

Off-duty Safety

- **Take it easy with the alcohol consumption**
- If you did not drink during deployment, remember that smaller quantities of alcohol will have a greater effect after 30 to 90 days without a drink
- Remember, the drinking age in the US is 21 (not 18!)
- Never drink and drive (No matter what you are operating—vehicle, boat, or your riding lawn mower)
- **Fatigue kills**
- Do not plan on driving 12 hours straight (take a break, enlist another driver, or split the trip into two days)
- Recommend getting a good night's sleep prior to departing on long trip (i.e. Don't jump in your car & drive long distance on your first day back)
- **Pace yourself**
- You're not going to get every project accomplished in a day (don't rush projects that have waited 3 months....)
- **Weather extremes**
- The weather back home may be different from what you're used to overseas – watch for fog and limited visibility from rain or snow. Drive and walk/run carefully due to potential ice/snow on the roads and sidewalks
- **Re-check the safety of your home**
- It has been a while since you last checked your smoke detector batteries and home fire extinguisher – plan on inspecting them when you arrive home
- Verify your emergency phone list at home and make necessary updates
- Thoroughly inspect all of your tools, appliances, and recreational gear
- Corrosion never stops and after your time away, it could have deteriorated critical components in your tools and other items around the house
- This would be a good time to clean out the lint in the vent hose behind your dryer, which is a fire hazard
- **Sunscreen**
- If you've been in the desert, don't stop wearing sunscreen just because you're home. Skin cancer afflicts many from not only a sunburn, but overexposure to the sun.
- **Force protection**
- 9/11 showed us that terrorists are both overseas and in the United States
- Don't let your guard down just because you're "back home"
- Reacquaint yourself with your work center
- Do you remember the emergency phone numbers?
- Have any of the job procedures or equipment changed since you've been gone?
- **Vehicle Safety**
- The statistics do not lie, excessive speed kills
- Remember to wear your seatbelt
- Do not operate a vehicle with known safety deficiencies
- Re-check the safety of your vehicle

- It has been a while since you last checked your oil / tires. Plan on thoroughly inspecting your vehicle when you arrive home
- Prepare for “home” distractions (children in the back, heavy traffic, and inclement weather)
- Plan for rest during extended drives. Fatigue is a leading cause of mishaps among vacationers
- Avoid the use of a cell phone while operating a vehicle
- **Final Safety Thought**
- The USAF has already lost more than one individual returning from a deployed location
- Don't be the next.....
- Keep your guard up – be safety conscious
- **Practice ORM On & Off Duty**