

101 Days of Summer...Are you Ready?

2016 OFF-DUTY SAFETY AWARENESS PRESENTATION

SAFETY & RISK

BALANCE THROUGH AWARENESS



<https://safety.army.mil>

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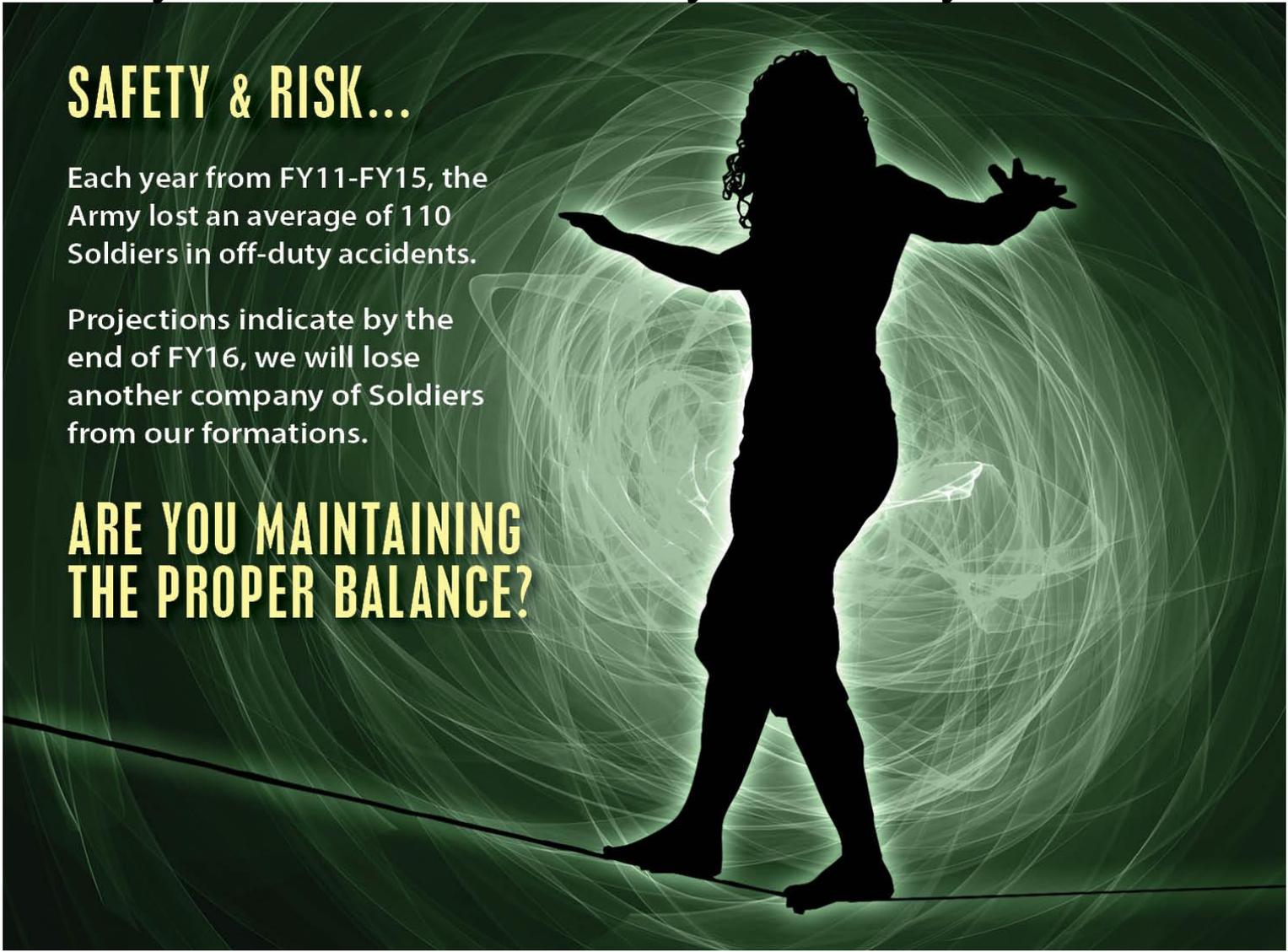
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SAFETY & RISK...

Each year from FY11-FY15, the Army lost an average of 110 Soldiers in off-duty accidents.

Projections indicate by the end of FY16, we will lose another company of Soldiers from our formations.

ARE YOU MAINTAINING THE PROPER BALANCE?



