



**SAFE-N-SOUND**  
All Year Round

## **Air Force Holiday/Winter Safety Campaign 2012**

### **Theme: SAFE-n-SOUND, All Year Round**

The Air Force Safety Center's Holiday/Winter Safety Campaign was developed to ensure information and seasonal safety tips are made available to the Air Force community. While we were fortunate to have had no fatalities during fiscal years 10 and 11 between Christmas and New Year's, last year there were six! Four were between Thanksgiving and Christmas and two between Christmas and New Year's.

This year, the Holiday/Winter Safety Campaign theme is "SAFE-n-SOUND, All Year Round" focusing on seven modules with three optional modules. The holiday season campaign will be from 16 November 2012 through 2 January 2013.

In light of these statistics, we all must step up our communication of the hazards of this season. Many of the mishaps are traffic-related (five of the six) and since we all rush to get home for the holidays, this is the time for extra vigilance on the roads and extra attention to trip planning and preparation. Armed with the information provided in this campaign plan, supervisors have more resources at their fingertips for their safety briefings as we continue to move forward in our Quest for Zero.

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***All artwork in this campaign plan is available in high resolution on the CoP.***

## Module 1

### Travel Planning with TRiPS

#### Module 1A

#### Are you Thanksgiving ready?

Traveling is such an important part of the holiday season for the Air Force community. Most everyone wants to spend as much time as they can with family, others just want to get away. In our haste to “get there,” many times the most basic safety principles are at risk of being ignored.

TRiPS (Travel Risk Planning System) is a tool that can help mitigate this risk. What exactly is TRiPS? It is an on-line, automated risk-assessment tool to aid Airmen in recognizing and avoiding hazards they face on the road. Some of the hazards are: fatigue, driving too far, not using seat belts and weather and road conditions. An important aspect of TRiPS is that it actively engages leaders in everyone’s travel plans by opening a productive dialogue to discuss the risks of your individual plans. For those of you who have used TRiPS, you’ll be pleased with the upcoming improvements. Airmen will see an updated, more user-friendly program with enhancements that include CAC-enabled access.

Another not-so-obvious benefit of TRiPS is that there will always be someone who knows your plans. You can enhance this benefit by always telling someone when you expect to arrive. Do this before you leave so someone will expect you at your destination in case if you do not arrive when you should so that he/she will call for help.

Trip preparation is not just about the risk mitigation of the plans, but also about making sure your car is prepared. Is it in good mechanical condition? Do you have the equipment if you should come upon an unexpected weather condition?

The bottom line for everyone – you, your family, your friends and your colleagues – is for you to have a wonderful holiday/winter season and return to work safe ‘n’ sound.

Below are some resources for your trip planning needs:

<https://trips.safety.army.mil/af/login.aspx>

<http://www.roadtripamerica.com/travelplanning/Winter-Driving.htm>

<http://www.50plus.com/travel/10-tips-for-a-safe-winter-road-trip/1060/>



SafeDriving.pdf



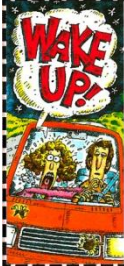
winter\_quiz.pdf



WinterYourVehicleand  
You.pdf



WinterSurvivalKit.pdf



**DANGER! SLEEPING AND DRIVING DON'T MIX.**

GET AT LEAST FIVE HOURS OF SLEEP BEFORE YOU HIT THE ROAD. MORE IS BETTER.

Behind the wheel, watch for these danger signs:

- Your eyes close by themselves.
- You have trouble paying attention
- You yawn a lot.
- You can't stay in your lane.

If you have any of these problems, you could fall asleep at any time. Find a safe place where you can take a nap and get some caffeine. You can find caffeine in coffee, tea, soda, gum, and even water. Any form will do.

*This public safety message is sponsored by the*

**AAA FOUNDATION FOR TRAFFIC SAFETY**

2440 New York Avenue, NW Suite 201  
Washington, DC 20005

For more information visit our website at [www.aaafoundation.org](http://www.aaafoundation.org)

### Are you Thanksgiving ready?



ThanksgivingSafety.pdf



Holiday\_food-safety.ppt

<http://www.fdnntv.com/Thanksgiving-Safety-Tips>

<http://www.oregonredcross.org/general.asp?SN=201&OP=2806&SUOP=3954&SUOP2=3955&IDCapitulo=663b0id44v>

<http://www.youtube.com/watch?v=ETBD0EqQGoU>

<http://www.grillsdirect.com/turkey-fryers/turkeyfryersafetyarticle.cfm>

## Module 2

### Winter Road Conditions



Photo courtesy of the AAA Foundation for Traffic Safety. Visit their web site at: <http://www.aaafoundation.org>

Driving in winter weather can be challenging, even for the most experienced drivers. Why? Because there are so many unknowns when you hit the road at this time of year. Even if you're assigned to a location that doesn't have winter weather conditions – Hawaii for example – you may find yourself heading somewhere that does. Knowing all you can about your destination or route conditions could save your life.

