

101 Days of Summer

USAMH Safety Office



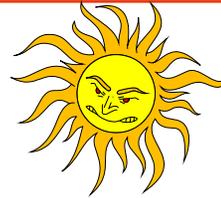
Unsafe Acts

Summer Safety



Unsafe Acts

- Heat Injuries



- POV Safety

- Recreation Safety



- Sports Safety



- Water Safety

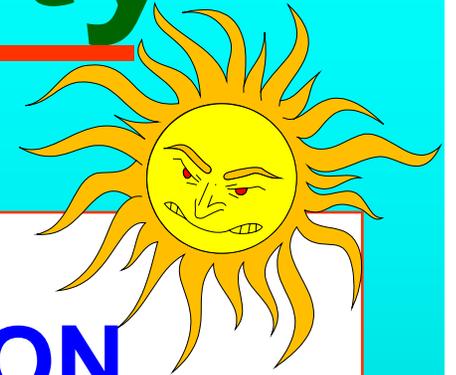
- Outdoor Safety



Summer Safety



Unsafe Acts



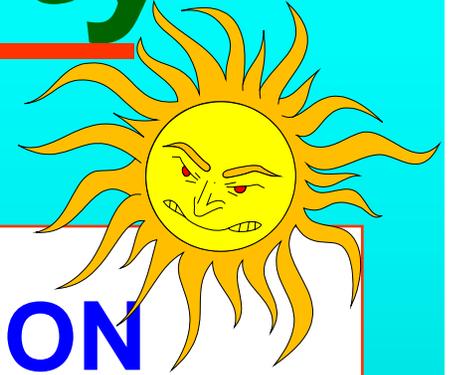
HEAT INJURY PREVENTION

The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.

Summer Safety



Unsafe Acts



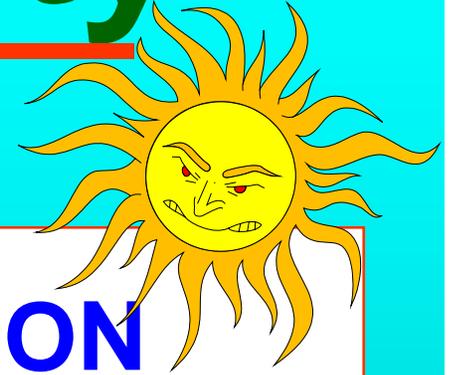
HEAT INJURY PREVENTION

- Drink plenty of water
- Avoid heavy meals at lunch time
- Maintain a well balanced diet
- Wear appropriate clothing
- Use sunscreen
- Follow recommended work/rest cycles

Summer Safety



Unsafe Acts



HEAT INJURY PREVENTION

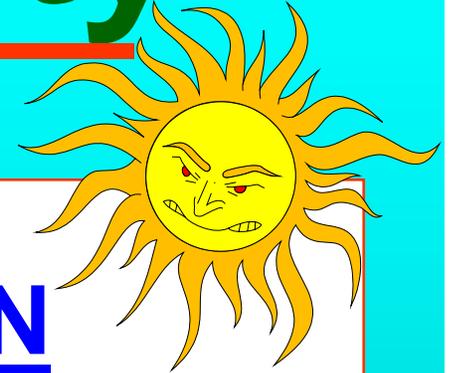
- **Keep areas well ventilated**
- **Schedule outdoor activities during the cooler part of the day**
- **Use the buddy system**
- **Monitor those at risk**
- **Use common sense**

Summer Safety



Unsafe Acts

SUNBURN PREVENTION

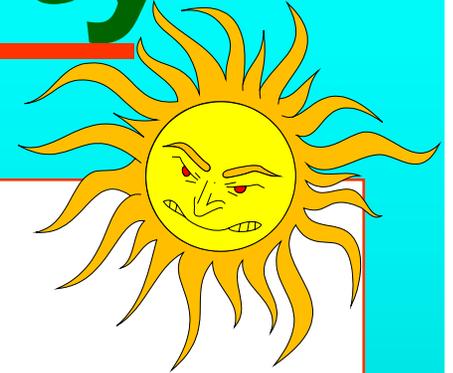


- Use sunscreen - reapply frequently
- Moderation - avoid extended exposure during peak hours (1000-1600)
- Avoid repeated exposure
- Seek medical care if severely burned

Summer Safety



Unsafe Acts



HEAT RASH

CAUSE

Skin irritation caused by excessive sweating in a hot humid environment

SYMPTOMS

Appears as a cluster of pimples or small blisters neck, groin area; under breasts & arms; and skin creases

