



# June Health Promotion Toolbox

## Summer Safety Month

### Message for Commanding Officers

The summer months are often a high point of the year as service members spend time with family and friends at backyard barbeques and take well-deserved vacations. However, many of the activities that are pursued during the summer months can put Sailors and Marines at risk for accidents that have potentially serious consequences. During the summer of 2014, 13 Sailors and nine Marines lost their lives between Memorial Day and Labor Day in off-duty personal motor vehicle accidents, other vehicle accidents, and recreational activities.<sup>1</sup> Several of these accidents were associated with alcohol use. According to the 2013 Fleet and Marine Corps Health Risk Assessment Annual Report, 21 percent of active duty Navy respondents and 29 percent of active duty Marine Corps respondents indicated a habit of heavy drinking.<sup>2</sup>

Being informed about common summer safety hazards can keep everyone safe. During Summer Safety Month, share resources that teach your Sailors, Marines, and civilian personnel about proper safety measures to take during the summer months. Access the tools and resources by clicking on the blue, underlined, hyperlinked text throughout the document. Engage your safety officer, Recreation and Off-Duty Safety (RODS) program manager, or the [Naval Safety Center](#) for additional guidance. By incorporating these tips into summer planning, Sailors, Marines, and civilian personnel can exercise safety precautions so they can take advantage of all the activities summer has to offer!

### What Can Leadership Do?

**As a Commanding Officer, you play an important role in promoting summer safety among your Sailors and/or Marines:**

- Reference the [Activity Ideas](#) for resources about summer safety, and tips on how to motivate and educate Sailors, Marines, and civilian personnel to exercise safety measures during the summer months.
- Establish a safe work environment at your command. Reference this [Workplace Safety](#) article as a start.



- Emphasize the importance of following simple precautions while driving. Encourage your personnel to use the Naval Safety Center's [Travel Risk Planning System \(TRiPS\)](#) to help recognize highway hazards during road trips.
- Educate your command about [water activity safety](#) (both on and off the job), including the risks of [drinking alcohol during water activities](#).
- Ask your command to follow policy defined in [OPNAV 5100.25C](#) to reduce off-duty and recreational activity accidents, and in [OPNAV 5100.12J](#) for traffic and motorcycle safety that aims to reduce death, injury, and damage. If an accident does happen, you and your command should follow the correct procedures to report it.

**You can work with Health Promotion Coordinators, Safety Officers, and Command Fitness Leaders to:**

- Use the resources from the [Naval Safety Center](#), including the '[101 Critical Days of Summer](#),' to recommend the preemptive measures to take to prevent accidents during the summer months.
- Share the [Summer Safety Fact Sheet Series](#) to inform your command about managing the risks of summer activities such as water sports, exercising outdoors in the heat, drinking responsibly, yard work and gardening, and activities that involve fire.
- Teach your command about the dangers of distracted driving and other potential road trip driving hazards with the [Summer Driving Safety](#) fact sheet.
- Help your command prevent motorcycle accidents this summer with [6 Tips for Staying Safe on Your Motorcycle](#).
- Let your command know how they can prevent common summer injuries so that they [stay safe when they are active](#) in the summer.
- Share the [Guide to Summer Fun](#) – it includes tips to drink responsibly and prevent sports injuries.
- Challenge your command to take the Keep What You've Earned pledge to drink responsibly this summer.
- Make sure your command [doesn't get wrecked](#) – share this infographic that highlights the risks of impaired driving and how to avoid it.
- Help your command understand the [signs of alcohol abuse](#) and provide tips for cutting back on alcohol consumption.
- Summer storms can include lightning, tornados, strong wind, hail, and flash floods. Inform your command about what to do to [stay safe before, during, and after a summer storm](#), including how to create a disaster preparedness kit.
- To prevent further injury, educate wounded, ill, and injured Sailors and Marines on the [questions they should ask themselves](#) before resuming normal daily activities.



## References

<sup>1</sup>Naval Safety Center. Summer 2014 Off-Duty Fatalities.

<http://www.public.navy.mil/comnavsafecen/Documents/statistics/SeasonalFatalities/Summer.pdf>. Published September 2014. Accessed March 2015.

<sup>2</sup>EpiData Center Department, Navy Marine Corps Public Health Center. Fleet and Marine Corps Health Risk Assessment 2013.

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/HRA2013-annual-report.pdf>. Published 2014. Accessed March 2015.