



**IF YOU DON'T BUCKLE UP  
IT COULD BE YOUR LAST  
THANKSGIVING, TOO.**

**BUCKLE UP  
AMERICA**  
Every Trip. Every Time.

# Fall/Winter Safety Brief

MCICOM Safety

# Topics Of Discussion



**Driving and Traffic Safety**

**Cooking and Food Safety**

**Fire Hazards**

**Deer Collisions**

**Slips, Trips and Falls**

**Winter Sports**

# Motor Vehicle Fatalities 2013

□ USN - 37

□ USMC - 24



# Over the River/Through the Woods

- **Fact:** Heaviest holiday traffic occurs the Wednesday before Thanksgiving and the Sunday after.
- **Fact:** Many Sailors and Marines drive long distances over the holidays to visit family and friends.
- **Fact:** Risk management prevents traffic mishaps.

# Seatbelts

- **Seatbelt use for FY 2012 was 86%**
  - ▣ **11,949 lives saved by seatbelts**
  - ▣ **No seatbelts used in 52% of fatal crashers**
  - ▣ **77% of people ejected from their vehicles were killed**



\*Statistics courtesy of the National Highway Traffic Safety Administration

# Speed

- ❑ A factor in 31% of all fatal crashes
- ❑ Cost of speed-related crashes \$40 billion/year
- ❑ Nearly 12,000 lives lost
- ❑ 88% of speed-related fatalities occur on non-interstate highways



\*Statistics courtesy of the National Highway Traffic Safety Administration

# Aggressive Driving

- ❑ Causes 66% of all fatal crashes
- ❑ Causes 34% of all crashes



# Aggressive Driver Behaviors

- ❑ Erratic lane changing
- ❑ Exceeding speed limit
- ❑ Following too closely



# Causes of Aggressive Driving

- ❑ Crowded roads
- ❑ Being in a hurry
- ❑ Road work
- ❑ Life stresses
- ❑ Bad driver attitudes
- ❑ Selfishness



# Avoid Aggressive Driving

- ❑ Be courteous and patient
- ❑ Obey speed limit
- ❑ Plan ahead



# Use Common Sense



# Avoid Aggressive Drivers

- ❑ Avoid eye contact
- ❑ Get out of their way
- ❑ Don't challenge them
- ❑ Always be courteous



# Prevent Aggressive Driving

- ❑ Don't contribute to the problem
- ❑ Report incidents to police
- ❑ Set the example



# Drinking and Driving

- ❑ 20-39 age group - highest drinking and driving incidents
- ❑ .08 - the law in all states



# Alcohol Awareness

- **Absorption depends on:**
  - Size, weight, body fat, sex
  - Amount consumed
  - Amount of food in your stomach
  - Use of medications
- **60% of STDs are transmitted by drunk partners**
- **In 67% of unplanned pregnancies, at least one partner was drunk**



# Over-Consumption

Long- and short-term effects of excessive drinking:

- ❑ Risky behavior
- ❑ Drunk dialing
- ❑ Impaired judgment
- ❑ Decreased fertility
- ❑ Depression
- ❑ Pancreatitis



