



June Health Promotion Toolbox

Summer Safety Month

Plan of the Week

Each week during Summer Safety Month, share one of the paragraphs below with your command so they can learn more about common summer safety hazards. They will also learn how to exercise safety precautions so they can fully enjoy all the activities summer has to offer. You can access additional information, tools, and resources by clicking on the blue, underlined hyperlinked text.

Week 1

Decrease the risk of accidents occurring between Memorial Day and Labor Day by following proper safety guidelines, including those presented in the DoD's '101 Critical Days of Summer'. The summer months are often a high point of the year as Sailors, Marines, and civilian personnel spend time with family and friends at backyard barbeques and take well-deserved vacations. However, many of the activities that take place during the summer months put you at risk for accidents that have potentially serious consequences. By following the guidelines from the [Naval Safety Center](#) and in the '[101 Critical Days of Summer](#)', you and your family can stay safe and enjoy all the activities summer has to offer. The '101 Critical Days of Summer' campaign can help you learn how to drink responsibly, reduce the risk of motor vehicle and motorcycle accidents, and stay hydrated during physical activity to prevent heat illness.

Week 2

Drink responsibly this summer to avoid making poor decisions. Common summertime activities include barbeques, parties, and trips to the lake or beach. While these are fun ways to enjoy the summer months, you may be tempted to drink too much and make poor decisions like drinking while operating a motor vehicle, motorcycle, or boat, or drinking while swimming. Driving after drinking, even if you have just one beer, can increase your risk of an accident. You can still have fun and let loose this summer when you [exercise caution](#) when drinking or when you are around people who are drinking. Don't let the achievements of your Navy or Marine Corps career go to waste by making poor decisions about alcohol. Keep yourself and your friends safe this summer by taking the Keep What You've Earned pledge to drink responsibly and follow these [tips to avoid driving impaired](#).



Week 3

Reduce the risk of motor vehicle and motorcycle accidents when you practice safe driving behaviors. You may take advantage of time off from work or your children's school break this summer by planning a road trip. If traveling alone, a motorcycle may seem like a quick and carefree way to travel, but [driving a motorcycle](#) can be dangerous if you do not know how to operate it safely. Always wear protective gear, complete all required DoD and DoN motorcycle training and requirements, and stay alert. Long trips in the car or on your motorcycle can cause fatigue, increasing your risk of an accident. When you practice these [summer driving safety](#) tips, like stopping to stretch every two hours, you will decrease your risk of getting into an accident. Before your trip, ensure your vehicle is up to date with routine maintenance and pack an emergency kit. While on your trip, use the [Naval Safety Center's Travel Risk Planning System \(TRiPS\)](#) to recognize and avoid highway hazards such as fatigue, not wearing seat belts, and driving long distances.

Week 4

Hydrate properly this summer to avoid overheating during physical activity and suffering from heat illnesses. During the summer, it's fun to spend time outside at the pool or beach, at summer barbeques, and playing sports and games with your friends and family. [Stay safe when you are active](#) this summer so that the heat doesn't get the best of you! Hydrate before, during, and after any outdoor activity. You should drink seven to 10 ounces of fluid every 10 to 20 minutes during exercise.¹ Listen to your body and take breaks in the shade when necessary.² Wear light, loose fitting clothes and give yourself at least a week of light- to moderate-intensity activity to adapt to the summer heat.³ Remember, you can become dehydrated whenever you overheat, even at the pool. [Water is the best option for replacing fluids](#); however, sports drinks can help replenish electrolytes such as sodium and potassium.¹ Only opt for sports drinks before, during, or after high-intensity physical activity exceeding 45 to 60 minutes.⁴

References

¹ FitFacts. Healthy Hydration. American Council on Exercise. http://www.acefitness.org/fitfacts/pdfs/fitfacts/itemid_173.pdf. Updated 2008. Accessed March 2015.

² American Orthopaedic Society for Sports Medicine. Sports medicine media guide: An illustrated resource on the most common injuries and treatments in sports.

http://www.sportsmed.org/uploadedFiles/Content/Media/News_Room/Sports%20Media%20Guide%202011%20Final.pdf.

Published 2011. Accessed March 2015.

³ Navy Marine Corps Public Health Center. Stay Safe, Stay Active. <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/ReproMaterial-Stay-Safe-Stay-Active.aspx>. Published 2013. Accessed March 2015.

⁴ Hydrate. Fitness, Sports and Deployed Forces Support. Commander Navy Installations Command.

http://www.navyfitness.org/nutrition/noffs_fueling_series/hydrate/. Accessed March 2015.