



Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm

Summer Is Finally Here

Summer is finally here. With extended daylight hours and warmer temperatures, we will spend more time traveling and participating in outdoor activities. Whether we're driving cross-country, traveling to the beach, or visiting friends locally, take a few minutes to plan ahead. Remember there will be more vehicles on the road than normal. If you add fast-changing weather conditions, congested roadways, fatigue, impatience, and drunk and/or speeding drivers – you have a recipe for an accident waiting to happen.

Did you know that more people are killed in accidents during the period of June through August than in any other quarter of the year? Statistics also show an increased likelihood that some soldiers will be injured or killed in auto accidents, heat stress injuries, burned from fireworks or barbecuing, or drowned while boating and swimming. These accidents are preventable. Prevention starts with a strong safety program – one with assertive leadership and command intervention. Supervisors must maintain an effective safety campaign throughout the summer and brief the following information as many times as necessary.

Traveling . Soldiers must be counseled on safe driving procedures. Those who plan to travel should ensure vehicles are prepared for the trip. Before 4-day weekends, recommend the chain of command perform safety checks on soldiers' vehicles. These checks are vital to the safety of our soldiers. Don't just go through the motions - really look those vehicles over.

- Fatigue is the number one killer of our soldiers. Instruct soldiers to get plenty of rest before a trip. Stop for rest breaks every 2 hours.
- Speed kills. Plan ahead and don't rush. Observe the posted speed limits. Decrease/adjust speed based on conditions (weather/traffic).
- Seatbelts save lives. Why is it that there appears to be a stubborn resistance to the wearing of seatbelts? It is a factor in most of our fatalities, on-and off-duty.
- Do not drive under the influence of alcohol. Supervisors should ensure all soldiers are aware of the consequences of drinking and driving, such as Article 15 or possible court martial and possible discharge action - not to mention the risk of injuring or killing oneself, loved ones or others. Instruct soldiers to plan ahead and provide a designated driver. Establish and maintain a list of designated drivers and taxi phone numbers. Keep the list handy and use it!

Heat stress injuries can range from painful heat cramps to a deadly heat stroke. Know the early signs of heat stress, such as dizziness, weakness, and profuse perspiration. To prevent heat stress

injuries, drink plenty of water before, during, and after activity. Go to the nearest shaded or cool place and sit or lie down. If symptoms are not relieved in a few minutes, seek medical attention immediately.

Water activities. Whether it is a dip in the backyard pool or a swim in the ocean, always follow the rules on water safety.

Fireworks. Play it safe and let the experts at a public display set off the fireworks.

Barbecuing . Keep the barbecue grill a safe distance from the house or flammable materials. Always have a fire extinguisher or a water hose ready in case the fire gets out of control. Keep children and pets away from grill. Never start the grill with gasoline. Never leave the fire unattended.

Be prepared for the hazards of summer. Don 't let safety be an afterthought when planning a vacation or that weekend getaway. Take a few minutes to consider your safety as well as your family's. Commit to making this summer free of injuries and needless tragedies. It can mean the difference between life and death.