



# RHUMB LINES

*Straight Lines to Navigate By*



November 16, 2007

## Surviving Driving: Holidays '07...

*"The holidays are fast approaching and many Sailors and Marines will be driving to their destinations. We owe it to our people to educate them about the dangers of driving unreasonable distances without taking breaks, drinking and driving and other risk factors. Even one preventable traffic death is one too many for our Navy and Marine Corps team."*

**– RADM Arthur J. Johnson, Commander, Naval Safety Center**

During the holidays, many Sailors and Marines travel long distances in personal motor vehicles, increasing the chances of an accident occurring. The Naval Safety Center launched "Surviving Driving: Holidays '07," a web-based campaign comprising of videos, articles, posters, presentations and more, to offer information about the increased risks on the highways during the busy holiday season and practical tips on how to manage these risks. Commands are encouraged to use the material for holiday safety stand downs and for one-on-one counseling with at-risk Sailors and Marines.

### Common causes of traffic fatalities during the holiday season

- Driving under the influence of alcohol or drugs, driving too fast, not using seatbelts, and fatigue are considered the "fatal four" factors in all traffic accident deaths.
- Alcohol is often served at command parties and family get-togethers during the holiday season, increasing the likelihood of impaired driving between Thanksgiving and New Year's Day.
- Many Sailors and Marines are in a rush to get to their destinations and drive long distances after working a full day. Fatigued drivers exhibit the same signs of impairment as those driving under the influence of alcohol.
- Bad weather and heavy traffic make road conditions more hazardous during the holidays. Many drivers fail to adjust their speed accordingly.

### Simple ways to manage personal motor vehicle risks

- Fill out a Travel Risk Planning System (TRiPS) self-assessment. This tool helps Sailors and Marines recognize their own driving behaviors and also encourages first-line supervisors to engage in one-on-one counseling with subordinates. TRiPS is part of Navy Knowledge Online and can be accessed at [www.nko.navy.mil](http://www.nko.navy.mil).
- Most state laws limit drivers to 12 hours on the road in one 24-hour period. If Sailors and Marines are working on the day of travel, the Naval Safety Center recommends both activities combined equal no more than 12 hours.
- If you are going to drink, plan accordingly. Arrange for a designated driver, take a taxi, or use the safe ride programs offered by many ships and shore installations.
- During a long drive, plan to take short breaks every two hours. This helps you stay alert and focused.
- If you get tired during the drive, stop and get a room for the night. It's better to arrive late than never.

### Key Messages

- Personal motor vehicle deaths and injuries diminish Fleet combat readiness.
- Creating a culture of safety must be a top priority for all Sailors and Marines, from the highest-ranking officers down to the deck plates.
- Risk management is just as important behind the wheel of a car or truck as it is while performing our missions at work.

### Facts & Figures

- Last year, 20 Sailors and Marines died on the highways during the holidays.
- Speed was a factor in 30 percent of those fatalities.
- Know the statistics so you don't become one.

To download "Surviving Driving: Holidays '07" campaign materials, visit [www.safetycenter.navy.mil](http://www.safetycenter.navy.mil)