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

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
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

GOT PATIENCE?
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
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

56% MEN

45% WOMEN

Source: National Sleep Foundation
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
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

- 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
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

2.3M DEER-RELATED ACCIDENTS
95,333 PER MONTH
3194 PER DAY

SOURCE: STATE FARM INSURANCE
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
2011-2012

Overall likelihood of collision with deer in the U.S. in the next year – 1 in 1/170.59

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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