



MCIWEST-MCB CAMP PENDLETON

2015 Critical Days of Summer Newsletter

Week 14: 23-29 August 2015



Fatal Four Awareness



Summer 2014 Fatalities and mishaps across Navy and Marine Corps

13 fatal traffic mishaps

- 9 were motorcycles

9 died during recreational activities

- 4 drownings (2 kayaking, 1 cliff diving, 1 personal water craft)
- 3 falls (balcony, window, parking garage)
- 1 ATV wreck
- 1 private plane crash

Impact: 22 trained and ready Sailors and Marines are no longer with us.

Driving too Fast

(Courtesy of the Naval Safety Center)

Speeding—traveling too fast for conditions or in excess of the posted speed limits—is a factor in almost one-third of all fatal crashes (safety.fhwa.dot.gov). Speeding is a habitual driver behavior. Although drivers name speeding as dangerous to their safety, most still speed (NSC, 2014). Remember that there is a reason for posted speed limits. The roadways are a dangerous place and the speed limits are designed to protect everyone – drivers, passengers, pedestrians – everyone.



Seatbelts

(Courtesy of the Naval Safety Center)

When worn properly, seat belts are your best protection against an injury in a crash. Safety Laws in California require everyone riding in a car to be contained with an approved safety-restraint system, seat belts and or safety seats.

- Do you wear your seatbelt?
- Do you ensure all your passengers are buckled in?



Did you Know?

Drivers are responsible for their own conduct as well as their passenger's behavior. Drivers can be cited for any seat belt violation that occurs within their vehicle.

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

Fighting Fatigue at the Wheel

(Courtesy of the Naval Safety Center)

- How has fatigue affected you on the road?
- How does taking short breaks fight fatigue?
- What is the craziest thing you've seen other drivers or motorcycle riders do? What did or could have gone wrong?

Driving when tired can be a deadly combination. Here are some tips to help you avoid falling asleep at the wheel.

- Start every trip well-rested.
- Drive during daylight hours.
- Schedule breaks every two hours.
- Never drink and drive.
- Pull over if you get tired.



Drinking and Driving

(Courtesy of the Naval Safety Center)

Alcohol-related mishaps kill and injure Sailors and Marines every summer. Don't ever let your friends drive drunk. Take their keys, have them stay the night, have them ride home with someone else, call a cab, or do whatever else is necessary - but don't let them drive.

- What do you think the Navy/Marine Corps culture is regarding alcohol?
 - Has this culture changed? For better or worse?
- What would you do if you were at a party and had too much to drink?
- What are other options for getting home safely?
- What are other issues (besides driving) associated with misuse of alcohol.

Did you Know

Absorption of alcohol depends on

- Your size, weight, body fat and sex
- Amount of alcohol consumed
- Amount of food in your stomach
- Use of medications

If you or someone you know needs help, learn what Tricare can do by visiting www.tricare.mil/ProviderDirectory/http://www.tricare.mil/mtf

To find a local resource, call the Center for Substance Abuse Treatment at 1-800-662-HELP



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Upcoming Training

(Please call Base Safety 760-763-5328, for more information, and to verify class prerequisites)

- Ground Safety for Marines Course: 30 Nov-11 Dec (prerequisites required)
- CPR: 10 September
- 10 OSHA Course: 31 August -1 September
- 30 OSHA Course: 31 August -3 September
- 4th Quarter Safety Committee: 9 September
- Attitudinal Dynamics of Driving (Remedial Driving): 4,18 September
- Fall Stand down: 28 Oct 2015

Safety Quote of the Week

Keep safety in mind. It will save your behind

Picture of the Week



 Check us out on Facebook

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

Click on these links for more tips.

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

<http://safety.fhwa.dot.gov/speedmgt/>

<http://www-nrd.nhtsa.dot.gov/Pubs/811751.pdf> <http://www.safercar.gov/SummerDrivingTips>

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