Since the roads vary greatly, drive according to the conditions and be aware of changing weather. Winter roads can be very slippery. You must be able to control your vehicle, slow down or stop safely at all times. According to the Virginia Department of Transportation: even experienced drivers can find their nerves and skills tested by winter road conditions.

Here are some tips to help you drive safely as the weather turns cold:

- Make sure your vehicle is ready for winter:
  - Check your brakes and tires
  - Check your battery and ignition system
  - Check your antifreeze and thermostat
  - Check your windshield wipers and de-icing washer fluid
  - Check your headlights, tail and brake lights, blinkers and emergency flashers
  - Check your exhaust system, heater and defroster
  - Check your oil
  - Properly lubricate door locks that may be prone to freezing
- Clear the snow and ice from your vehicle's roof, hood and trunk and especially from the windows, mirrors and lights.
- Always wear your seat belt.
- Leave a few minutes early.
- Start out slowly in the lowest gear recommended by your vehicle's manufacturer.
- Be aware of potentially icy areas such as shady spots and bridges.
- Keep a safe distance of at least five seconds behind other vehicles and trucks that are plowing the road.
- Don't pass a snowplow or spreader unless it is *absolutely* necessary. Treat these as you would emergency response vehicles.
- Keep an emergency winter-driving kit in your car.  
([http://www.nhtsa.gov/people/injury/Seasonal\\_Advisories/WinterDrivingTips/wintertips6\\_10.html](http://www.nhtsa.gov/people/injury/Seasonal_Advisories/WinterDrivingTips/wintertips6_10.html))
- Drive smart!

Here's a printable tip sheet for your use:



wintertips.pdf

For more information:

<http://www.weather.com/activities/driving/drivingsafety/drivingsafetytips/snow.html>

[http://www.nhtsa.gov/people/injury/Seasonal\\_Advisories/WinterDrivingTips/wintertips6\\_10.html](http://www.nhtsa.gov/people/injury/Seasonal_Advisories/WinterDrivingTips/wintertips6_10.html)

<http://www.nws.noaa.gov/om/winter/index.shtml>

## Module 3

### Holiday Decorating

We've all seen the movies where decorating for the holidays becomes a slapstick fiasco (National Lampoon's Christmas Vacation comes to mind). You may want to deck your home out for the holidays but you don't want to create a holiday hazard.

Before crawling up on the roof to string the Christmas lights, you need to know that every year, hospital emergency rooms treat about 12,500 people for injuries, such as falls, cuts and shocks, related to holiday lights, decorations and Christmas trees, according to the U.S. Consumer Product Safety Commission (CPSC). And let's not forget that all of these precautions apply to workplace decorating too. Be sure to check with your local safety office before your decorating begins.

In addition, warns CPSC, candles start about 11,600 fires (see Module 5 for more details) each year, resulting in 150 deaths, 1,200 injuries and \$173 million in property loss. Christmas trees are involved in about 300 fires annually, resulting in 10 deaths, 30 injuries and an average of more than \$10 million in property loss and damage.

One of the greatest dangers comes from reaching those high places. Whether it's your roof, the top of the Christmas tree or hanging ornaments from your office ceiling, ladders can be a hazard that is usually ignored. If you think that you (or someone you care about) can't get seriously hurt using a ladder, see the experience of 2012 Airmen-to-Airmen Safety Advisory Council member Capt. Kim Husher: <http://www.afsec.af.mil/>

From Occupational Health & Safety website, <http://ohsonline.com/articles/2010/11/14/wisha-offers-ladder-safety-tips-for-holiday-decorating.aspx>, here are 10 tips for ladder safety when hanging decorations:

