



THANKSGIVING WEEKEND SAFETY TIPS



Thanksgiving weekend is 27-30 November. Many people traditionally use this opportunity to spend quality time with loved ones. Getting to your holiday destination and back to base *safely* is the goal. Holiday travelers are reminded that this is one of the busiest travel weekends of the year. Proper planning is crucial to minimize travel delays and maximize 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 Thanksgiving weekend:

BRIEFING POINTS:

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

SAFETY TIPS:

- ❖ **MOTOR VEHICLE SAFETY:** Get your vehicle inspected before any long-distance travel. Complete and submit TRiPS reports to supervisor. **Avoid these causal factors:** Driving while fatigued, impaired, or distracted; speeding; and failure to wear PPE. Remain alert to your surroundings and drive defensively. Maintain safe following distances (2-3 seconds in ideal conditions). Maximize daylight hours for driving to enhance visibility. Incorporate rest breaks into travel plans and share driving responsibilities to combat fatigue. Check weather forecasts for route traveling, and at destination. Use TRiPS. Ensure an emergency travel kit is packed.
- ❖ **RECREATIONAL SAFETY:** Inform someone of your departure, destination, route, and estimated return time. Avoid alcohol consumption if engaged in sporting activities, or while driving or riding motor vehicles. Keep hydrated. Hunters are urged to take a Hunter's Safety course. Know your limitations and the consequences of your actions.
- ❖ **COOKING SAFETY:** If Turkey Fryers are used, ensure appropriate monitoring at all times. Follow Fryer cooking instructions and all safety precautions. Maintain a portable fire extinguisher in close proximity, in the event of an emergency. Do not use water on grease fires. Keep children and pets a safe distance from Turkey Fryers when in use.
- ❖ **STRESS CONTROL & RISK MANAGEMENT:** Minimize stress by staying organized. Remain in control of your schedule and emotions. Avoid stressors which trigger uneasiness. Obtain sufficient rest, exercise regularly, and eat healthy. Incorporate breaks or down-time into your daily schedule. Talk to someone immediately if feeling overwhelmed or depressed. Apply ORM in all activities. Identify "high-risk" personnel and monitor them closely. Intervene when a situation does not look or feel right.

ADDITIONAL SAFETY RESOURCES:

- ❖ MARFORCOM / DSS site: <https://eis.usmc.mil/sites/mfcom/safety/default.aspx>
- ❖ COMNAVSAFECEN site: http://www.public.navy.mil/comnavsafecen/Pages/ashore/off-duty_rec/off_duty_rec.aspx