



Health Promotion Toolbox

July 2016: 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 safety materials that are easy for your audience to understand and follow. Below are a few activity ideas that you as a health promotion coordinator or health educator can conduct throughout July to promote 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 Safety Information

- **Develop an information rack of materials or set up a safety health display.**
 - Pack the rack with materials and resources from the [NMCPHC Safety Health Promotion Toolbox](#) to include fact sheets, brochures, and handouts.
 - Collect information from [NMCPHC's Environmental Programs](#), the [Naval Safety Center](#), [21st Century Sailor Office](#), [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 safety stand downs or RODS mandatory safety briefings. You can also 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 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 safety including injury prevention associated with the workplace or leisure activities, hydration requirements related to physical activity in the heat, the dangers of risky alcohol consumption, 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 safety in high traffic areas.**
 - Check out the posters on the [NMCPHC Safety Health Promotion Toolbox](#).
 - Hang posters outside the rooms used for safety stand downs. You can hang posters in other high traffic and high visibility areas such as building entrances, gyms, offices, and waiting areas.
- **Work with your leadership and safety officer to increase awareness of [OPNAV 5100.25C](#) and [MCO 5100.30B](#) (Navy and Marine Corps Recreation and Off-Duty Safety Programs) and [OPNAV 5100.12J](#) and [MCO 5100.19F](#) (Navy and Marine Corps Traffic Safety Programs) 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. [OPNAV 5102.1D](#) establishes the requirements for investigation and reporting of mishaps that do occur.**
- **Send out email messages promoting summer safety.**
 - Develop a culture of beliefs, attitudes, and behaviors that promotes [workplace safety](#) and reduce the potential for injury and other safety concerns.
 - 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, weather safety, fire safety, food safety, and more.
 - Visit the [NMCPHC Injury & Violence Free Living Web page](#) for resources that promote injury prevention.
 - Visit NMCPHC's [Environmental Programs](#), [Occupational and Environmental Medicine](#), and [Industrial Hygiene](#) Web pages for resources related to workplace safety.
 - Visit the Naval Safety Center's [Occupational Health and Industrial Safety](#) Web page for information about providing a safe and healthy workplace.
 - 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 injuries that occur during warmer months so that they [stay safe when they are active](#).



- Help Sailors, Marines, and civilian personnel travel safely this summer by sharing the [Summer Driving Safety](#) article that outlines the dangers of distracted driving and other potential road trip driving hazards. Encourage Sailors, Marines, and civilian personnel to use the Navy'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.

Promote a Culture of Safety

- **Invite your safety officer to give a presentation on 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 health risks that occur during warmer months, including exposure to heat and injuries associated with physical activity.
 - Ask a medical professional, health promotion staff member, or RODS program manager to participate in the discussion.
- **Contact your command 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, Examples could include proper application of sunscreen, ways to stay hydrated, and use of flotation devices.