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BALANCE

1. The power or ability to decide an outcome by throwing one's strength, influence, support, or the like, to one side or the other.
2. Offset or compare the value of (one thing) with another.
3. Having the right amount — not too much or too little — of any quality, which leads to harmony or evenness.
4. *A condition in which different elements are equal or in the correct proportions.*



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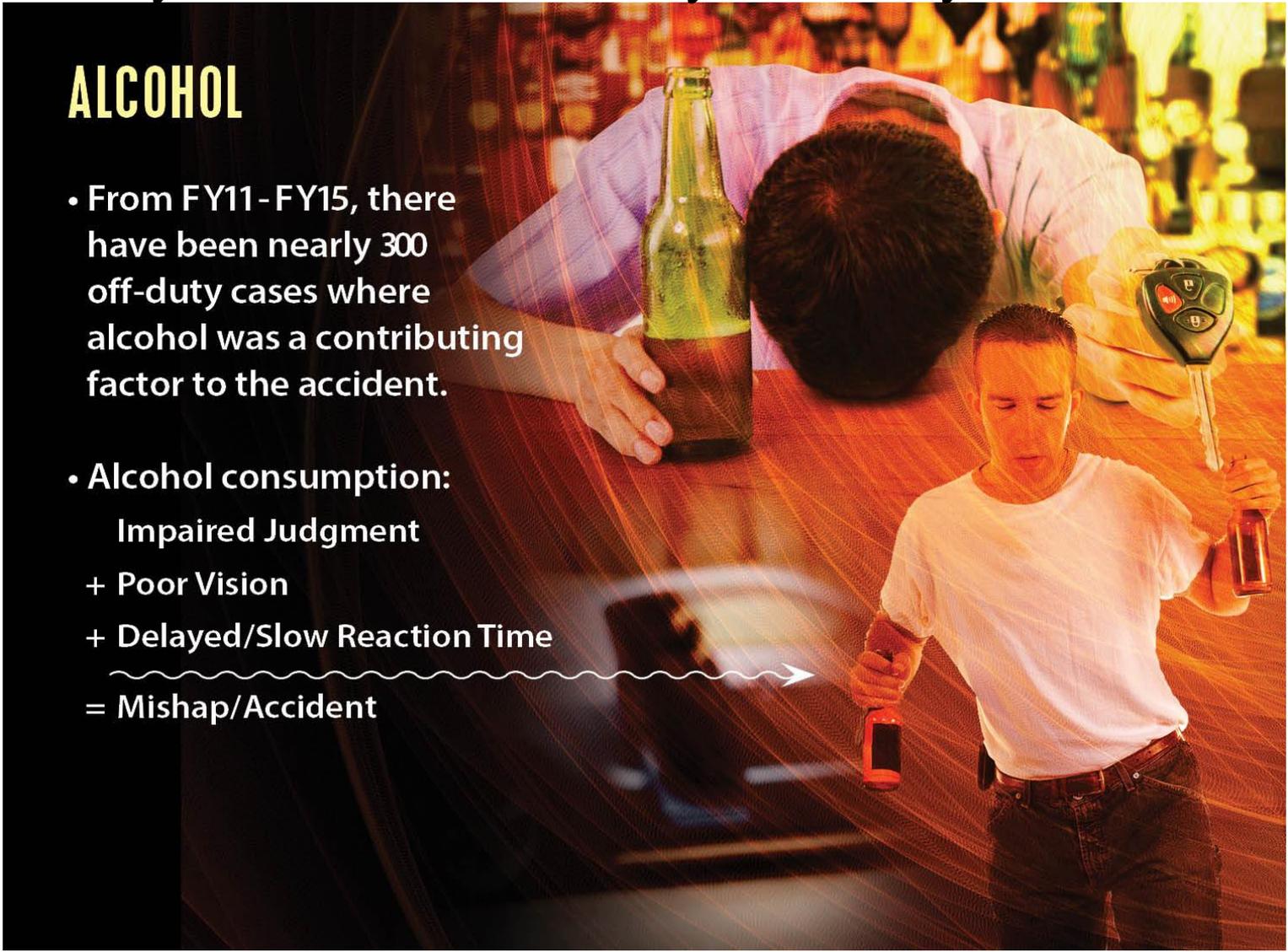
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ALCOHOL