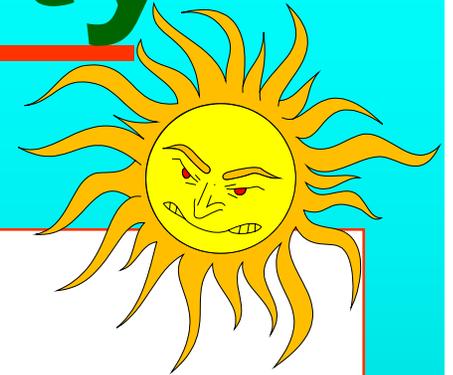
TREATMENT

Baby powder with corn starch
Cool shower - avoid lotions - change clothes frequently

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Unsafe Acts



HEAT CRAMPS

CAUSE

Excessive loss of salt from the body

SYMPTOMS

Painful cramps of the major muscle groups
(arms, legs, or stomach)

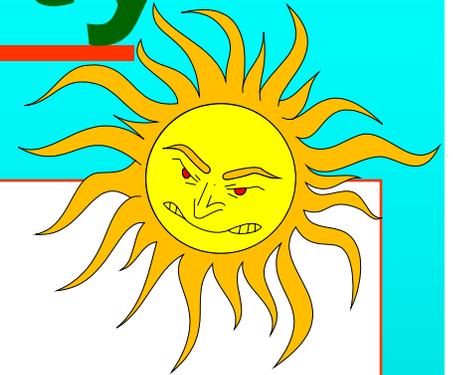
TREATMENT

Provide cool water - shade - monitor

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HEAT EXHAUSTION

CAUSE

Excessive loss of salt and water in the body

SYMPTOMS

Profuse sweating - headache - paleness - weakness
nausea - cool moist skin - tingling sensation in extremities

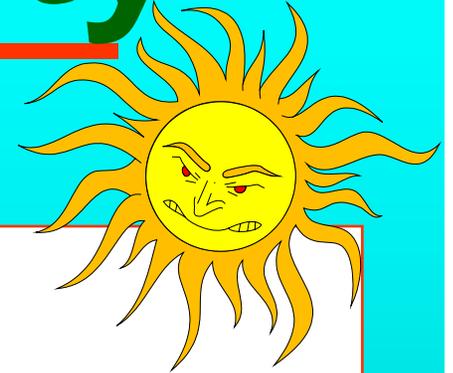
TREATMENT

Provide water - shade - elevate feet - monitor
seek medical attention immediately

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Unsafe Acts



HEAT STROKE

CAUSE

The body's heat regulatory mechanism stops

SYMPTOMS

Headache - dizziness - delirium - weakness - nausea
red, hot skin - unconsciousness

TREATMENT

MEDICAL EMERGENCY!!

cool shaded area - soak clothing and fan - elevate feet
massage extremities

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Unsafe Acts



POV SAFETY

Factors that influence our risk:

- Age
- Fatigue
- Seatbelts
- Location
- Alcohol
- Speed

Vehicle accidents are #1 killer of soldiers

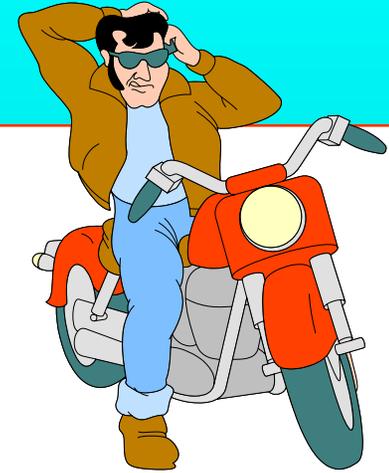
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POV SAFETY

Age



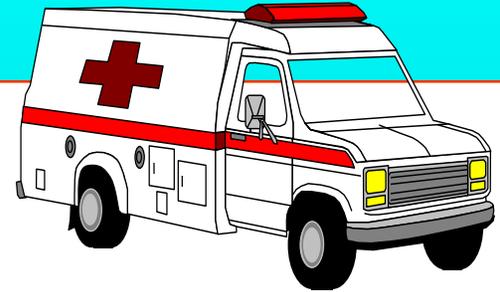
Soldiers who are 18-24 are at the highest risk. Risk of involvement in a fatal crash for soldiers who are 18-24 is nearly 4x greater than any other age group.

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POV SAFETY



Seatbelts

Seatbelts prevent deaths in 42% of all potentially fatal crashes. Add an air bag to the buckled seatbelt and you increase your odds of surviving the crash to 47%

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POV SAFETY

Alcohol



The intoxicated driver is **15x** more likely to be involved in a crash and to be fatally injured than a sober driver. About **48%** of all traffic fatalities involve an intoxicated or alcohol impaired person.

