



## 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](http://www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm)

### Prepare For A Safe Vacation



Although we spend fewer hours on vacation than almost any other activity, we seem to be exposed to new, strange or unfamiliar situations while we are vacationing. This means we experience more hazards, thus increasing our chances of injury.

Since vacation time beginning, let's review some of the things we can do to protect ourselves and our families. Taking first things first, preparing your home for your absence should be on the top of your list.

Give a neighbor the key to your house and an itinerary so that you can be reached for emergencies. Install a timer for the lights in your house or have someone turn on various lights every night. Leave the window shades open. Stop mail and newspaper deliveries or have a neighbor collect these items for you. Arrange to have your lawn mowed. Let the local police know that you will be gone and have them check the house periodically.

Now that you're ready to leave, have your vehicle serviced and check the brakes, windshield wipers, horn, lights and other safety-related items. After your car is in shape, make sure that you're in the same condition. Know your limit when performing outdoor activities. A muscle sprain can ruin your vacation.

If you go to the beach, know and practice water safety. Use the buddy system when swimming. Don't dive into unfamiliar areas - the water may be too shallow.

If you plan to water ski, obey the local rules and have someone in the boat watch the skier. Make sure you have enough life preservers on board. Follow safe boating rules, including boating laws and speed limits. Be sure you have fire extinguishers and running lights.

Camping and hiking present hazards of their own. Keep campfires under control at all times and be careful with knives, hatchets and other sharp tools. Have a well-stocked first-aid kit with you.

Know the poisonous plants, insects and snakes in the area where you'll be camping. Learn the proper way to treat snake bites.

When walking in the woods, it's a good idea to take a compass along, especially in heavily wooded or mountainous areas.

Avoid overexertion in any activity - swimming, hiking, rowing and climbing. Stay alert and assign various safety duties to members of your family. There is no substitute for common sense. Don't drink if you're driving, and don't let children distract you. Stop frequently on long trips. Above all, return home safely.