



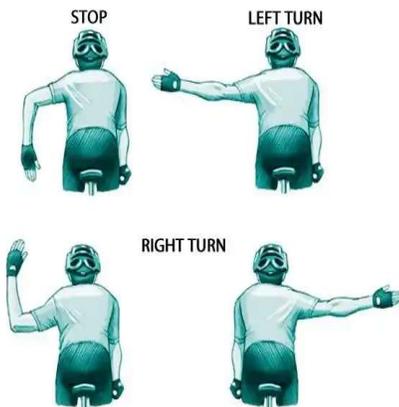
# SAFETY TIPS

## 2022 Memorial Day Weekend



Memorial Day is Monday, 30 May 2022. Memorial Day is a time to honor America's heroes who died in service of our great nation. Reflect for a moment this holiday to honor their bravery and sacrifices, and reaffirm your commitment to those warriors actively serving and sacrificing today. Memorial Day weekend traditionally begins the "101 Days of Summer" - a seasonal safety campaign designed to heighten awareness of summertime related activities. The following 'Safety Tips' are provided to highlight common hazards, and enhance your Memorial Day weekend and summer season.

**MOTOR VEHICLE SAFETY:** Memorial Day weekend is one of the most dangerous driving weekends of the year. The National Safety Council (NSC) estimates 415 people will die in motor vehicle-related deaths this holiday weekend. The NSC urges all Americans to plan ahead and practice defensive driving. Communicate travel plans to leadership/mentor. Use Travel Risk Planning System "TRIPS" <https://trips.safety.army.mil/TRiPS> risk assessment form to help identify hazards and enhance safe travels. Avoid driving during normal sleep hours. Don't drive distracted or impaired. Always wear seatbelts. Be sure to "look twice for motorcycles". Their smaller profiles make them difficult to see. If you **look** for them...you will **see** them. Riders must wear required PPE, ensure training is up-to-date, and always ride cautiously. All vehicle operators must employ effective time management to ensure their travels do not involve unsafe/unlawful speeds.

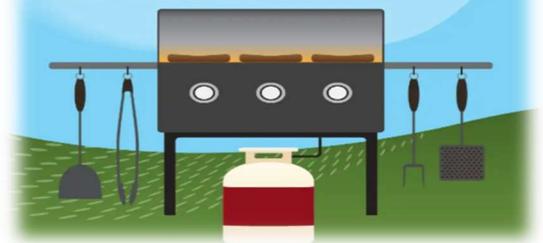


**RECREATION SAFETY:** Never swim alone or impaired. According to the CDC, an average of 3,500 people die annually due to drownings. Know the signs and escape procedures of riptides before entering the water. Swim at locations where life guards are on duty. Avoid mixing alcohol with water-related activities. Wear a helmet when biking and never ride wearing head phones or ear buds. Wear bright colored clothing to enhance visibility to others. Use proper hand signals to alert traffic of your intentions. Wear hats, sunglasses and sunscreen to avoid sunburns. Avoid long exposure to direct sunlight. Be aware that the hours of 2-4 PM are the warmest of the day. Stretch before and after workouts/sporting events; keep hydrated.

**GRILL / COOKING SAFETY:** Inspect grill for cleanliness, gas leaks and sturdiness prior to use. Keep hot grill away from flammable materials, kids and pets. Don't leave grills, cook tops, or stoves unattended. Avoid placing grill under awnings or tents. Ensure hands and fingers are well clear prior to opening/closing grill lids. Use long-handled utensils to prevent burns. Avoid using an excessive amount of lighter fluid with charcoal grills and never use gasoline to start a fire. Read and follow manufacturer safety precautions on all new grills prior to use.

### GRILLING FACTS

- July is the peak month for grill fires
- Roughly half of all injuries involving grills are thermal burns



**RISK MANAGEMENT:** Identify hazards early and take necessary corrective measures. Pay attention to your surroundings. Use active scanning techniques; look for what's different today from yesterday. Intervene when a situation does not look or feel right. Use the 'Battle-Buddy' system. Make smart decisions and continue to look out for one another.

**WATER SPORTS:** Never swim alone or impaired. Know and follow all flag warnings. Take a U.S. Coast Guard approved boating course. Always wear an approved personal floatation device when boating, kayaking, or jet-skiing. Keep a constant, heightened vigilance over kids when they are in or near water. Avoid consuming alcohol when engaged in any type of water activities.



**MISHAP EVENTS:** Over the past few years, Marines and Sailors have found many ways to injure themselves during the Memorial Day weekend. Please review and discuss these events within your office or shop to see what could have been done differently to mitigate their occurrence:

- Major suffered leg injury during workout, received 2 days SIQ and 2 weeks Light Duty.
- Sgt, passenger, was involved in PMV4-wheel crash. Suffered severe chest injury from impacting vehicle dash (seatbelt – unknown). Hospitalized for several days.
- PFC suffered heat stroke, core temp of 105.8. Spent three days recovering in hospital.
- Cpl, riding ATV, received a major torso laceration and was rushed to emergency.
- SSgt was boiling water in home kitchen and suffered 1<sup>st</sup> and 2<sup>nd</sup> degree hand burns.



**ALCOHOL AWARENESS:** If you drink, do so responsibly. Know your limit and don't exceed it. Don't succumb to peer pressure by engaging in drinking games, or "doing shots". Know that binge drinking is dangerous and can lead to death. Monitor fellow Marines and Sailors alcohol intake and step in before tragedy strikes. Have a full meal prior to drinking; alternate alcoholic beverages with water. Never operate a vehicle if consuming alcohol, and don't get into a vehicle if you believe the driver has been drinking. Instead, call a taxi, Uber, Lyft, a sober friend, or stay where you are until safe to drive.

**DID YOU KNOW:** Approximately 3,000 people in the U.S. are injured or killed by drunk-drivers annually. Excessive alcohol use is responsible for nearly 140,000 deaths – shortening lives by an average of 26 years.

**RESOURCES:**

- <https://navalsafetycenter.navy.mil/Stand-Down/Safety-Stand-Down/>
- <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/alcohol.htm>
- <https://www.ihs.org/topics/fatality-statistics/detail/alcohol>
- <https://www.nsc.org/newsroom/five-safety-tips-for-drivers-this-memorial-day-wee>



Manage the Risk



Protect the Force