- From FY11-FY15, there have been nearly 300 off-duty cases where alcohol was a contributing factor to the accident.
- Alcohol consumption:
 - Impaired Judgment
 - + Poor Vision
 - + Delayed/Slow Reaction Time

~~~~~>

= Mishap/Accident



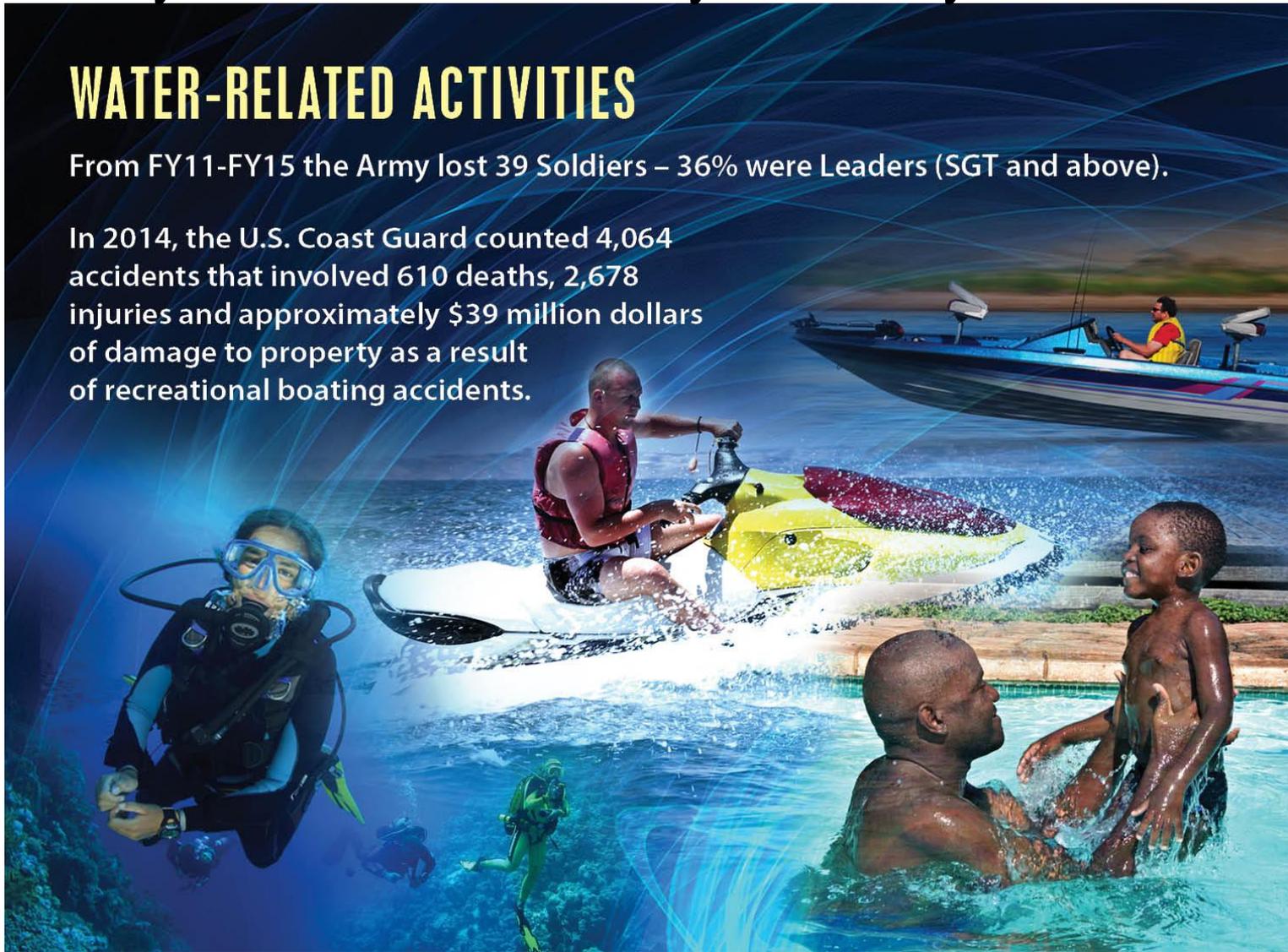
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## WATER-RELATED ACTIVITIES

From FY11-FY15 the Army lost 39 Soldiers – 36% were Leaders (SGT and above).

In 2014, the U.S. Coast Guard counted 4,064 accidents that involved 610 deaths, 2,678 injuries and approximately \$39 million dollars of damage to property as a result of recreational boating accidents.