1. Carefully inspect the ladder for defects, checking for cracks, corrosion, and that bolts and rivets are secure. Tag and remove unsafe ladders from service. (<http://www.cbs.state.or.us/external/test/ladder/ladder.html>)
2. Make sure the ladder's feet work properly and have slip-resistant pads.
3. Use a fiberglass ladder if there is any chance of contact with electricity.
4. When setting the ladder, look for a safe location with firm, level footing and rigid support for the top of the ladder. Be sure to set it at an angle per the manufacturer's guidance. (Your ladder should be one foot away from the structure for every four feet of ladder height.)
5. When climbing off a ladder at an upper level, make sure the ladder extends three feet above the landing.
6. When climbing the ladder, use three points of contact – keep one hand and both feet or both hands and one foot in contact with the ladder at all times.
7. Never carry any load that could cause you to lose balance.
8. Never stand on top of a ladder.
9. Don't pull, lean, stretch, or make sudden moves on a ladder that could cause it to tip over. A scaffold or other safe working surface may be a better choice for your task.
10. Avoid setting the ladder near exit doors, near the path of pedestrians or vehicular traffic.

Included here are more safety tips for your use:



Christmas\_Tree\_Tips  
(5).pdf



CPSC safety tips.pdf



Holiday Safety  
Tips.pdf



treecare.pdf

<http://www.accuweather.com/en/weather-video/holiday-decoration-safety-tips/1334832711001>

## Module 4

### Party Season Begins

There are many parties during this time of the year: the office party, the family party, the “party with old friends” party, just to name a few. But there things for you to keep in mind while enjoying your Holiday season – especially if you plan on hosting a party.

Always remember, safety first! The best party is a safe party, we can all agree on that. And as such, you should always take every precaution to make sure all of your guests remain safe. This includes inviting designated drivers to the party, calling taxis for people and possibly even taking the keys away from some of your friends. Of the six fatal mishaps during last year’s holiday season, two involved alcohol and one of the two killed two Airmen.

Research from the National Highway Traffic Safety Administration shows a dramatic increase in alcohol-related car crashes and fatalities over the holidays, yet only about four of 10 (44 percent) people say the number of adults drinking alcoholic beverages is greater at holiday parties than any other time throughout the year. The discrepancy between perception and reality is a real cause of concern. You can make a difference!

If you are hosting or attending holiday parties this year, there are some key things you can do to prevent dangerous “binge alcohol use” and impaired driving. See <http://blog.samhsa.gov/2011/12/16/stay-safe-and-healthy-this-holiday-season/> for additional information.

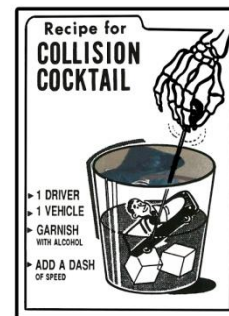
- Avoid making alcohol the main focus of social events. Enjoy holiday parties through music, dancing, games, food, and lively conversation.
- Be sure to offer plenty of nonalcoholic choices such as sparkling water, fancy juice, soft drinks, and bottled drinking water.
- Stop serving drinks at least 1 hour before the end of the event. Instead, serve coffee, non-alcoholic beverages and desserts at that time.
- Avoid salty foods, which are known to encourage people to drink more. Serve high protein and carbohydrate foods, such as cheese and meats, which can help to slow the effects of alcohol.
- Recruit designated drivers ahead of time to make sure that everyone has a safe ride home. Be prepared to offer or use other transportation such as cabs or “safe ride” programs in your area; keep the phone numbers of local cab services on hand for yourself and guests.
- Finally, don’t be afraid to stop a friend or loved one from getting behind the wheel.

More resources for your prevention efforts:

<http://www.cdc.gov/features/roadsafety/>



For more NHTSA campaign materials:  
<http://www.trafficsafetymarketing.gov/>



[http://fcs.tamu.edu/safety/passenger\\_safety/articles/holiday\\_party\\_tips.php](http://fcs.tamu.edu/safety/passenger_safety/articles/holiday_party_tips.php)

<http://www.nfib.com/business-resources/business-resources-item?cmsid=35469>

<http://www.ftmeade.army.mil/pages/safety/christmas-safety.pdf>

<http://www.symptomfind.com/healthy-living/responsible-drinking-on-new-years-eve/>

