



# SAFETY TIPS

## 2023 Memorial Day Weekend

Memorial Day is Monday, 29 May 2023. 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 approximately 400 people will die in motor vehicle-related deaths this holiday weekend. The NSC urges all operators to plan 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 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 or participating in sporting events; keep hydrated.

### Swimming pool safety

<b>3,200</b> people drown each year	Keep lifesaving equipment nearby	Use a safety cover when pool is not in use
<b>2<sup>nd</sup></b> leading cause of accidental death in children	Surround pool with a fence or barrier	Don't swim, or supervise, while drinking
Among children ages <b>1-4</b> most drownings occur in home pools	Learn CPR	Ensure inexperienced swimmers use life vests

Source: Centers for Disease Control and Prevention

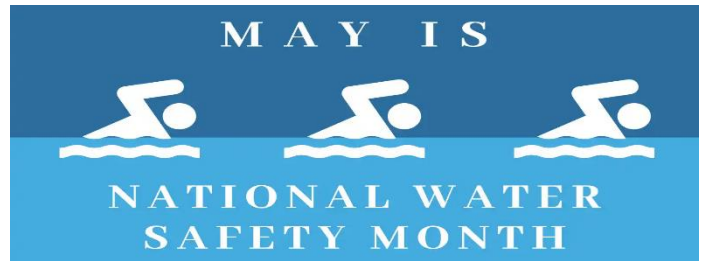
**GRILL / COOKING SAFETY:** Inspect grill for cleanliness, gas leaks and sturdiness prior to use. Keep hot grill away from homes, flammable materials, kids, and pets. Don’t leave grills, cook tops, or stoves unattended. Avoid placing grill under awnings or tents. Use a thermometer to ensure foods attain proper internal temperature before serving. 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.

**Get a Copy**

**Save a Copy**

**RISK MANAGEMENT:** Identify hazards early and take necessary actions. Making risk decisions involves identifying the controls available to mitigate known risks. 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, a passenger, was involved in PMV4-wheel crash. Suffered severe chest injury from impacting vehicle dash (seatbelt use reported as unknown). Hospitalized 3 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 room.
- SSgt was boiling water in home kitchen and suffered 1<sup>st</sup> and 2<sup>nd</sup> degree hand burns.
- LCpl mopping floor barefoot, slipped and struck face on sink. Suffered a fractured eye socket.



**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:** Over 6,500 pedestrians were killed in 2020, or one pedestrian every 81 minutes. Be safe when walking, especially over this holiday weekend when vehicle traffic is heightened. Mitigate risks by avoiding distractions, being aware of surroundings, using sidewalks, and walk facing traffic.

### **RESOURCES:**

- <https://navalsafetycommand.navy.mil/Stand-Down/Safety-Stand-Down/>
- <https://www.nhtsa.gov/road-safety/pedestrian-safety>
- <https://www.iihs.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**