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POV SAFETY

Fatigue



Drivers between the ages of **18-24** are at special risk with over **56%** of fatal crashes involving fatigue or falling asleep at the wheel.

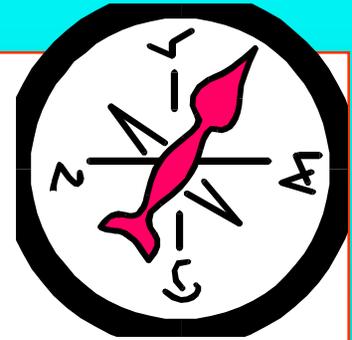
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POV SAFETY

Location



Statistics show that travel on interstates is safer than two lane roads. However, the fatality rate for travel on roads where high speed is possible increases the fatality rate by 30%.

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POV SAFETY

Speed



The faster a car is going, the more distance and time it takes the driver to stop. Speeding also reduces the amount of time a driver has to react, and reduces the ability to safely negotiate the road. Speed Kills!

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Unsafe Acts

POV SAFETY



1. Don't drink and drive
2. Use a designated driver
3. Wear seatbelts
4. Obey the speed limit
5. Don't drive when you're tired
6. Take rest breaks

Arrive Alive

Summer Safety



Unsafe Acts

POV SAFETY



7. Adjust speed for conditions
8. Don't follow too close
9. Maintain your vehicle
10. Drive defensively
11. Avoid use cellular phone while driving.



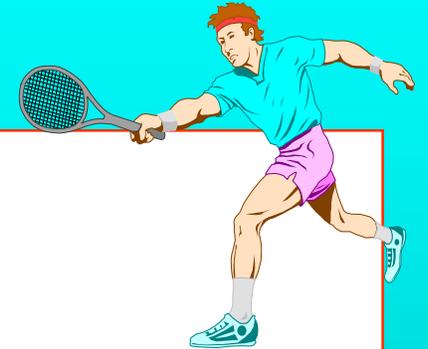
Arrive Alive

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Unsafe Acts

Recreational Safety



- **Get in shape, start slowly**
- **Choose exercise appropriate for your age and conditioning**
- **Start with warm-up**
- **Finish with cool down**
- **Know your exercise limits**
- **Dress appropriately**

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Unsafe Acts

Sport Injuries

More soldiers are injured playing sports than performing combat soldiering activities.



Basketball is the most frequent sports injury producer in the military.



Summer Safety



Unsafe Acts

Sport Injuries



Before taking the court..

- Warm up
- Stay physically fit. Fit soldiers are less prone to accidents
- Wear appropriate shoes and socks
- Wear knee pads to protect knees
- Participate only in games at your skill level
- Ensure playing surface is safe and goals secure



Summer Safety



Unsafe Acts



Bicycle Safety

- Bicycle crashes result in 800-900 deaths per year
- 90% of bicycle-related deaths involve collisions with motor vehicles

Before you ride.....

- **Inspect your bicycle for serviceability**
- **Wear a helmet**
- **Inflate tires properly**
- **Check your brakes**

Summer Safety



Unsafe Acts

Bicycle Safety



When you ride.....

- **See and be seen**
- **Carry a backpack with essential repair tools**
- **Avoid riding at night**
- **Ride single file with traffic and obey traffic signs**
- **Use hand signals**
- **Stay alert for road hazards**
- **Watch for motorists**
- **Stay out of driver's blind spots**

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Unsafe Acts

Jogging Safety



- Pace yourself
- Good running shoes are essential
- Always jog against traffic
- Be seen while running
- Finish with cool down
- Headphones are prohibited

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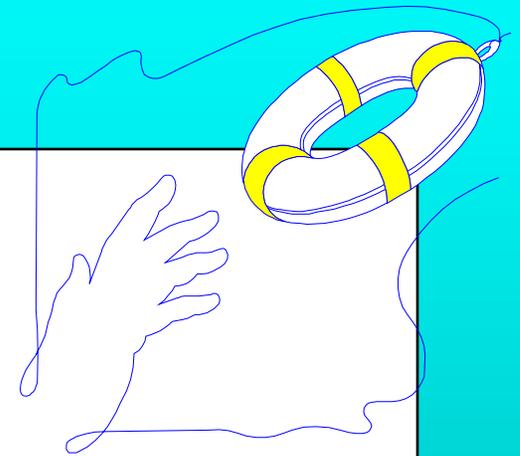
Unsafe Acts

Water Safety

Drownings.....