<http://www.safetybanners.org/current/holiday-safety-posters-free-download.php>



## Module 5

### Seasonal Fire Hazards

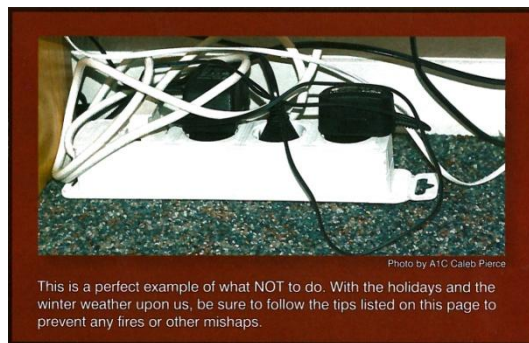
It only takes a moment! That's the length of time for a major house fire to start due to a Christmas tree igniting. This is the most common fire hazard during the holiday season, NFPA estimates that Christmas trees, both natural and artificial, were the item first ignited in an estimated average of 240 reported home structure fires per year during 2005-2009. These fires caused an estimated average of 13 civilian deaths, 27 civilian injuries, and \$16.7 million in direct property damage per year. These estimates are based on data from the U.S. Fire Administration's (USFA's) National Fire Incident Reporting System (NFIRS) and the National Fire Protection Association's (NFPA's) annual fire department experience survey.



Fire Captains Kevin McNew and Tray White look at the remains of a Christmas Tree that caught fire causing a \$125,000 in damage to a Burbank house. (Photo by Ross A. Benson)

<http://burbanknbeyond.com/01/sections/policefire/fire/christmas-tree-leads-to-125000-in-damage-to-burbank-house/>

During the same period, holiday lights and other decorative lighting with line voltage were involved in an estimated average of 150 home structure fires per year. These fires caused an average of eight civilian deaths, 14 civilian injuries, and \$8.5 million in direct property damage per year.



There is a lot of safety material available on this topic. Below are some for your use:



tree\_fire.mpeg

<http://www.safetyathome.com/home-safety/home-safety-articles/extension-cord-safety-what-you-might-not-know-about-choosing-a-cord/>

<http://www.nfpa.org/categoryList.asp?categoryID=301&URL=Safety%20Information/For%20consumers/Holidays/Winter/holiday%20safety>

<http://www.nfpa.org/newsreleasedetails.asp?categoryid=2163&itemid=49741>

[http://www.usfa.fema.gov/citizens/home\\_fire\\_prev/holiday-seasonal/treefire.shtm](http://www.usfa.fema.gov/citizens/home_fire_prev/holiday-seasonal/treefire.shtm)



christmastrees\_sum.pdf



ChristmasTreeSafety.pdf



fswy14.pdf



qr\_holiday.pdf



Temorary-Extension-Cords-Fast-Fact-Januæ

## Module 6

### Indoor/Outdoor Winter Sports

The popularity of winter sports continues to grow each season. The National Ski Areas Association (NSAA) announced that U.S. ski areas tallied an estimated 51 million skier and snowboarder visits during the 2011/12 season. Owing to the warm winter recorded for CONUS last year, the numbers show a 15 percent decline from the previous season. Fans of winter sports are looking forward to a more normal snowfall and more normal conditions for these outdoor activities.

Helmets for some winter sports have become more popular. According to the NSAA:

- 60.8 percent of survey respondents were wearing a helmet when interviewed, up from 56.5 percent last season (2009/10) and 25 percent in 2002/03.
- Helmet usage increases with ability level, rising from 46 percent usage by beginners, to 58 percent by intermediates, to 69 percent by advanced/expert participants.
- Helmet usage is higher for children aged 9 and under (93 percent) and 10 – 14 (79 percent), and adults aged 55 – 64 (68 percent) and 65+ (73 percent), than for other age groups. Helmet usage is lowest among 18 – 24 year olds (48 percent).

<http://www.nsaa.org/nsaa/safety/lidsonkids.asp>

[http://www.lidsonkids.org/?page\\_id=104](http://www.lidsonkids.org/?page_id=104)



U.S. Air Force photo/Staff Sgt. Desiree N. Palacios

<http://www.snowmobile.org/downloads.asp>

<http://www.usoutdoor.com/ski-snowboard-safety-guide-a24.htm>

<http://www6.aaos.org/news/pemr/releases/release.cfm?releasenum=1038>

<http://www6.aaos.org/news/pemr/releases/release.cfm?releasenum=1036>

<http://www6.aaos.org/news/pemr/releases/release.cfm?releasenum=1069>

[http://www.nsaa.org/nsaa/safety/ski\\_and\\_snowboarding\\_tips.asp](http://www.nsaa.org/nsaa/safety/ski_and_snowboarding_tips.asp)

<http://www.nsaa.org/nsaa/safety/>

<http://www.topendsports.com/medicine/cold.htm>

<http://www.nsaa.org/nsaa/safety/smart-style/>



Tips\_for\_Safer\_Sledding\_and\_Tobogganing



generalsleddingsafetytips.prn.pdf

All winter sports enthusiasts, CONUS or OCONUS, face the same safety hazards. There are many risk management decisions everyone can make to mitigate the risks associated with skiing, snowboarding, sledding, etc. But let's not forget about two other aspects of winter that have the potential for accidents: walking on snow and ice; and indoor sports such as indoor hockey, basketball, etc.

