



## Contact Information

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## Summer Safety Resources

### **Water Safety**

<http://www2.redcross.org/services/hss/tips/healthtips/safetywater.html>

### **Camping Safety**

[http://www.surviveoutdoors.com/reference/camping\\_safety.asp](http://www.surviveoutdoors.com/reference/camping_safety.asp)

### **Hunting Safety**

<http://www.fs.usda.gov/dbnfl/>

### **That Guy (Drinking & Driving)**

<http://www.thatguy.com/>

### **Heat Injury Guide**

<http://www.cdc.gov/niosh/docs/86-112/>

## Prevent Heat Injuries

- **Heat stroke**, heat exhaustion, heat cramps, and heat rash are possible when you become overexerted in the heat. Put your health first so you can enjoy the summer. To prevent fatal injuries, know the signs of heat injuries and the steps to take to minimize risk.
- **Heat Cramps**. Heavy sweating; painful spasms usually in the leg or abdomen muscles. Provide cool water, shade, and monitor.
- **Heat Exhaustion**. Person experiences nausea, dizziness, weakness, headache, pale and moist skin, heavy perspiration, normal or low body temperature, weak pulse, dilated pupils, disorientation, fainting spells. Provide water, shade, elevate feet and seek immediate medical attention.
- **Heat Stoke**. Person experiences headache, dizziness, confusion, rapid/strong pulse, and hot, dry skin, high body temperature of 106 or higher possibly leading to vascular collapse, coma, and death. Move to a cool shaded area, soak victim with water and fan, elevate feet and seek immediate medical attention. This is a medical emergency.

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## CAMP PENDLETON

## SAFETY CENTER

### Summer Safety Brochure



**Work – Train – Live  
Safely**

"Safety is a "VALUE" rather than a priority. Priorities change – values do not. Safety is grounded in good leadership and followership, well thought out plans and SOPs, discipline, and training. It is our mandate and goal to preserve our force and prevent mishaps by embracing ORM and promoting safe practices- both on and off duty." BGen V. A. Cognlianese, Commanding General MCIWEST-MCB CAMPEN

## Why Summer Safety?

One of the greatest challenges facing our service members is the large number of deaths and injuries caused by preventable automobile and recreation mishaps. In summer 2008, 32 Sailors and 20 Marines died in off-duty mishaps ranging from drowning, motorcycle and off-road accidents, and motor vehicle accidents.

Every service member has a responsibility to be an active participant in saving lives from needless mishaps. Be vigilant during these summer months by being proactive in your safety efforts.

We all want to play hard, but remember to also live to play another day. Watch out for your family and friends. Be the one to say "I'll take you home" or "rest before you go". You may prevent a tragic loss or severe injury.

## Leading Causes of Recreation Deaths and Injuries

- Drowning
- Water Sports
- Falls
- Outdoor Recreation
- Team and Contact Sports

The beginning of summer means it's time to play ball, go fishing, hike, camp, or just have a backyard barbecue. Whatever your pleasure, apply risk management when planning those activities.

Most of the things that can hurt you or go wrong are easy to anticipate and avoid. A few smart decisions go a long way toward maintaining our Navy and Marine Corps combat readiness.

Remember, our forces are affected just as drastically by an off-duty mishap as by one occurring at work.

## Avoid Gas Grill Dangers

Before you plan your barbeque, it's important to give your gas grill a "tune up" to make sure it is in proper working order.

Liquid petroleum (LP) gas or propane used in gas grills is highly flammable. Each year more than 500 fires occur when people use gas grills and about 20 people are seriously injured as a result of gas grill fires and explosions. Many of these events occur when people first use a grill that has been idle for a period of time or just after refilling and reattaching the grill's gas container.

Remember to:

- Check the tubes that lead into the burner for any blockage.
- Check grill hoses for cracking, brittleness, holes and leaks.
- Always store your cylinder upright in an area that won't exceed 125 degrees.
- Never store a spare cylinder beneath a grill.
- Always turn control knobs to **OFF** position when not in use