



# RHUMB LINES

*Straight Lines to Navigate By*



November 23, 2010

## Holiday Season Safety

*"Thanks to you, our Navy had the safest year and the best summer safety in 10 years.  
Keep up the good work! Winter is coming... Are you ready?"*

– Master Chief Petty Officer of the Navy (SS/SW) Rick D. West

### Holiday Road Travel

- Last year, three Sailors were killed on the road during the [winter holidays](#). Personal motor vehicle mishaps continue to be the leading off-duty risk for Sailors and their families.
- There are four factors that lead to the vast majority of traffic fatalities: fatigue, speed, alcohol, and not wearing seatbelts. These factors are all within one's control.
- The [Travel Risk Planning System](#) (TRiPS) is a valuable resource to plan driving trips and manage risk. This online self-assessment helps drivers recognize their own risky behaviors and offers ways to reduce risk. The system also gets first-line supervisors involved by encouraging one-on-one counseling before a Sailor begins a trip. TRiPS is located at Navy Knowledge Online, [www.nko.navy.mil](http://www.nko.navy.mil), and includes detailed route maps and a link where Sailors can print their leave chits all in one step.
- Traffic jams are common during the holidays when more people are on the roads. Build extra time into travel schedules to account for traffic, and consider beginning the trip early in the day. Accidents are statistically less likely to happen during daylight hours. Fatigue is also a greater factor when driving at night or after a long day at work. Coffee is no substitute for sleep! Take breaks every two hours to stretch the legs and rest the eyes.
- Never drive under the influence of alcohol or drugs.

### Winterize Your Car

- Preparing for the winter season can help avoid potential problems. Get a tune up for vehicles at the beginning of the winter season. Start long distance travel with a full tank of gas, and make sure anti-freeze is fresh. Always travel with a properly inflated spare tire, wheel wrench and jack; jumper cables; and a tool kit.
- Other essential supplies include: a working flashlight with extra batteries; a first aid kit; an ice scraper; non-perishable, high-energy foods and water; and a blanket.

### Holiday Stress

- [Stress](#) is an inevitable part of the holidays, and it's also a human factor that increases the potential for mishaps.
- Keep expectations reasonable during the holidays and try not to over-schedule yourself.
- Get plenty of rest and exercise throughout the holiday season. This will help the body and mind cope with stressful situations.

### Key Messages

- When drinking during the holiday season, don't drive. Arrange for a designated driver, take a cab, or use the command's Tipsy Taxi program.
- Fatigue affects the body in much the same way as alcohol. Get plenty of rest before beginning long trips and take breaks every two hours.
- Plan for success and stick to the plan.
- The Naval Safety Center has resources to help manage holiday risks at [www.safetycenter.navy.mil](http://www.safetycenter.navy.mil).

### Facts & Figures

- Fiscal Year 2010 saw [significant improvements](#) in the areas of personal motor vehicle safety and off-duty recreational safety.
- Last year, the Navy lost one Sailor during the Thanksgiving holiday weekend, one during Christmas weekend, and one during the New Year's holiday weekend. All three were killed in personal motor vehicle mishaps.
- Of the more than 200,000 Sailors who have traveled after filling out a TRiPS report, none have been involved in fatal motor vehicle mishaps.