**You don't see penguins slip & fall on ice.**

**Know why?**


- They walk flat footed
- They take short steps
- They walk with their arms at their sides (not in their pockets)
- They concentrate on maintaining balance

**Do the penguin shuffle**

**Stop Winter Falls**

**Walk like a penguin**

Winter Walking Safety Tips  
Environmental Health & Safety  
Recreation & Grounds  
www.facilities.rochester.edu/news



<http://www.livestrong.com/article/143491-safety-rules-ice-skating/>

<http://www.hc-sc.gc.ca/cps-spc/sport/protect-hockey/index-eng.php>

<http://orthoinfo.aaos.org/topic.cfm?topic=A00177>

<http://basketball.isport.com/basketball-guides/basketball-safety-rules>

<https://fpm-www3.fpm.wisc.edu/safety/occupationalHealth/Alerts/WalkingSafelyonIce/tabid/160/Default.aspx>

<http://www.belvoir.army.mil/safety/doc/Winter%20Safety%20Tips%20for%20Walking%20.pdf>

<http://www.safesport.co.uk/SafeIceHockey.html>

[http://www.ehow.com/decision\\_6859483\\_warm-dress-indoor-ice-skating\\_.html](http://www.ehow.com/decision_6859483_warm-dress-indoor-ice-skating_.html)

<http://www.lake-winnepesaukee-travel-guide.com/ice-skating-safety.html>

## Module 7

### Don't Over-do

The onset of the holiday season brings many challenges to even the most disciplined. There are those of us who consider ourselves “social drinkers” or “average” athletes or “I only need three or four hours of sleep.” Then the holidays roll around. Now our mindsets change and we’re “ready for anything!” But not really. Many of the activities associated with the holidays are inherently risky and require extra care and attention to risk management.

Airmen, civilian employees and their families are all anxious to celebrate with family and friends and have a limited amount of time to do so. Don't risk it! Prepare all you can for your celebrations. New Year's Eve is notorious for excess. Use the resources found in Modules 1-6 as well as those listed here to mitigate much of the risk. Whether you spend extra time getting in shape for winter sports, implement your designated driver plan, allow extra travel time during inclement weather or just stay at home, the goal of holiday enjoyment is to return Safe-n-Sound!



<http://alerts.nationalsafetycommission.com/2008/12/drinking-and-driving-during-holidays.php>

<http://addictions.about.com/od/alcoholdrinking/tp/Five-Ways-To-Avoid-Drinking-Too-Much.htm>

<http://www.whhs.com/news?id=8049>

<http://www.jointbasemdl.af.mil/news/story.asp?id=123281318>

<http://www.militaryspot.com/news/binge-drinking-can-be-problematic-during-the-holidays/>

## Module 8 (OPTIONAL)

### Back to Work and Tired

The holidays are over, you're back from leave and it's the first five-day work week after all the celebrations. How much rest did you really get during the holiday season? If you're like the average person – not enough. What happens to your on-the-job performance when you're tired? The consequences of being tired are the same regardless of why. According to the National Institute for Occupational Safety and Health (<http://blogs.cdc.gov/niosh-science-blog/2012/03/sleep-and-work/>), those who work long hours or shift work encounter these risks:

#### Risks for Workers:

- Sleep deprivation
- Lack of adequate time to recover from work
- Decline in mental function and physical ability, including emotional fatigue and a decline in the function of the body's immune system
- Higher rates of depression, occupational injury, and poor perceived health
- Higher prevalence of insomnia among shift workers with low social support
- Increased risk of illness and injury
- Strain on personal relationships, such as marriage and family life
- Increased risk of long-term health effects, such as heart disease, gastrointestinal disorders, mood disturbances, and cancer

#### Risks for Employers:

- Reduced productivity
- Increase in errors
- Absenteeism and presenteeism (present at work but not fully functioning because of health problems or personal issues)
- Increased health care and worker compensation costs
- Workforce attrition due to disability, death, or moving to jobs with less demanding schedules

#### Risks to the Community:

- Potential increase in errors by workers leading to:
  - Medical errors
  - Vehicle crashes
  - Industrial disasters

Research indicates that the effect of long work hours and shift work may be more complex than a simple direct relationship between a certain high number of work hours or shift schedule and risks. The effects appear to be influenced by a variety of factors including characteristics of the worker and the job, worker control, pay, non-work responsibilities, and other characteristics of the work schedule.

