



## SUMMER SAFETY 2012

# Summer Safety





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- From FY07 through FY11, the Army lost an average of 137 Soldiers each year in off-duty accidents.
- That's the equivalent of losing a company per year from our Army.
- If we continue to take unacceptable risks in our off-duty activities, our cost will be the loss of another company of Soldiers this fiscal year.

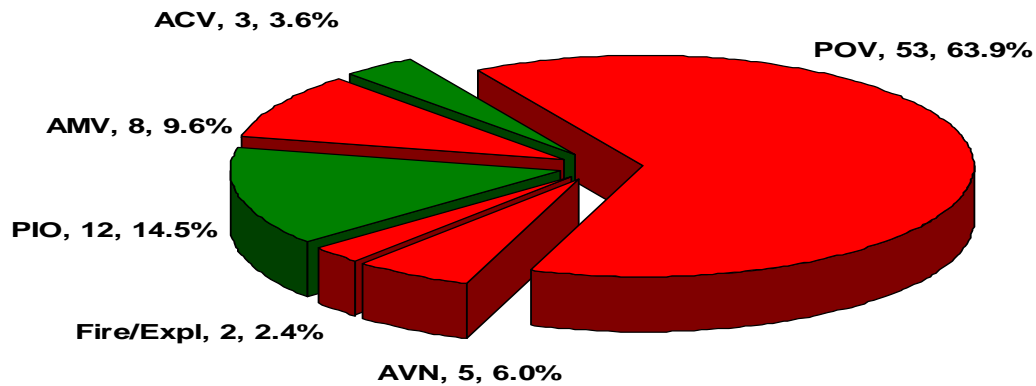




# SUMMER SAFETY 2012

## ARMY FATALITIES FY2012

**Total: 83**



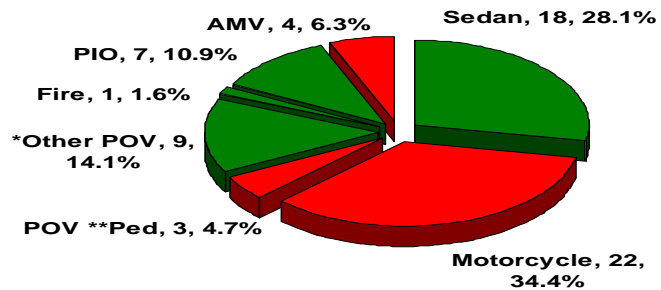
**LEGEND**

- Red: - Greater than last year
- Green: - Equal to or less than last year

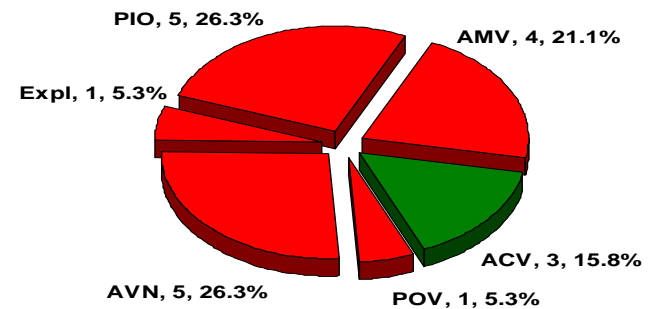
ACV = Army Combat Vehicle  
 AMV = Army Motor Vehicle/ Army Operated Vehicle (AOV)/ Other Army Vehicle (OAV)  
 AVN = Aviation  
 PIO = Personnel Injury Other  
 POV = Privately Owned Vehicle

\* Note: YTD Comparison (12/11)

**Off Duty: 64**



**On Duty: 19**



# COMPOSITE RISK MANAGEMENT (CRM)







# SUMMER SAFETY 2012

## MOTOR VEHICLE ACCIDENTS #1 ACCIDENTAL DEATH OF SOLDIERS!!

From FY07 – FY11 the Army lost 542 Soldiers to POV accidents!

- ◆ **Fatal Profile:**
  - ◆ **Soldiers 18-24 are highest risk, 4x greater than other categories**
  - ◆ **E- 4 & below**
  - ◆ **Male**
  - ◆ **Single**
- ◆ **Contributing factors:**
  - ◆ **Fatigue**
  - ◆ **Alcohol or drugs**
  - ◆ **Speeding**
  - ◆ **No seatbelts or helmet**
  - ◆ **Complacency**
  - ◆ **Poor discipline**



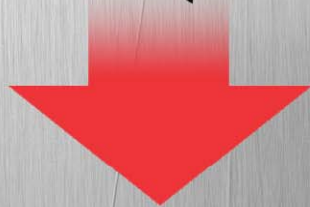
# DRIVING TRENDS



## PMV 4

*Auto/Sedan, SUV, Truck, or Van*

- 67% are Junior Enlisted (E1-E4)



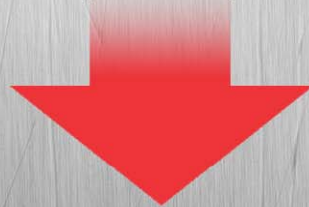
- Excessive Speed
- No Seat Belt
- Alcohol



