



Health Promotion Toolbox

July 2016: Safety Month

Plan of the Week

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

Week 1

Now that we're over 30 days into the '101 Critical Days of Summer', it's as important as ever to follow proper safety guidelines to decrease the risk of accidents. Being informed about common workplace and recreational safety hazards can keep everyone safe. Additionally, 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.

Week 2

Stay injury-free while on the job by avoiding potential workplace hazards.

Injuries put service members on the sidelines, derailing their productivity and threatening their fitness for duty. If proper safety measures are not always followed in the [workplace](#), you risk injuring yourself and potentially those around you. [Many work environments](#) do not seem inherently risky but can lead to injury or illness from physical, task-related, environmental, or design-related hazards.¹ Job stress can also pose a workplace safety risk if the capabilities or resources of the employee do not match the requirements of the job.¹ You can prevent job stress through stress management and organizational change. Reach out to your safety officer if you have any concerns about your workplace safety.



Week 3

Give your body the rest it needs so you can live a safe and healthy life. Sleep is essential to overall health and wellness, and insufficient sleep can take a toll on your energy, mood, and ability to function throughout the day. While it may not always be possible to get the recommended eight hours of sleep every night, there are [ways you can increase the amount and quality of your sleep](#). Start by going to bed at the same time every day, and avoiding alcohol, caffeine, and using technology immediately before bed. Driving while sleepy is risky and could lead to you falling asleep at the wheel. Long trips in your vehicle or on your motorcycle can cause fatigue, increasing your risk of an accident. When you practice these [driving safety](#) tips, like stopping to stretch every two hours, you can decrease your risk of getting into an accident.

Week 4

Hydrate properly to avoid overheating during physical activity and suffering from heat illnesses. During the warmer months, 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](#) 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.² Listen to your body and take breaks in the shade when necessary.³ Wear light, loose fitting clothes and give yourself at least a week of light- to moderate-intensity activity to adapt to the heat.⁴ 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.² Only opt for sports drinks before, during, or after high-intensity physical activity exceeding 60 minutes.⁵

References

¹ Office Environment. Centers for Disease Control and Prevention. National Institute for Occupational Safety and Health. <http://www.cdc.gov/niosh/topics/officeenvironment/>. Updated 3 September 2013. Accessed May 2016.

² FitFacts. Healthy Hydration. American Council on Exercise. http://www.acefitness.org/fitfacts/pdfs/fitfacts/itemid_173.pdf. Updated 2008. Accessed May 2016.

³ 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 May 2016.

⁴ Stay Safe, Stay Active. Navy and Marine Corps Public Health Center. <http://www.med.navy.mil/sites/nmcpbc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/StaySafeStayActive.pdf>. Published 2013. Accessed May 2016.



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE



⁵Hydrate. Fitness, Sports and Deployed Forces Support. Commander Navy Installations Command.
http://www.navyfitness.org/nutrition/noffs_fueling_series/hydrate/. Accessed May 2016.