



# MCIWEST-MCB CAMP PENDLETON

2015 Critical Days of Summer Newsletter

Week 3



## Motorcycle Safety

The Marine Corps is striving to improve the motorcycle mishap rate by ensuring all Marines have the appropriate motorcycle training (safety.marines.mil, 2015). Motorcycles can travel as fast as cars do, but lack car safety features most people take for granted. Motorcycles don't have an exterior frame to absorb crash forces. Instead, the forces of a collision are born directly by the bike and the rider. Motorcycles also don't have seatbelts, which increases the rider's risk of being thrown off the bike in an accident.

## Motorcycle Personal Protective Gear

Protective gear has two basic purposes: comfort and protection. Uncomfortable gear can distract you from riding. Properly fitting protective gear will help you stay comfortable when encountering various riding conditions. In the event of a crash, protective gear will help prevent or reduce injuries (msf.org, 2015).



**Helmets** Each year more than 2,200 people are killed and more than 55,000 are injured in motorcycle crashes (nhtsa.gov, 2015). Many of those deaths and injuries could have been avoided if a helmet was worn (nhtsa.gov, 2015). Helmets are motorcyclist most effective piece of equipment (nhtsa.gov, 2015). Other important factors are a comprehensive motorcycle program, rider training, licensing, education, and motor awareness (nhtsa.gov, 2015). Personal protective equipment will not prevent crashes, but they can help to cut down on the deaths and injuries associated with motorcycle collisions (nhtsa.gov, 2015).

**Fact:** The value of motorcycle helmets in reducing deaths and serious injuries has been documented for more than 40 years.

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

## Protect your feet

Boots make a big difference. Durable high-tops, hiking, or work boots are a good alternative if armored motorcycle riding boots are beyond your current budget. But remember that motorcycle footwear is designed to give good traction on paved surfaces, be oil resistant, and not interfere with pegs, shifters, brakes and other appendages on your bike. Boots with laces, loops, hooks or flaps can snag on your bike and contribute to an embarrassing drop or a loss of control. Keep that in mind when shopping for lower cost alternatives ([marines.mil/unit/safety](http://marines.mil/unit/safety)).



## Get Armored



More gear affords more protection, but body armor is the way to go. If you can't afford the armored jacket or pants right now, spending less money on a non-armored product that has a "motorcycle" label or logo is not going to significantly lower your risk any more than even less expensive "mall leather" jacket and jeans. For gloves, armor also makes a big difference. Consider also that there might be big price differences on very similar glove products that are marketed for street motorcycles, off-road motorcycles or snowmobiles/ATVs ([marines.mil/unit/safety](http://marines.mil/unit/safety)).

## Motorcycle Tires

Never underestimate the importance of having good, properly inflated tires on your motorcycle. The small contact patches provided by the front and rear tires are the motorcycle's only source of traction. Deterioration of your tires' condition can jeopardize this contact patch and bring a good ride to a quick end. Safe riding depends on selecting the right tires, inspecting maintaining them, and replacing them as necessary (courtesy of the Naval Safety Center, 2015).



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

# Workplace Humor

If you don't think it will happen to you, find the person who had it happen to them

## Picture of the Week



"A metal plate in your head does not qualify as a helmet."

 Check us out on Facebook

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

[Click on these links for more tips.](#)

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

<http://www.safety.marines.mil/Branches/Ground/MotorycleTraining.aspx>

<http://www.nhtsa.gov/people/injury/alcobol/Archive/Archive/safesobr/OPlanner/protection/cycle.html>

### Motorcycle Safety Recommended Sites

Motorcycle Safety Foundation Pre-Ride Checklist

<http://www.msf-usa.org/downloads/t-cloclsinspectionchecklist.pdf>

Marine Corps Training Guidelines

[http://www.defense.gov/home/pdf/0412\\_militaryrider/DYK\\_USMC4.pdf](http://www.defense.gov/home/pdf/0412_militaryrider/DYK_USMC4.pdf)

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