



THANKSGIVING WEEKEND SAFETY TIPS



Thanksgiving weekend is 26-29 November. Those who will be traveling by PMV over the holiday weekend will experience a significant increase in the volume of motor vehicle traffic. Your primary goal should be getting to your holiday destination and back to base - safely. Effective planning and execution are crucial factors in minimizing delays and hazards, and maximizing time with family and friends. Ensure a back-up plan is established to reduce potential stressors. The following Safety Tips are offered to enhance your holiday weekend:

BRIEFING POINTS:

- ❖ Motor Vehicle & Recreational Safety; Cooking Safety; Stress Control and Risk Management

SAFETY TIPS:

- ❖ MOTOR VEHICLE SAFETY: Get your vehicle inspected before long-distance travel. Complete and submit TRiPS report to supervisor. Avoid driving while fatigued, impaired, or distracted. Stay with the flow of traffic. Ensure all occupants wear seatbelts. Stay vigilant to surroundings and drive defensively. Maintain safe following distances (2-3 seconds in ideal conditions). Drive during daylight hours to enhance visibility. Incorporate rest breaks into travel plans and share driving responsibilities when possible to combat fatigue. Inform someone of your departure, destination, route, and ETA. Maintain a vehicle emergency kit.
- ❖ RECREATIONAL SAFETY: Refrain from alcohol consumption if engaged in sporting activities or while driving or riding motor vehicles. Hunters are urged to take a Hunter's Safety course. If outdoors for an extended time, plan for weather and temperature changes. Dress in layers. Know your limitations and the consequences of your actions. Stay hydrated and continuously self-evaluate to monitor your health and personal safety.
- ❖ COOKING SAFETY: If using a Turkey Fryer, ensure Turkey is fully thawed, dried, and never left unattended. Follow cooking instructions and all safety precautions, to include keeping fryers off wooden decks, out of garages, and away from all flammable materials. Keep a fire extinguisher in close proximity in the event of an emergency. Never use water on grease fires. Keep children and pets a safe distance from Turkey Fryers when in use to alleviate injury.
- ❖ STRESS CONTROL & RISK MANAGEMENT (RM): Minimize stress by staying organized. Control your schedule and emotions. Avoid stressors which trigger uneasiness. Obtain sufficient rest, exercise regularly, and eat healthy. Incorporate breaks into daily schedule. Talk to someone if feeling overwhelmed or depressed. Apply RM into all activities. Identify "high-risk" personnel and monitor them closely. Intervene when a situation does not look or feel right.

"PROTECT WHAT YOU'VE EARNED"

A campaign designed to decrease alcohol incidents and the destructive behaviors associated with excessive alcohol consumption. Poor decisions made while drinking can negatively impact your health, career, family, and unit readiness. Learn more about this campaign:

<http://www.iimef.marines.mil/News/NewsArticle/tabid/472/Article/614676/protect-what-youve-earned.aspx>