



RHUMB LINES

Straight Lines to Navigate By



December 17, 2008

Holiday Season

"We have many things for which to be thankful and many reasons to celebrate. Doing so safely is the best gift I can think of."

– Adm. Gary Roughead, Chief of Naval Operations

In the Chief of Naval Operations' [holiday safety message](#) and [holiday message](#), he wishes all Sailors and their families happy holidays and emphasizes the importance of safety during this time. The holiday season is a time when many Sailors often travel long distances to visit family and friends. Increased traffic volume, combined with winter weather and other factors, increases the potential for motor vehicle accidents. Participation in winter recreational activities also increases risk and requires Sailors to use risk management. And while the holiday season can be a time of great joy and celebration, it is important to be aware of those for whom the holidays may not bring the same joy.

Managing risk on the road during the holidays

- The Travel Risk Planning System (TRiPS) helps manage risk associated with travel. The online self-assessment helps drivers recognize their own risky behaviors and attitudes and offers ways to reduce risk. It gets first-line supervisors involved by encouraging one-on-one counseling before a Sailor begins his or her trip. TRiPS is located at Navy Knowledge Online at www.nko.navy.mil and includes detailed route maps and a link where Sailors can print leave chits all in one step.
- Travel should begin early in the day. Accidents are statistically less likely to happen during daylight hours. Fatigue is greater when driving at night or after a long day at work, and coffee is no substitute for sleep.
- When driving long distances, take breaks every two hours to stretch legs and rest eyes.
- Never drive under the influence of alcohol or drugs.
- A well-prepared emergency kit should be kept in the car and should include: a properly-inflated spare tire, wheel wrench and tripod-type jack; a shovel; jumper cables; tow and tire chains; a bag of salt or cat litter; a tool kit; a working flashlight with extra batteries; a first aid kit; an ice scraper; non-perishable, high-energy foods; water; and a blanket.

Off-duty and recreational safety

- When participating in winter sports, use only proper and maintained equipment. Dressing in layers allows you to accommodate your body's constantly changing temperature. Bring a headband or hat, since 60 percent of heat-loss is through the head.
- Take lessons from a qualified instructor before hitting the ski or snowboarding slopes. Know your limits and stop before you exceed them.

Suicide prevention

- Feelings of alienation from seasonal festivities due to family separation, weak ties to family and friends, and increased financial pressures can contribute to thoughts of suicide.
- It is important to be aware of those Sailors who may be considering suicide and ACT – **A**sk the person what is bothering them; **C**are and let them know they are not alone; **T**reat the problem by getting proper help and not leaving them alone.

Key Messages

- Utilizing TRiPS helps manage risk associated with travel and contributes to planning for success.
- Alcohol can turn a relatively safe activity into a deadly evolution- including winter sports activities.
- Suicide awareness is imperative during the holidays. Knowing when to ACT can contribute to all Sailors returning to work in 2009.

Facts & Figures

- Last year, five Sailors were killed in motor vehicle or off-duty recreation mishaps between Christmas and New Year's.
- Of the more than 85,000 Sailors who have traveled after filling out a TRiPS report, none have been involved in fatal motor vehicle mishaps.