## PMV 2

*Motorcycle (Street bike)*

- 68% are Leaders (E5-O5)



- Excessive Speed
- No MSF Training
- No/Improper PPE



## Recreational Vehicle

*ATV, Dirt bike, or Snowmobile*

- 70% are Leaders (E6-E9)



- Excessive Speed
- Lack of Training
- No/Improper PPE

## VIOLATIONS

Note: Does not include pedestrian accidents



# **AUTOS/SEDANS, SUVS, TRUCKS AND VANS**

- **Seat Belts - will be worn by all Soldiers driving or riding in a POV whether on or off the installation**





# SUMMER SAFETY 2012

## MOTOR VEHICLE ACCIDENTS #1 ACCIDENTAL DEATH OF SOLDIERS!!

### ◆ Survival plan:

- ◆ Use seat belts and child safety seats
- ◆ Don't drive impaired
- ◆ Plan your trip
- ◆ Inspect your vehicle
- ◆ Don't speed (drive to conditions)
- ◆ Have plenty of rest (take breaks)
- ◆ Don't tailgate
- ◆ Drive Defensively
- ◆ Avoid Distractions
  - ◆ (cell phone & texting)





# ALCOHOL

- There have been nearly 300 accident cases where alcohol was a contributing factor to the accident
- Alcohol consumption: **IMPAIRED JUDGMENT + POOR VISION + DELAYED/SLOW REACTION TIME = MISHAP/ACCIDENT**





# SUMMER SAFETY 2012

## Alcohol & Driving

### Army KMC DUIs:

2010: 110 DUIs

2011: 97 DUIs

2012: 58 DUIs

### Alcohol Legal Limit

- .08 Legal Limit
- .05 Legal Administrative Limit
- .03 If involved in Accident
- Zero limit for drivers under 21
- Use a designated driver





# SUMMER SAFETY 2012

Oh sweet



## RECREATIONAL SAFETY





# SUMMER SAFETY 2012

## RECREATIONAL SAFETY

**From FY07 - FY11, 12 Soldiers lost their lives participating in off-duty sports & related activities such as hiking, rock climbing, skateboarding, paragliding and parachuting.**

**Regardless of what sport you decide to participate in;**

- Make sure you are physically prepared**
- Have the proper training, clothing and equipment**
- Use composite risk management**
- As always – Have a “Battle Buddy”**

# BOATING SAFETY

**National Boating Safety Week: May 19 – May 25, 2012**

## Operator's Responsibilities

- Don't drink and boat; Boating Under the Influence (BUI) is dangerous and illegal
- Make sure the boat is in top operating condition
- Keep safety equipment, required by law, on board, maintained in good condition, and ensure you know how to properly use these devices
- Maintain a safe speed at all times to avoid collision
- Keep an eye out for changing weather conditions and act accordingly
- Know and obey federal and state regulations and waterway markers





# SUMMER SAFETY 2012

## Cookout Safety

- Keep foods hot or cold as needed and put food back in the refrigerator within two hours of serving
- Keep raw meats and raw meat juice separate from ready-to-eat foods and cook meat thoroughly
- Wash your hands before handling food, after handling raw meats and after using the bathroom
- Keep children away from hot grills







# SUMMER SAFETY 2012

## Keep Cool

- Drink plenty of fluids to stay hydrated, but avoid alcohol, caffeine or large amounts of sugar
- Limit strenuous outdoor activities to cooler morning and evening hrs
- Use sunscreen, SPF of 15 or higher should be used
- Never leave children and pets in the car
- Follow work rest cycles

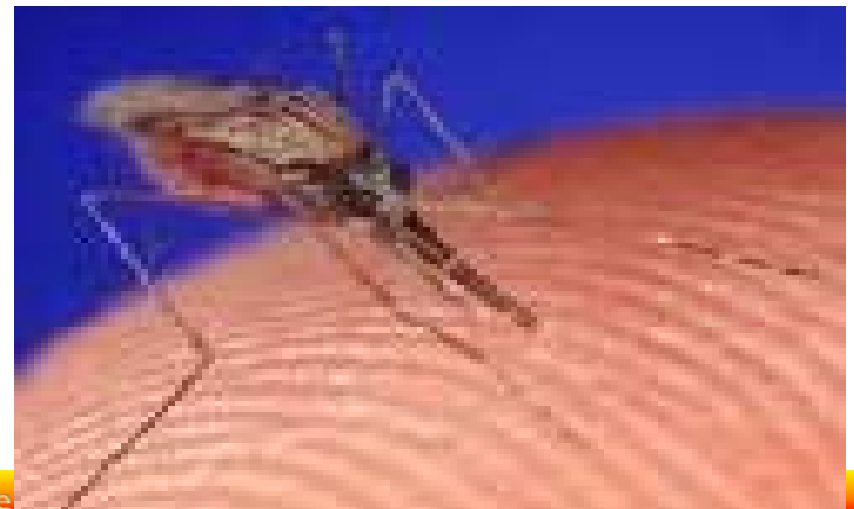
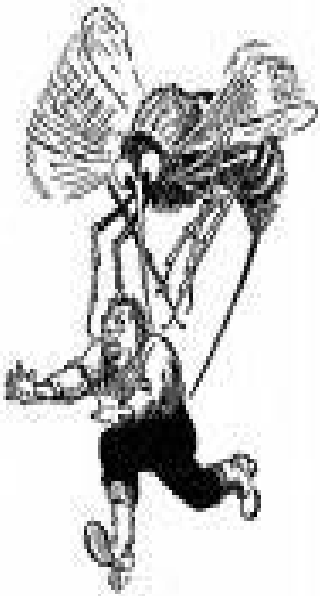




