



MCIWEST-MCB CAMP PENDLETON 2016 CRITICAL DAYS OF SUMMER NEWSLETTER



WEEK 7 – SWIMMING SAFETY



THE GANGS ALL HERE

Summer is here and the heat is on. With the temperature reaching the three digits in some places the coolest place to be outdoors is in the water. During the summer break thousands will hit the beaches and splash in the pools.

With so many young people being injured in the waters, this week's newsletter emphasizes watching the children.

The Department of developmental Services sends this message: In California, drowning is a leading cause of injury-related deaths among children under the age of five. Each year, near-drowning incidents result in life-long disabilities. The Department of Developmental Services and the Drowning Prevention Foundation continue to raise awareness on this issue, and remind parents and caregivers that drowning is preventable.

The governor of California, Governor Brown understands this is an alarming situation and requires action therefore, the Governor

urges all Californians to enjoy activities but remain vigilant around babies and toddlers, and swimmers of all ages.

Swimming is safe for all of us as long as we approach the water safely (with a risk management plan).



L to R Jacob Karasek and Matthew Kuhn are life guards at the 13 area pool. For more information regarding private swimming lessons for children ages 4 and up, and pool operations, contact the pool manager Mr. Jason Torpey @725-4344 or torpeyjp@usmc.mccs.org

Commanding General's Safety Hotline: (760)763-7233



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Preventive measure around water

Pool side

- ❖ Incident response plan (local first respondent's numbers)
 - Telephone in close proximally of the pool
- ❖ Incident prevention plan
 - Set poolside rules (water depth and playing)
 - Proper swim gear as necessary (floatation devices)
 - A competent swimmer pool side at all times
 - Limit alcohol consumption
 - Provide water and juice for hydration
 - Be especially safety and child conscious at night



Beaches

- ❖ Adhere to posted water restrictions & limitations
- ❖ Incident response plan
 - Phone and local first responder's numbers
- ❖ Incident prevention plan
 - Take count of swimmers
 - Keep eyes on children
 - Set swimming parameters
 - Provide water and juice for hydration
 - Never swim alone
 - Wear the appropriate swimming gear
 - Respect the depth and the dangers
 - Know your swimming limitations
 - Be aware of the surroundings



DON'T FORGET THE TANNING LOTION!

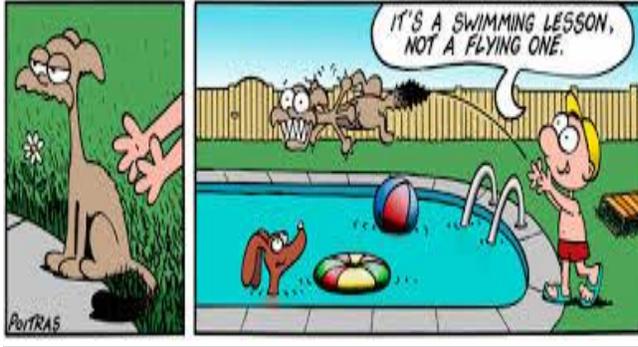
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Picture of the Week



Base Safety Points of Contact

- ❖ Traffic Safety – 763-5070
- ❖ Recreations Safety – 763-5332
- ❖ Safety Training – 763-7326
- ❖ Ergonomics – 763-0254
- ❖ Radiation Safety – 763-0254
- ❖ Mishaps – 763-5334
- ❖ Asbestos/Lead – 763-5324
- ❖ Respiratory Protection, 763-2366
- ❖ Confined Space – 763-2366
- ❖ Tactical Safety – 763-5332
- ❖ Bloodborne Safety – 763-0255
- ❖ Explosive Safety – 763-4817
- ❖ HAZMAT – 763-2364
- ❖ First Aid/CPR – 763-2364

Upcoming Training

10/30 Hour General Industry Course 19-22 July

NAVOSH General Industry Standards (25-29 July)

Ground Safety for Marines (15-26 August)

For more safety information check us out on our Facebook page

<https://www.facebook.com/Cpenbasesafety>

Or send us an email at:

CPEN_SAFE_TRNG@usmc.mil

Additional Link Information:

<https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Drowning.aspx>

“MISSION FIRST SAFETY ALWAYS”

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