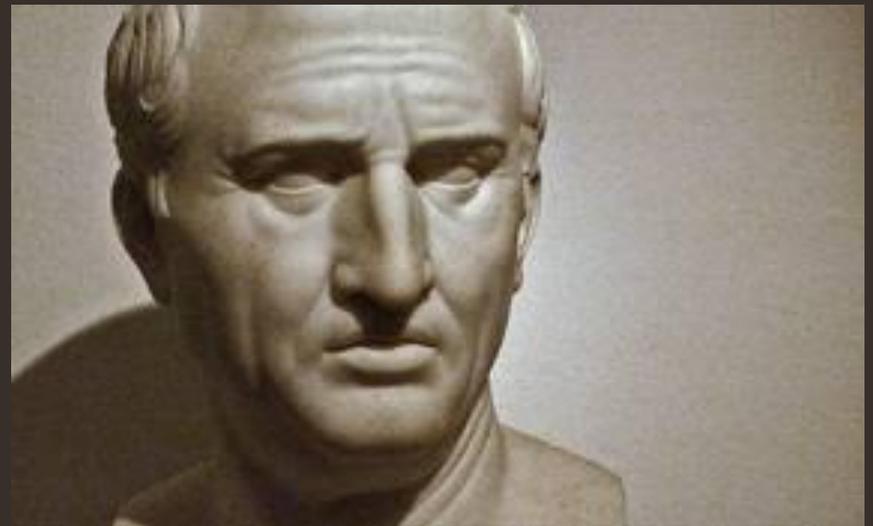


MCICOM SAFETY

“THE SAFETY OF THE PEOPLE SHALL
BE THE HIGHEST LAW”

- MARCUS TULLIUS CICERO



Topics Of Discussion

Driving and Traffic Safety

Alcohol Awareness

Sips Trips and Falls

Office Ergonomics

Office Electrical Safety

Motor Vehicle Fatalities 2013

Your life is at risk every time you are in a moving vehicle!

□ **USN - 37**

□ **USMC - 24**



Seatbelts

- 80% of all vehicle accident deaths of children could be prevented by safety harnesses and seatbelts
- As many as 17,000 people could be saved every year by wearing a seatbelt
- For survivors, average medical costs are 50% higher for those not wearing a seatbelt

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

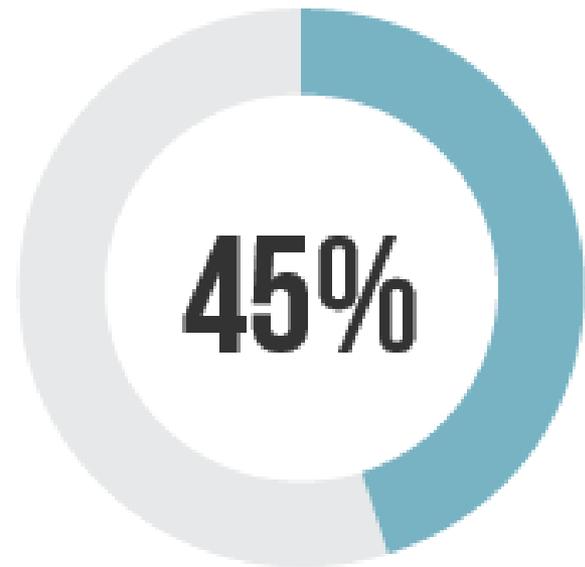


Drowsy Driving Facts

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
- Rubber Necking
- Disciplining children



Cell Phone Usage

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



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

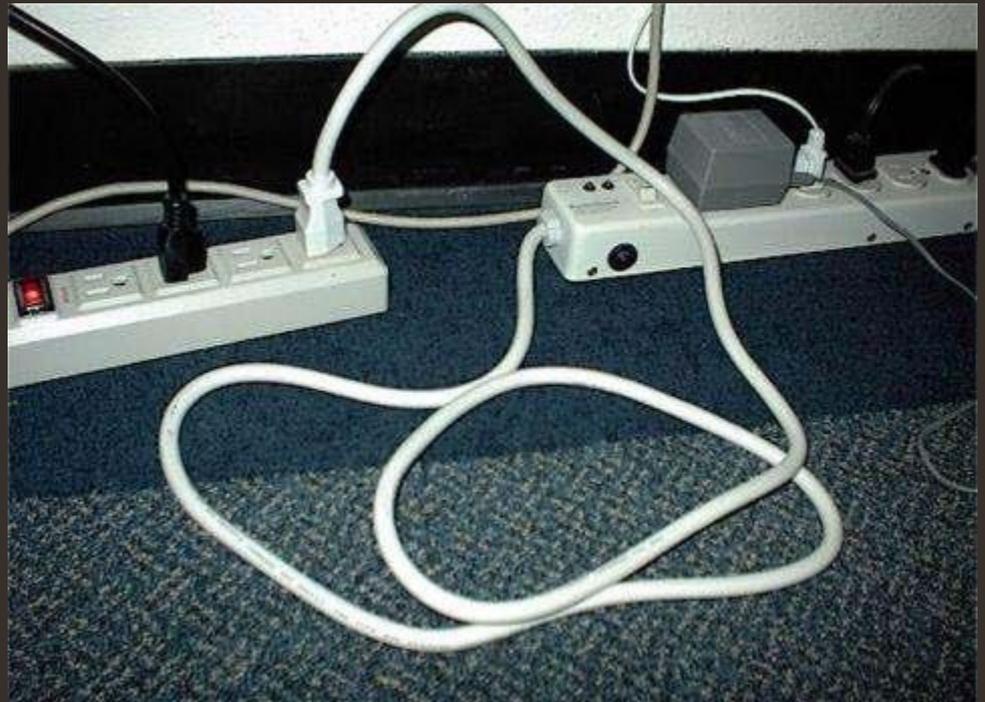
Proper Working Positions

- Hands, wrists, and forearms straight
- Head level
- Shoulders relaxed
- Elbows close to the body
- Feet supported by the floor
- Lumbar support
- Knees same height as the hips
- Thighs and hips are supported by well-padded seat



Electrical Safety

Interconnecting extension cords and power strips can cause them to become overloaded leading to their failure and a possible fire



Electrical Safety

Avoid overloading outlets with too many appliances



Electrical Safety

Unplug appliances when not in use to save energy and minimize the risk of shock and fire



Electrical Safety

Inspect electrical cords once a month to ensure they are not frayed, cracked or otherwise damaged



Electrical Safety

For additional information regarding the proper use of electrical devices visit: www.whs.mil (Washington Headquarters Services)

- Office of the Pentagon Fire Marshall (OPFM)
- Washington Headquarters Service Fire Regulations
- Chapter 6.0 - Control of Common Ignition Sources

Safety – In Everything You Do

SAFETY DOESN'T
HAPPEN
BY ACCIDENT