# SUMMER SAFETY 2012

## West Nile Is Still Around

- Use a mosquito repellent with DEET or picaridin and oil of lemon eucalyptus
- When using sunscreen and repellent, apply sunscreen first
- For outdoor activities, wear long-sleeved shirts, plus pants, shoes and socks
- Stay indoors near dawn and dusk when mosquitoes are active.





# SUMMER SAFETY 2012

## Sports Injury Prevention

- Use safety gear
- Don't overdo it
- Build up your exercise level gradually
- Cool down after hard sports or workouts
- When jumping, land with your knees bent
- Warm-up before exercising or playing any sport
- Don't bend your knees more than half way when doing knee bends
- Don't twist your knees when you stretch. Keep your feet flat
- Wear shoes that fit properly, are stable, and absorb shock
- Don't be a "weekend warrior." Don't do a week's worth in a day
- Strive for a total body workout of cardio, strength-training, and flexibility exercises







# SUMMER SAFETY 2012

## BICYCLE & SKATEBOARD SAFETY

- ◆ Bicycle crashes - 850 deaths per year
  - ◆ 90% involve collisions with vehicles
- ◆ Contributing factors: alcohol, no helmet, not seen
- ◆ Before you ride:
  - ◆ Lights & Reflectors
  - ◆ Wear helmet
  - ◆ Check brakes and tires
- ◆ When you ride:
  - ◆ See and be seen – Reflective gear
  - ◆ Avoid riding at night & poor visibility
  - ◆ Ride single file
  - ◆ Stay out of vehicle blind spots
  - ◆ No earphones





# WATER-RELATED ACTIVITIES

**The Army lost 40 Soldiers – 45% were Leaders (SGT and above)**



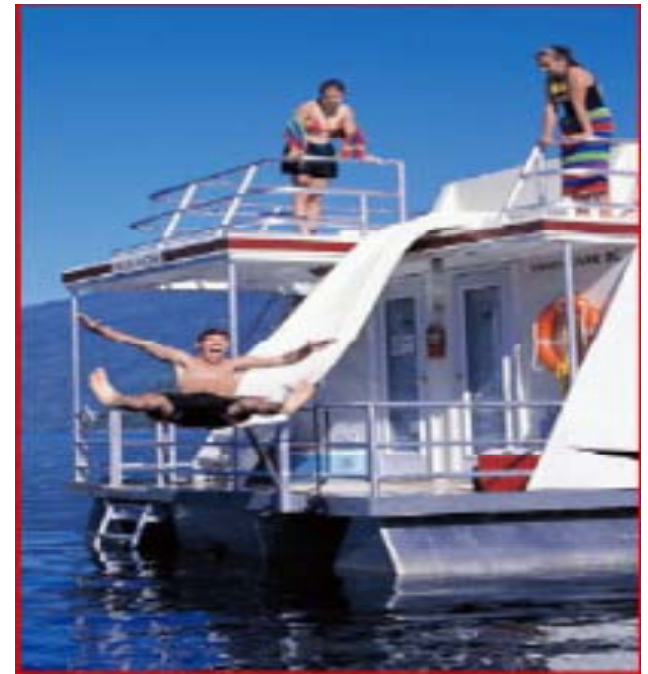
According to the United States Coast Guard (USCG), across the U.S. personal flotation devices were not worn in over 88% of watercraft accidents and 75% of those were fatal



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## WATER SAFETY

- ◆ 40% people cannot swim 20 feet
- ◆ Average 14 Army drowning each year
- ◆ Contributing factors: alcohol, no floatation device, horseplay, underwater obstructions, swimming after dark
- ◆ Be safe around water:
  - ◆ Learn to swim and know your limits
  - ◆ Swim only in authorized areas
  - ◆ Explore water feet first
  - ◆ Don't swim alone
  - ◆ Use flotation devices
  - ◆ Watch children closely – Kiddy Pools
  - ◆ NO Alcohol
- ◆ Swim ONLY in designated areas:
  - ◆ Rivers, lakes, coastal beaches forbidden
  - \* Unless posted for swimming





# COMPOSITE RISK MANAGEMENT (CRM)





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**THINK BEFORE YOU DO.....**

**AND PLAN FOR THE UNEXPECTED.....**

**USE RISK MANAGEMENT.....**

**Have a Safe Summer**

USAG Kaiserslautern Safety Office