. As the premier online consumer destination for home food safety information, the upgraded site continues to provide seasonal tips in English and Spanish, interactive features including a home food safety quiz and streaming video and free printer-friendly tools to help keep home food safety top of mind all year long. The latest addition to the site is a downloadable Refrigerator Calculator, designed to take the guesswork out of leftovers by listing the recommended refrigerator shelf life of popular leftovers. There are also seasonal contests and giveaways – so visit often at [www.homefoodsafety.org](http://www.homefoodsafety.org).**



# Don't Let Uninvited Guests Spoil Your Picnic



## Tips for Safe Outdoor Eating

The sunny days of summer bring hot temperatures and outdoor gatherings. It's also a time of increased risk of food poisoning. While most Americans realize that May through September poses the biggest threat of foodborne illness, a survey conducted by the American Dietetic Association and the ConAgra Foundation shows that consumers are not practicing correct outdoor food safety procedures.

So, before you pack the picnic basket, remember these simple tips to ensure that unwanted bacteria won't have a place at your table.

### Wash Hands Often

- Bring moist towelettes or soap and water to clean your hands and surfaces often.



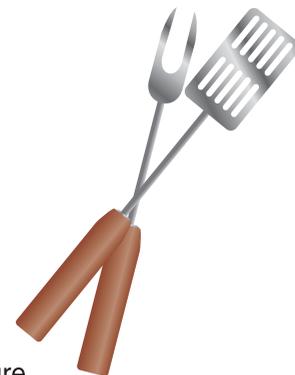
### Keep Raw Meats and Ready-to-Eat Foods Separate

- Bring extra plates – one for handling raw foods and another for cooked foods to prevent cross-contamination.
- Marinate foods in the refrigerator. Don't reuse marinade used on raw meat or poultry unless boiled.



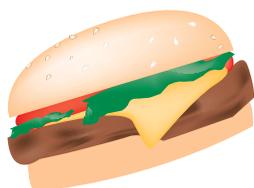
### Cook to Proper Temperatures

- Cook your favorite foods to the right temperature by using a meat thermometer; hamburger to at least 160° F and chicken breasts to 170° F.
- Never partially grill meat or poultry to finish cooking later.



### Refrigerate Promptly below 40° F

- Pack food in a well-insulated cooler with plenty of ice or icepacks to keep temperature below 40°F.
- Transport the cooler in the back seat of your air-conditioned car instead of in your hot trunk.
- Remove from the cooler only the amount of raw meat that will fit on the grill.
- Defrost meat, poultry and seafood in the refrigerator before taking them to the grill.
- Don't leave food outside in hot weather (90° F or above) for more than one hour.



For more information, visit the ADA/ConAgra Foods Web site at:

**[www.homefoodsafety.org](http://www.homefoodsafety.org)**