



RHUMB LINES

Straight Lines to Navigate By



July 8, 2008

Summer Safety Update

"Now that we're back from the 4th of July holiday, it's time to take a hard look at the job we've done managing risk so far this summer. There are still a lot of warm days ahead, which means plenty of time for off-duty recreational activities and vacations. As we take a moment to reassess, we should also reinforce the behaviors and attitudes that will help all of us enjoy the rest of the summer and continue to serve the American people as part of the world's finest Navy."

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

Summer Risk Management Resources

- It's not too late to begin a Critical Days of Summer campaign. Resources are available at <http://safetycenter.navy.mil/seasonal/criticaldays>.
- Resources include informative articles, presentations, posters, videos and more. Traffic safety and recreation safety guides can be personalized with command logos and messages from command-level leadership.

Managing Summertime Risks

- If you ride a motorcycle, get trained and licensed. If you ride a sport bike, attend the new Military Sport Bike Rider Course (MSRC), which is mandatory for all riders of these high-performance machines. Since skills are perishable, all motorcycle riders are now required to take refresher training every three years. Contact your local base installation office regarding availability of the MSRC.
- Stay hydrated! Dehydration can lead to heat stroke, especially when participating in sports or working outside. Avoid alcohol and caffeine, which can actually dehydrate the body further.
- Always swim with a buddy. If you get caught in a rip current, swim parallel to the shore until you're out of the current. Struggling to get to shore will only tire you out and increase the likelihood of drowning. Swim where lifeguards are present, and always keep an eye out for small children.
- [Maintain your vehicle](#). Make sure your car is in good working condition. Check belts, hoses, tires and fluids.

Alcohol and Summer Mishaps

- If you're intoxicated, even routine activities become risky.
- If you drink, plan for a safe ride home. Have a designated driver, call a sober friend, or call a cab. Driving under the influence is never acceptable. More information is available on the Navy Alcohol and Drug Abuse Prevention (NADAP) website, which contains information and assistance to support individual and command alcohol abuse and drug use efforts, at www.npc.navy.mil/CommandSupport/NADAP/.
- If you're hosting a cookout or other summer gathering and plan to serve alcohol, have plenty of food and non-alcoholic beverages on hand as well.
- Shipmates take care of shipmates. If someone is about to drive drunk, it's important to intervene. Take the keys and call a cab.

Key Messages

- Mishaps impact mission readiness.
- Managing risk means considering what might go wrong and planning in advance to manage contingencies.
- Even higher risk summer activities such as motorcycling, SCUBA diving and hang gliding can be enjoyed safely if you're properly trained and apply some common sense.
- Help keep your family safe by discussing potential hazards and sharing risk management practices with them.

Facts & Figures

- Since the Critical Days of Summer began on May 23, 11 personnel have died in mishaps.
- Junior Sailors are disproportionately represented in the mishap statistics this summer. Six of the 11 fatalities were E-3 or below, one was an E-4, two were E-5s, one was an E-6 and one was a junior officer.
- Seven deaths were the result of motorcycle mishaps, two were four-wheel mishaps, and two resulted from off-duty activities.
- Commander, Naval Installations Command (CNIC) resources and executes the Traffic Safety and Recreation Off-Duty Safety services.