

July Topic: Summer Safety

Some Sailors and Marines participate in off-duty activities that may put them at risk for accidents that could have serious consequences. In fiscal year 2014, 59 Sailors and 53 Marines died in mishaps, primarily related to private motor vehicle and off-duty/shore recreation mishaps. In addition to the expense and tragic loss of lives caused by mishaps, injuries put service members on the sidelines, derailing their productivity and threatening their readiness for duty. Losing a fellow service member is tragic, but not learning from his or her mistakes and losing another, is worse. Part of being in the Navy and Marine Corps is leading, even when you're off duty. If your friends are making bad decisions, it's your duty to let them know.



When summer is in the air, motorcycles are everywhere. In 2013, 4,688 motorcycle riders died in crashes, and non-fatal injuries totaled 88,000. A helmet is the most important equipment a biker can use. In addition to wearing a helmet, choose a bike that fits you. New riders should take a motorcycle safety course. Wear bright or reflective clothing that is easily visible. Have fun this summer but above all, BE SAFE!



Presented by NHCH Health Promotion

For more information call us:

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