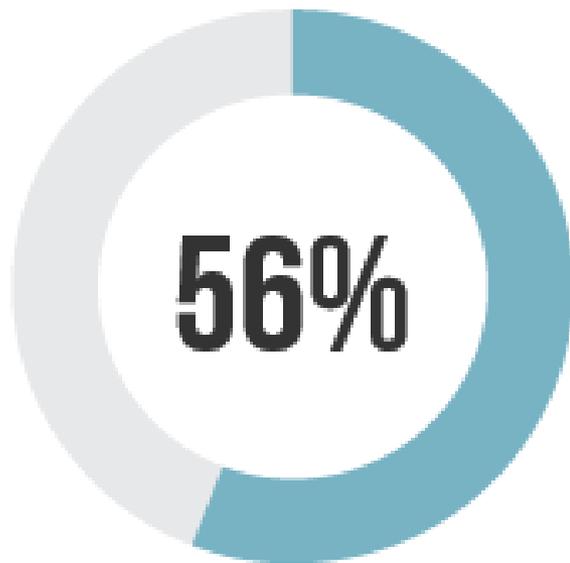
# Drowsy Driving

- ❑ Estimated 100,000 crashes each year
- ❑ 1550 fatalities
- ❑ 71,000 injuries

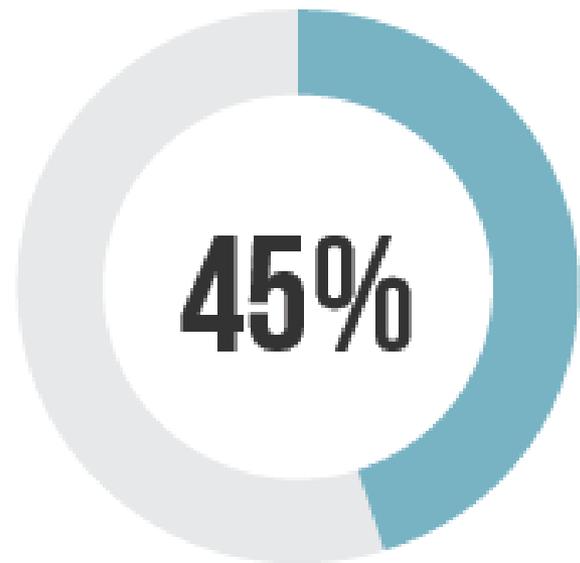


# Drowsy Driving Facts

## LIKELIHOOD OF DRIVING DROWSY BY GENDER



**MEN**



**WOMEN**

# How To Avoid Driver Fatigue

- ❑ Plan ahead
- ❑ Eat small meals
- ❑ Stop every two hours
- ❑ Drive during daylight
- ❑ Don't lock eyes in one spot



# Distracted Driving

- 25% of all crashes due to driver inattention



# Types of Distracted Driving

- ❑ Cell phone use
- ❑ Operating radio
- ❑ Eating and drinking
- ❑ Putting on make-up  
“grooming”
- ❑ “Rubber Necking”
- ❑ Disciplining children



# Cell phone usage

- As of 1 October, it is a stoppable offense to talk on a cell phone while driving



# Holiday Safe Traveling

- ❑ Service vehicle
- ❑ Check antifreeze
- ❑ Add de-icer fluid



# Emergency Kit

24

- **Flares**
- **Blankets**
- **A shovel**
- **First-aid supplies**
- **Quick-energy foods**
- **Flashlight with spare batteries**
- **Kitty litter (use for traction on ice)**



