



MCIWEST-MCB CAMP PENDLETON



Critical Days of Summer Newsletter

September 2014

Travel Safety Operational Risk Management



Operational Risk Management is not just for training exercises, it can be used as a decision making tool to help identify risks and benefits and determine the best course of action for traveling.

ORM is designed to minimize risks in order to reduce mishaps, preserve assets and safeguard the health and welfare (USA.gov, 2014).

Risk is the possibility of loss in terms of probability and severity. Any traveling situation, whether it's a permanent change of station move or a family vacation, will have some risk. By applying the ORM process to your next trip, it could help you prevent the loss of time and money and protect the well-being of your family members, as well as everyone else (MilitaryOneSource.mil, 2014).

Four principles guide all activities associated with ORM:

- Accept risk when benefits outweigh the cost.
- Accept no unnecessary risk.
- Anticipate and manage risk by planning.
- Make risk decisions at the right level.

CDC Travel Survivor Guide



With more Americans traveling internationally each year, the Center for Disease Control and Prevention have some guidelines to help keep you, Proactive, Prepared, and Protected when it comes to your health—and the health of others—while you are traveling (cdc.gov, 2011).

- **BE PROACTIVE:** Take steps to anticipate any issues that could arise during your trip.
- **BE PREPARED:** No one wants to think about getting sick or hurt during a trip, but sometimes these things happen. You may not be able to prevent every illness or injury, but you can plan ahead to be able to deal with them.
- **BE PROTECTED:** It is important to practice healthy behaviors during your trip and after you return home.
 - Pay attention to your health during your trip.
 - Use sunscreen and insect repellent as directed.
 - Be careful about food and water.

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- Try not to take risks with your health and safety.
- Limit alcohol intake, and do not drink alcohol and drive.
- Wear a seatbelt.
- Wear protective gear when doing adventure activities.
- Respect your host country and its people by following local laws and customs.



TRAVEL SAFETY TIPS



Traveling requires careful planning. Below are some steps that you can take to prepare for a safe trip. You can also look for more specific information for the area you are traveling to (TravelState.gov, 2014)

- Beware of Any Travel Alerts and Warnings for Your Destination
- Ensure you have All Required Travel Documents
- Prepare for an Emergency
- Pack light so you can move more quickly and have a free hand when you need it.
- Carry a minimum number of valuables and plan places to conceal them.
- Use covered luggage tags to avoid casual observation of your identity and nationality.
- Avoid packing IDs, tickets and other vital documents in backpacks or other locations you won't be able to see at all times.
- Carry Photocopies of Your Itinerary and Travel Documents
- Prepare to Handle Money Overseas
- Learn about local laws and customs
- Check to see if you need any new vaccinations
- Find out how to find medical help abroad
- Find out if your health insurance covers you outside the U.S.



Travel Warnings and Alerts



The U.S. Department of State issues Travel Warnings for countries that should be considered very carefully or at all. Travel warnings are issued when the government is unstable, civil war, ongoing intense crime or violence, or frequent terrorist attacks (TravelState.gov, 2014). Travel warnings are to inform you of the risk of traveling to certain places, and remain in effect until the situation changes (TravelState.gov, 2014).

Travel Alerts are issued for short-term events. An example of a Travel alert being issued is during an election season that is likely to have many strikes, demonstrations, or disturbances; a health alert like an outbreak of H1N1; or evidence of an elevated risk of terrorist attacks. Once the short-term events are over, the travel alert is cancelled (Travel.state.gov, 2014).

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Travel warnings and alerts can be found on the U.S Passports and International Travel information page at <http://travel.state.gov/content/passports/english/alertswarnings.html>.

Workplace Humor

“I told the doctor I broke my leg in two places. He told me to quit going to those places”. – Henny Youngman

Picture of the Week



For Marine Corps specific please review MCO 5100.30B Off Duty Recreation Order

MCO 5100.19F Marine Corps Traffic safety Program

BO 5100.2L MCB Camp Pendleton Base Regulation

For more information contact the Installation Traffic Safety Manager at (760)763-5410.

 Check us out on Facebook

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

Click on these links for more tips.

<http://safetycenter.navy.mil/>

<http://travel.state.gov/content/passports/english/go/checklist.html>

<http://travel.state.gov/content/passports/english/alertswarnings.html>

<http://www.militaryonesource.mil/MOS/f?p=EFMPNEWS:ARTICLE:0:::MONTH,YEAR,COHE,PAGE:June,2013,271551,2>

<http://safetravel.dot.gov/>

http://www.kevincoffey.com/safety_tips_index.htm

<http://www.redcross.org/prepare/disaster/highway-safety>

<http://wwwnc.cdc.gov/travel/page/survival-guide>

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