



June Health Promotion Toolbox

Summer Safety Month

Activity Ideas

As a health information disseminator, you understand how important it is to ensure that the information and resources you distribute are relevant to your target populations. You want to provide summer safety materials that are easy to understand and follow. Below are a few activity ideas that you as a health promotion coordinator or health educator can conduct throughout June to promote summer safety to Sailors, Marines, beneficiaries, and civilian personnel, while partnering with command leadership, safety officers, Recreation and Off-Duty Safety (RODS) program managers, and the Naval Safety Center.

Provide Materials with Summer Safety Information

- **Develop an information rack of materials or set up a summer safety health display.**
 - Pack the rack with materials and resources from the [NMCPHC Summer Safety Health Promotion Toolbox](#) to include fact sheets, brochures, and handouts.
 - Collect information from the [Naval Safety Center](#), [21st Century Sailor and Marine Initiative](#), [Navy Alcohol and Drug Abuse Prevention \(NADAP\)](#), [Military OneSource](#), and the [National Safety Council](#) to disseminate.
 - Place the information rack outside the rooms used for the '101 Critical Days of Summer' stand downs or Recreation and Off-Duty Safety (RODS) mandatory safety briefings. You can place materials in other high traffic and high visibility areas such as building entrances, gyms, offices, and waiting areas.
 - If setting up a health display not in conjunction with a safety stand down or safety briefing:
 - Promote the importance of summer safety by having command level support at the event.
 - Ask your medical department to participate by having a medical provider present to answer questions about summer safety including injury prevention associated with popular summer activities, hydration requirements related to physical activity in the heat, the dangers of alcohol use, and the risks of driving impaired.
 - Ask your safety officer and/or command RODS program manager to join and highlight top safety concerns for Sailors, Marines, and civilian personnel.

- **Hang posters to increase awareness about summer safety in high traffic areas.**



- Check out the posters on the [NMCPHC Summer Safety Health Promotion Toolbox](#).
- Hang posters outside the rooms used for the '101 Critical Days of Summer' stand downs. You can hang posters in other high traffic and high visibility areas such as building entrances, gyms, offices, and waiting areas.
- **Send out email messages promoting summer safety.**
 - Share [summer safety fact sheets](#) that teach Sailors, Marines, and civilian personnel about the benefits of exercising safety precautions during the summer. They'll learn how to incorporate safety measures into their summer activities like water sports, vacation travel, fire safety, food safety, and more.
 - Visit the [NMCPHC Injury & Violence Free Living Web page](#) for resources that promote injury prevention.
 - Include messaging from [OPNAV 5100.25C](#) pertaining to off-duty recreation activities and for proper procedures to report accidents, if an accident does occur this summer.
 - Share one message each week from the [Plan of the Week](#) with your command.
 - During command indoctrination, stand downs, and meetings, talk to your Sailors and Marines about common summer injuries so that they [stay safe when they are active](#) throughout the summer.
 - Help Sailors, Marines, and civilian personnel travel safely this summer by sharing the [Summer Driving Safety](#) fact sheet that outlines the dangers of distracted driving and other potential road trip driving hazards. Encourage Sailors, Marines, and civilian personnel to use the [Naval Safety Center's Travel Risk Planning System \(TRiPS\)](#). The system helps them recognize and avoid the hazards they face on the highway: fatigue, not wearing seat belts, and driving long distances.
 - Disseminate the [Guide to Summer Fun](#) – it includes tips to drink responsibly and prevent sports injuries.
 - Include messaging from [OPNAV 5100.12J](#) for traffic and motorcycle safety policy that aims to reduce death, injury, and damage.

Promote Summer Safety

- **Invite your safety officers to give a presentation on summer safety risks and precautions** that Sailors, Marines, and civilian personnel should take to have a safe and fun summer.
 - Presentations should focus on information about summer health risks, including exposure to heat and injuries associated with summer physical activity.
 - Ask a medical professional, health promotion staff member, or RODS program manager to participate in the discussion.
- **Work with your leadership and safety office to increase awareness of [OPNAV 5100.25C](#) (Navy Recreation and Off-Duty Safety Program) and [OPNAV 5100.12J](#) (Navy**



Traffic Safety Program) to ensure commanding officers and Sailors are aware of their responsibilities per the instructions related to off-duty and recreational activities and traffic and motorcycle safety. Each instruction also addresses the protocol to report any accidents that do occur.

- **Contact your command Recreation and Off-Duty Safety (RODS) program manager and MWR office** to see if they are interested in partnering with you or helping you facilitate an activity on the water such as a swim event at your local pool or lake, or kayaking, canoeing, tubing, or boating on a river, lake, or ocean.
 - Encourage participants to bring their friends and family.
 - Ask your safety officer to attend to present a briefing and provide a demonstration on proper safety protocols for the activity. For example, proper application of sunscreen, ways to stay hydrated, and use of flotation devices.