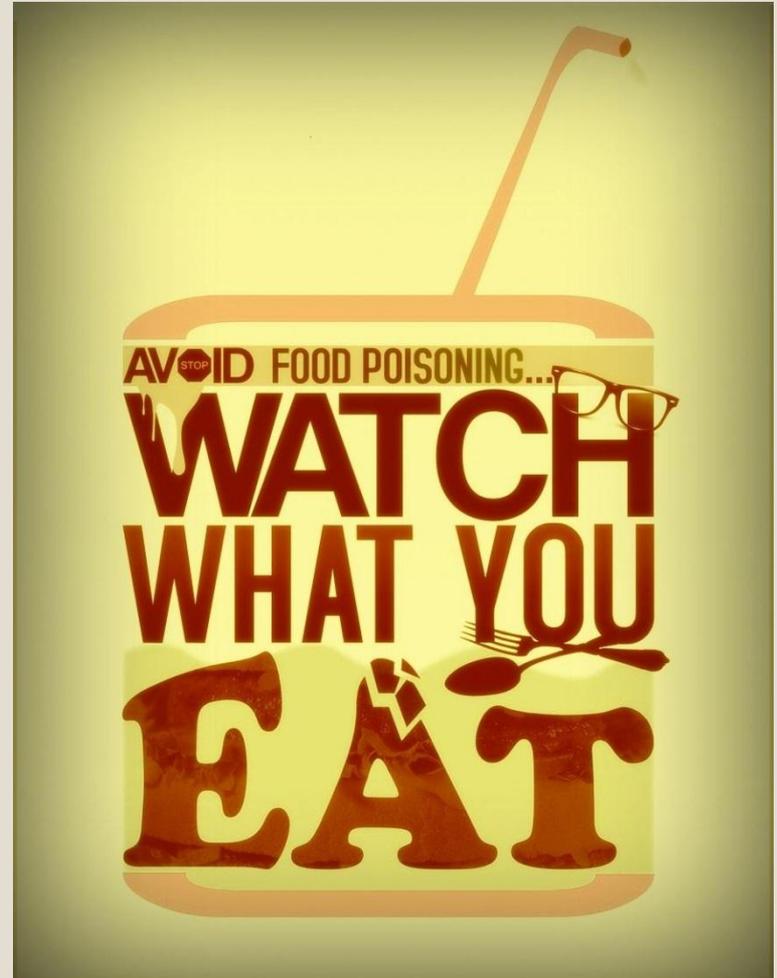
# If You Become Stranded

- ❑ Hang a bright cloth from your antenna
- ❑ Start engine/run heater every 10 min (keep exhaust pipe clear)
- ❑ Stay with vehicle
- ❑ Use flares



# Cooking and Food Safety

- 200,000 Americans get sick from food-related illnesses everyday



# Cooking Safety

- ❑ Wash food and surfaces
- ❑ Keep fire extinguisher handy
- ❑ Keep cooking area uncluttered
- ❑ Don't cook stuffing inside turkey
- ❑ Don't defrost turkey at room temp
- ❑ Use personal protective equipment
- ❑ Cooking temps: Poultry & stuffing - 165



# Fire Hazards



- ❑ Home fires - more prevalent in the winter  
Decorations, candles, extension cords, heaters.....
- ❑ Cooking - leading cause of all winter residential building fires

# Clean Chimney/Fireplace

- ❑ Clean chimney annually
- ❑ Clean the ash from the fireplace regularly
- ❑ Fire place screens to contain sparks
- ❑ Follow directions for compressed fire place logs
- ❑ Monitor fires until out.....



# Check Heating System

- ❑ **Have your furnace inspected**
- ❑ **Don't leave space heaters unattended**
- ❑ **Don't use extension cords with electric space heaters**
- ❑ **Never use your gas range as a furnace**



# Smoke Detectors

- ❑ Test monthly
- ❑ Place one on each floor
- ❑ Replace every 10 years
- ❑ Practice family fire drill
- ❑ Replace batteries  
2x/year



