



# MCIWEST-MCB CAMP PENDLETON

## 2015 Critical Days of Summer Newsletter

Week 7: 5-11 July 2015



## Watercraft Safety



Each year thousands are injured due to preventable recreational water incidents (USCG.org, 2015). Every boater should be aware of the dangers in and out of the water and how to protect themselves.

## Boating Safety Tips

(Courtesy of the Naval Safety Center, 2015).

- Learn to swim. Sooner or later, you're going in, and you don't want to have to rely on a life preserver or a passenger.
- Don't drink while boating. It leaves you tipsy, both mentally and physically. More than half of the people who drown in boating accidents had been drinking. As far as drinking goes, boats are just cars on the water.
- Wear an approved life jacket, and make sure your passengers do, too.
- Before you launch, tell someone where you're headed and when you'll be back at the dock. In an emergency, rescuers will need to know where to start looking.
- Keep learning about boats and the water. Groups including the U.S. Power Squadron and the Coast Guard Auxiliary teach classes in navigation, weather and emergency procedures.
- Check the forecast and watch the weather while you're underway. If you see or hear a storm, get back to land.



## Carbon Monoxide

Carbon monoxide (CO) can harm and even kill you inside or outside your boat! In high enough concentrations, even a few breaths can be fatal. Carbon monoxide poisonings are preventable. Every boater should be aware of the risks associated with carbon monoxide - what it is; where it may accumulate; and the symptoms of CO poisoning (usboating.org).

- CO symptoms are similar to seasickness or alcohol intoxication.
- CO can affect you whether you're underway, moored, or anchored.



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

- You cannot see, smell, or taste CO.
- CO can make you sick in seconds.

## **Upcoming Training**

(Please call Base Safety for more information, and to verify class prerequisites)

- Ground Safety for Marines Course: 27 July-7 August
- Fire Protection and Life Safety: 18-21 August
- CPR (upon request)
- 10 OSHA Course: 11-12 August
- 30 hour OSHA class 14-17 July
- Attitudinal Dynamics of Driving (Remedial Driving): Every other Friday
- Fall Stand down: 28 Oct 2015

## **Workplace Humor**

As soon as you see a mistake and don't fix it, it becomes your mistake.

~Author Unknown

## **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://www.safeboatingcouncil.org/>

[http://www.dbw.ca.gov/pubs/ABC/Required\\_Equipment.pdf](http://www.dbw.ca.gov/pubs/ABC/Required_Equipment.pdf)

<http://www.uscgboating.org/recreational-boaters/carbon-monoxide.php>

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