The best way to avoid these risks is to be sure you do get enough sleep. The following websites will provide more information on what is enough sleep and how to ensure you're getting what you need:

<http://www.sleepfoundation.org/article/how-sleep-works/how-much-sleep-do-we-really-need>

<http://www.apa.org/topics/sleep/why.aspx#>

<http://healthylifejournal.org/healthy-living/how-to-get-enough-sleep-at-night/>

<http://www.cdc.gov/features/sleep/>

## Module 9 (OPTIONAL)

### Cold Weather Hazards

According to the National Weather Service, the impact of winter weather in the United States ranges from \$3 billion during a normal winter season to \$6 billion during an active winter, more than any other time of the year.

Statistics indicate that more people are injured or killed during the winter months. According to the National Weather Service, 70 percent of those injured during winter storms are in automobiles. Other causes of deaths and injuries include heart attacks from shoveling snow, hypothermia from prolonged exposure to the cold and frostbite. Many people forget that slipping and falling in the winter is an exposure that, according to the National Safety Council, causes over 1,500 deaths and about 300,000 injuries per year.

<http://www.bt.cdc.gov/disasters/winter/staysafe/>

<http://www.cdc.gov/co/default.htm>

<http://news.consumerreports.org/health/2010/01/winter-health-risks-how-to-protect-yourself-from-cold-weather-health-hazards-.html>

<http://www.osha.gov/SLTC/emergencypreparedness/guides/cold.html>

[http://armyrotc.missouri.edu/pdfs-docs/Forms/Cold%20Weather%20Injury%20Prevention%20Training%20\(2\).pdf](http://armyrotc.missouri.edu/pdfs-docs/Forms/Cold%20Weather%20Injury%20Prevention%20Training%20(2).pdf)



They all dressed for the weather – be sure you do, too!

## Module 10 (OPTIONAL)

### Dangers of Short Daylight Hours

We're just about one month into the winter season and the days don't seem to be getting any longer. Most of us are still encountering the cold, dark days and the dangers are still there. What are some of the dangers and how can you mitigate those risks?

Keeping to an outdoor exercise routine at this time of year presents challenges such as wearing the proper clothing, being seen during darkness and black ice in your path. You want to make sure you're taking every precaution to prevent a weather-related accident.

According to eHow.com, the shorter daylight hours, result in an otherwise well-lit evening run becoming dark and hazardous. Drivers are less likely to expect runners to be out in the colder weather. Winter running apparel should include plenty of light reflective surfaces for safety. Wear bright colors and include light-reflective accessories in your apparel. Apply light-reflective tape in an array of neon colors to jackets and pants to make your outfit more readily visible. While this refers specifically to runners, it also applies to all other outdoor activities. Even when you don't expect to be out after dark, you want to be prepared should your plans take an unexpected turn.

Read more: [Winter Running Apparel for Women | eHow.com http://www.ehow.com/about\\_6326044\\_winter-running-apparel-women.html#ixzz23Sqnsu61](http://www.ehow.com/about_6326044_winter-running-apparel-women.html#ixzz23Sqnsu61)

<http://www.drribut.com/sports/spcold.html>

<http://www.articledashboard.com/Article/Learn-to-drive-in-winter-to-improve-your-hazard-perception-skills/2918895>

Seasonal Affective Disorder, also known as SAD is more common in northern states/countries (think North Dakota, Alaska, the U.K.) due to the shorter daylight hours in those regions. While it is possible to suffer in the summer, winter depression is the most common of these disorders, which usually begins in late fall or early winter. It is known to go away by summer. Winter depression is often the result of less daylight, winter weather and the holidays. Below are links to some additional information:

<http://www.webmd.com/depression/guide/seasonal-affective-disorder>

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002499/>

<http://www.sleeppassport.com/sad-disorder.html>



SeasonalAffectiveDiso  
rder.pdf