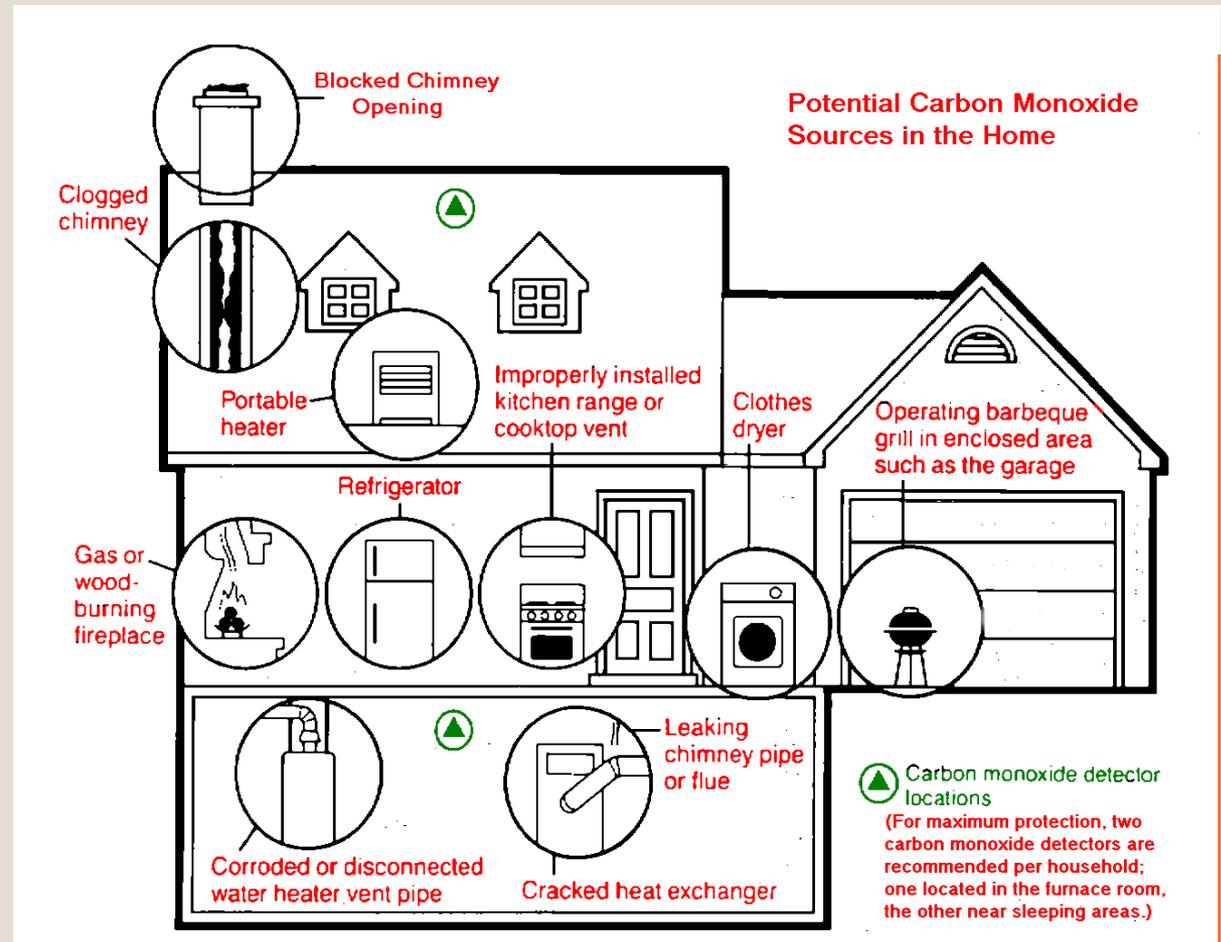
# Not An Approved Fire Alarm!



# Carbon Monoxide: The Silent Killer

(Do not serve as smoke detectors and vice versa)

Colorless, tasteless and odorless (unlike smoke from a fire), detection and prevention of carbon monoxide poisoning in a home is impossible without such a device.



**Install a carbon monoxide detector - test monthly**

# Check Your Fire Extinguisher

- <http://www.youtube.com/watch?v=BLjoWjCrDqg>

Cut and paste the above link into your browser.....This video was created by the Fire Equipment Manufacturers' Association to train viewers on how to assess a potential fire situation and use a portable fire extinguisher.

# Special Warning: Turkey Fryers!



- ❑ Hot Oil & Fire Hazard
- ❑ Tip Over & Spill Hazard
- ❑ Hot Sides, Lids and Handles

- ❑ Keep Fire Extinguisher Nearby
- ❑ Never Leave Unattended!
- ❑ Always Use Outside



# Deer Collision Hazard



# Deer Collision Hazard

- ❑ Watch for deer crossings
- ❑ Avoid poorly lit roads
- ❑ Reduce speed
- ❑ If you see a deer –  
there will be others
- ❑ Use high beam headlights
- ❑ If collision is eminent - brake and hold the  
wheel straight