- Are a leading cause of soldier death
- Most often occur during off-duty recreational swimming in unauthorized swimming areas after dark
- Frequently related to alcohol use

Be Safe around Water



Summer Safety



Unsafe Acts

Water Safety



- Learn to swim and know “your limits”
- Use the buddy system
- Swim in supervised areas
- Obey “NO DIVING” signs
- Don’t drink and swim
- Wear PFD’s when boating and fishing
- Know the weather conditions
- Use common sense - don’t swim after eating, while chewing gum or after drinking.

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Unsafe Acts

Watch out for the “Dangerous Too’s”

- Too tired
- Too cold
- Too far from safety
- Too much sun
- Too much strenuous activity



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Unsafe Acts



Water Safety

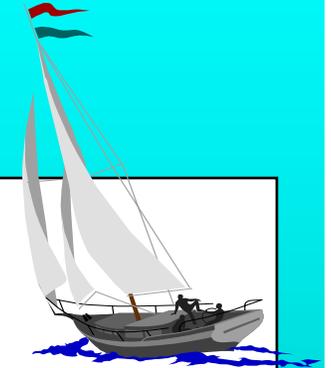
Most boating mishaps involve capsizing, falls overboard and collisions. About 90% of all fatalities are caused by drowning, and in nearly all cases personal floatation (PFD's) were NOT used.

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Unsafe Acts

BOATING LIMITS



- Limit loading your boat to recommended weight
- Limit movement inside the boat
- Limit boating to safe weather and water conditions

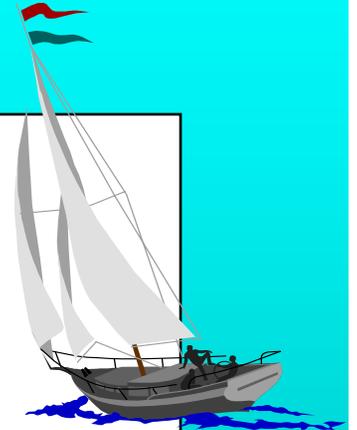
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Unsafe Acts

BOATING SAFETY TIPS

- Yield right of way
- Be aware of others
- Avoid alcohol
- Maintain a safe speed
- Don't overload
- Don't loan to inexperienced operators
- Wear proper clothing
- Ensure proper maintenance



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Unsafe Acts



JET SKIS

“Jet Skis” or “personal watercraft” are classified as Class A inboard boats.



What does that mean?

It means that they are subject to the same rules and regulations as any other power boat.

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WATER SAFETY RISK MANAGEMENT POINTER



DRINKING + WATER = TROUBLE

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Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER



PERSONAL
FLOATION DEVICE



**IT WON'T WORK
IF YOU DON'T WEAR IT**

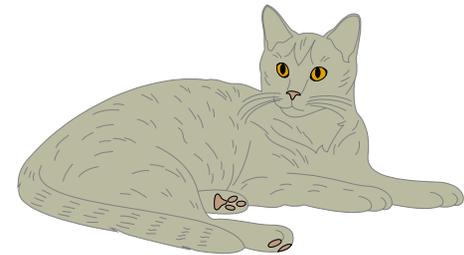
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Unsafe Acts

ANIMALS

HAZARDS:



To prevent potential rabies exposure, avoid wild animals, bats, and domestic animals which are unknown to you or which display strange behavior

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Unsafe Acts

ANIMALS

Dogs

Several types of dangerous “fighting” dogs are walked around in this area, but are sometimes not controlled by the owner, because they do not care. Keep your children away.

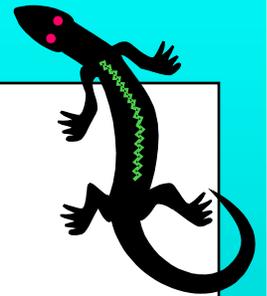
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Unsafe Acts

INSECTS

Ticks, spiders, and insects



Identify personnel who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand.

- Use insect repellent (follow directions)
- When camping, inspect bedding before use, and avoid sleeping or leaving clothes in damp places.
- Food and crumbs attract insects

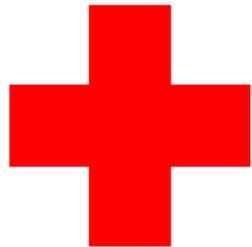
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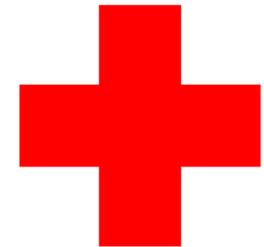
Unsafe Acts

ANIMALS AND INSECTS

IF YOU HAVE:



- **Unusual bite**
- **Tick bite (do not remove tick)**
- **Multiple bites**



SEEK MEDICAL ATTENTION!!