



# RHUMB LINES

*Straight Lines to Navigate By*



June 29, 2011

## Summer Safety and 4<sup>th</sup> of July Update

*“Service to our country gives us all a deep appreciation for what it means to be an American. In our celebrations and opportunities to enjoy our favorite summertime activities, all it takes is a little planning and risk management to allow us, our family and friends to enjoy a fun-filled 4th of July. Plan to be rested, recharged and ready to serve after a great weekend! Happy 235<sup>th</sup> Birthday America!”*

– Rear Adm. Brian Prindle, commander, Naval Safety Center

### Summer Safety Update

- Last summer was the [safest on record](#) for Sailors. Nonetheless, 14 Sailors lost their lives in motor vehicle and off-duty recreation mishaps. While the vast majority of Sailors are doing a great job of managing risk, last summer’s fatalities show there is still room for improvement.
- This year’s Memorial Day weekend kicked off the Navy’s annual summer safety campaign. Sadly, two Sailors were killed on their motorcycles during the holiday. One was riding a sportbike and had not completed the Military Sportbike Rider Course, a requirement for every Sailor who rides high-performance motorcycles. Two more Sailors have been killed on motorcycles since Memorial Day Weekend, and two Sailors have drowned.

### Summer Risk Management

- If planning to ride a motorcycle, get [trained](#) and licensed.
- Stay hydrated! Dehydration can lead to heat stroke, especially when participating in sports or working outside. Avoid alcohol and caffeine, which can dehydrate the body further.
- Always swim with a buddy. If you get caught in a rip current, swim parallel to the shore until you’re out of the current. Struggling to get to shore will only fatigue you and increase the likelihood of drowning. Swim where lifeguards are present, and always keep a lookout for small children. If you can’t swim, learn. Obey lifeguards and all posted signs at beaches and swimming pools.
- When using fireworks, obey [state and local laws](#). If fireworks aren’t legal, don’t use them. If they are legal, ensure safety precautions are followed, and remember alcohol and fireworks don’t mix.
- It’s not too late to begin a command summer safety campaign. Resources including presentations, posters and videos are available at [www.public.navy.mil/navsafecen](http://www.public.navy.mil/navsafecen). Traffic and recreational safety guides can be personalized with command logos and messages from command-level leadership.

### Alcohol Awareness

- Intoxication can make routine activities become risky. When drinking, plan for a safe ride home. Have a designated driver, call a sober friend or call a cab. Driving under the influence is unacceptable.
- When hosting a cookout or summer gathering and plan to serve alcohol, make plenty of food and non-alcoholic beverages available to guests as well.
- Shipmates take care of shipmates. If someone is about to drive drunk, it's important to intervene. Take the keys and call a cab.

### Key Messages

- Managing risks means considering what might go wrong and planning ahead to manage contingencies.
- High-risk summer activities like driving a motorcycle, SCUBA diving and hang gliding can be enjoyed safely when proper risk management is applied.
- Don’t overindulge when drinking alcohol and avoid high-risk summer activities when intoxicated.

### Facts & Figures

- Last summer 14 Sailors were killed in off-duty motor vehicle and recreation mishaps. While tragic, it was the safest summer on record for the Navy.
- This summer the U.S. Navy has already lost six Sailors, four to motorcycle crashes and two to drowning accidents.
- For more information and resources on summer safety visit the [Naval Safety Center website](#).