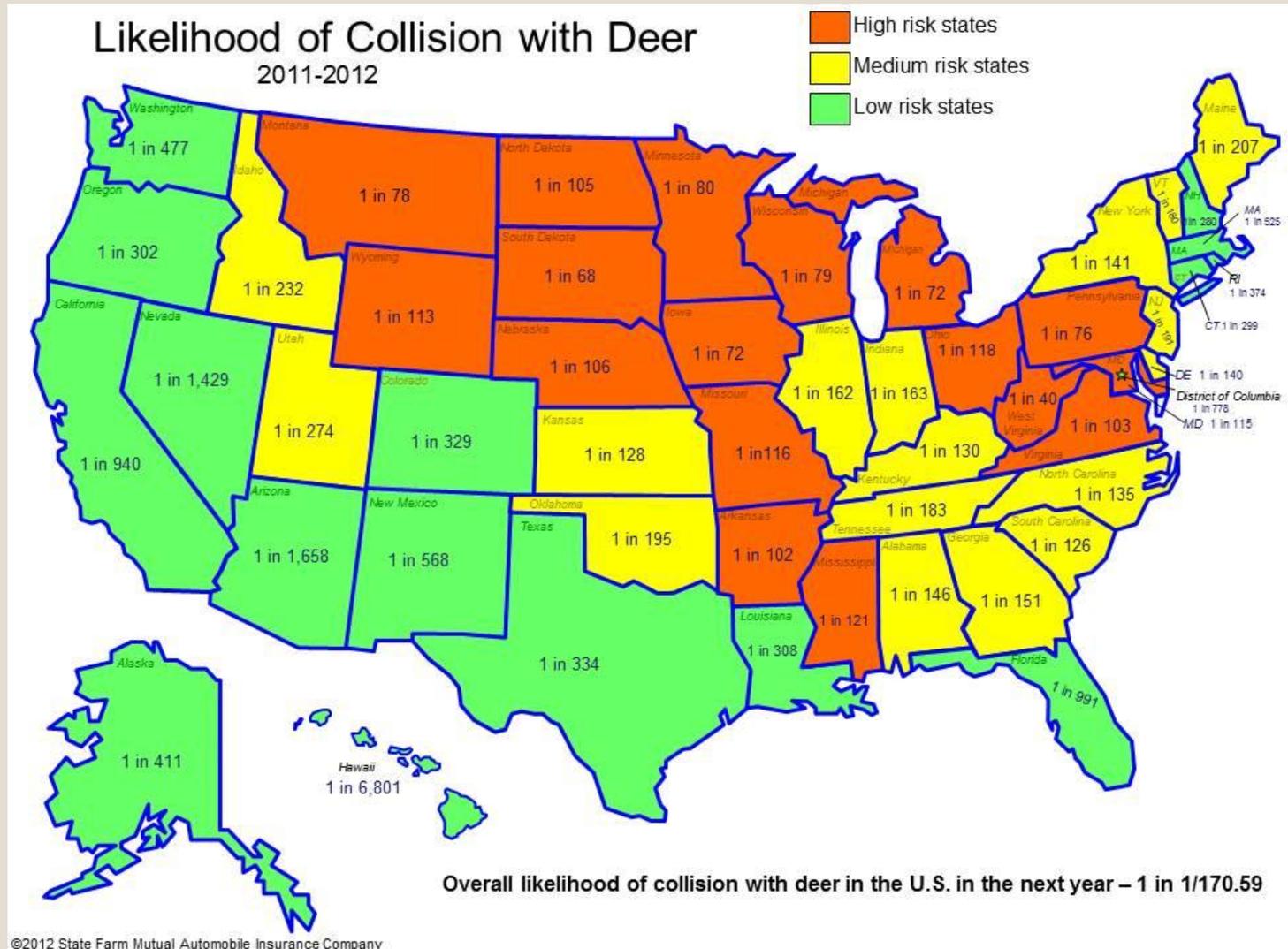


# Deer Collision Hazard

- ❑ Deer migration and mating season: Oct - Dec
- ❑ Most accidents: Dusk - Dawn
- ❑ 10,000 personal injuries
- ❑ 200 Drivers killed/year
  - ▣ Deer-car collision - 2%
  - ▣ Deer-motorcycle - 85%



# Deer Collision Hazard



# Slips, Trips and Falls

- ❑ 200,000 injuries from falls per year
- ❑ 21,600 Americans died from falls in a year
- ❑ Causes most lost work days for military and DON civilians



\*Numbers courtesy of the Bureau of Labor Statistics

# Leaf Slip and Fall Hazard

- ❑ Leaves both wet and dry, can cause motorcycles, cars and people to slide
- ❑ Remove leaves from driveways, walkways



# Winter Sports

- ❑ Don't exceed your limits
- ❑ Get trained
- ❑ Use proper PPE and equipment



# This Guy Has a Problem



Don't be *That Guy* - Remember your core values



# HAVE A SAFE AND HAPPY HOLIDAY SEASON!

For more information on seasonal risk management, visit  
[public.navy.mil/navsafecen](http://public.navy.mil/navsafecen)