



Plan of the Week Notes for July Summer Safety Month

Week 1

Preventing Summer Mishaps: Summer is the time of year filled with vacations, backyard barbeques, and trips to the beach. No one plans to be involved in a mishap, but when one occurs, a good time can turn tragic in an instant. The good news is that simple risk management before engaging in activities such as water sports, hiking, and especially driving, can help keep Sailors, Marines, and their family members safe. The Naval Safety Center has launched its annual summer safety campaign entitled “Live to Play, Play to Live”; the campaign includes plenty of tools to help you have a fun, safe summer. You’ll find presentations, posters, checklists and more at: <http://www.public.navy.mil/navsafecen>. This summer, “**Live to Play, Play to Live**”.

Week 2

If you are **driving long distances** during the weekend or any time throughout the summer, the Travel Risk Planning System (TRiPS) is a tool you should use. You can find a link to TRiPS on the Naval Safety Center website or the Navy and Marine Corps Public Health Center Injury Prevention website. The survey assesses the dangers and hazards with driving and offers relevant advice on ways to reduce risk. It also gets first line supervisors involved by facilitating face-to-face counseling. For additional information, go to:

http://www.public.navy.mil/navsafecen/Pages/ashore/motor_vehicle/trips.aspx



Week 3

If your summer activities include alcohol, it's important to have a plan to drink in moderation and **never drink and drive**. Call a co-worker, a family member, or a taxi. Better yet, arrange for a designated driver before you take the first sip of alcohol. While DUIs and other Alcohol-Related Incidents are down across the fleet, overconsumption remains a concern, so plan for responsible drinking. For further information and resources, visit the NMCPHC website on preventing drug use and excessive alcohol use:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/preventing-drug-alcohol-abuse/Pages/preventing-drug-alcohol-abuse.aspx>

or visit the June HPW Toolbox on drinking responsibly:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-june.aspx>

Week 4

If you're going to cool off in the **ocean**, check the weather reports and learn how to escape **rip currents**. Even shallow water in backyard pools can pose a danger to unattended children. When enjoying an afternoon on a boat or personal watercraft, make sure everyone has the proper personal floatation devices, and remember, it doesn't work if it isn't worn. For additional information about injury and violence free living, visit the NMCPHC website:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>