MCICOM Safety

Fall/Winter Safety Brief

Buckle up this Thanksgiving.

BUCKLE UP AMERICA
Every Trip. Every Time.
Topics Of Discussion

Driving and Traffic Safety
Cooking and Food Safety
Fire Hazards
Deer Collisions
Slips, Trips and Falls
Winter Sports
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 2013 was 87%
  - 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
  - Avoid inflammatory gestures
- Obey speed limit
- Plan ahead
  - Stay calm
Use Common Sense

- If there is someone behind you and no one in front of you, then get out of this lane.
- Stay in this lane unless you are going to pass.
- If you can’t figure out why, then take this lane.
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: 56%
- Women: 45%

Source: National Sleep Foundation

The Huffington Post
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 2013, 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

- 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
Carbon Monoxide: The Silent Killer

(Do not serve as smoke detectors and vice versa)

Install a carbon monoxide detector - test monthly

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.

CO Detector Locations

The best practice is to have detectors on all levels of the home. The most important locations are near the bedrooms.

Place within 10 to 15 feet of all bedrooms.

Avoid humid areas such as kitchens and bathrooms.

Placing a detector in the utility room is good common sense. But placing just outside the area will cut down on nuisance alarms.
Check Your Fire Extinguisher

- [http://www.youtube.com/watch?v=BLjoWjCrDqg](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!

- Follow directions......
- Keep Fire Extinguisher Nearby
- Never Leave Unattended!
- Always Use Outside
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

Likelihood of Collision with Deer
2012-2013

Overall likelihood of collision with deer in the U.S. in the next year – 1 in 1/174.03
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/navsafercen
This question is very simple when thought of in a different manner. The hotel receives $30 from the guests and gives $5 to the bellhop to return to the guests. $30 subtract $5 equals $25. $3 is given to the guests and the bellhop keeps $2. Thus, $3 plus $2 equals $5, and the remaining $25 is in the possession of the hotel.