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## BOATING SAFETY

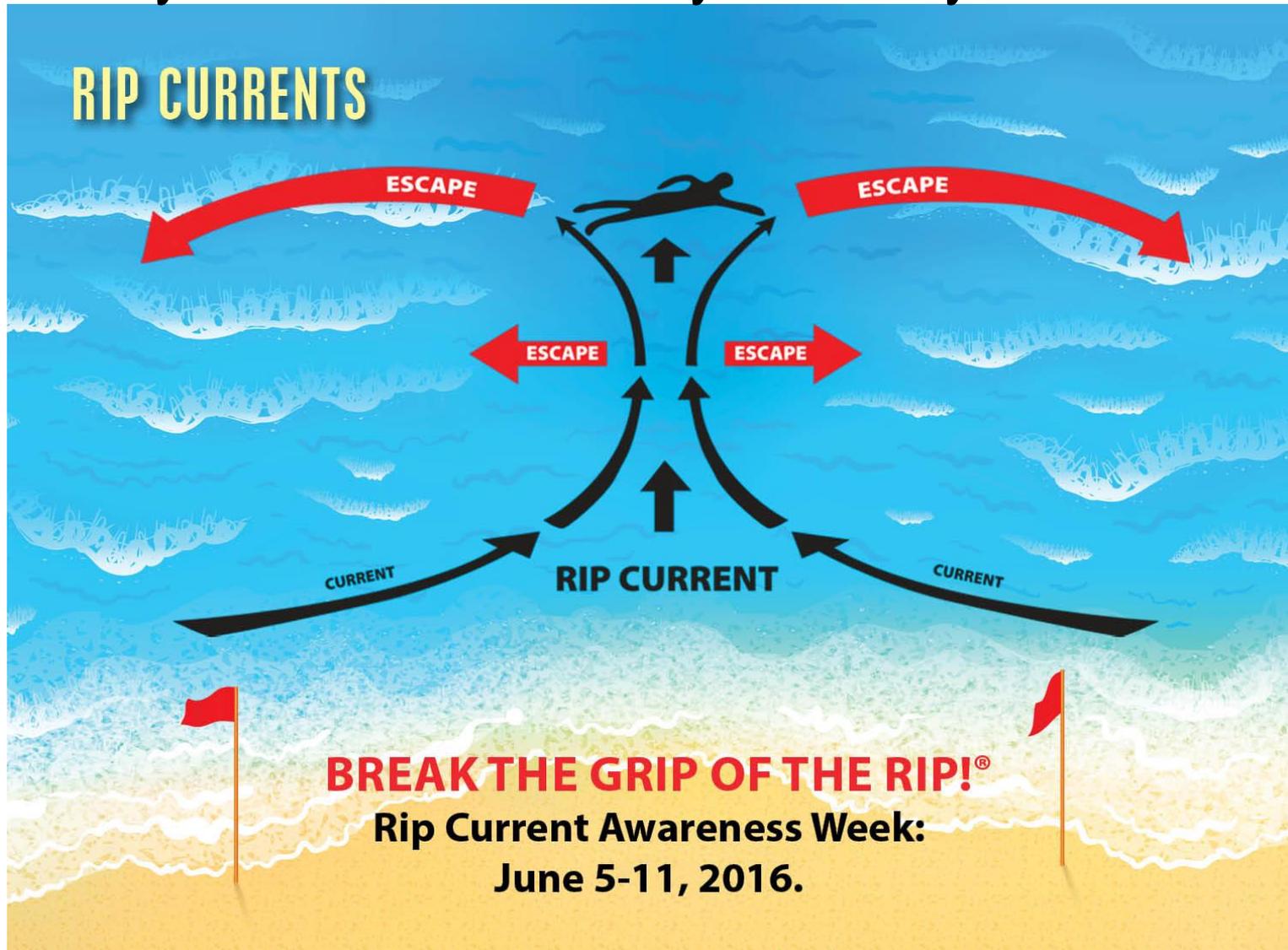
### Operator's Responsibilities:

- Don't drink and boat; Boating Under the Influence (BUI) is dangerous and illegal.
- Make sure the boat is in top operating condition.
- Keep legally mandated safety equipment on board. Maintain the equipment in good condition. Ensure you know how to properly use these devices.
- Maintain a safe speed at all times to avoid a collision.
- Keep an eye out for changing weather conditions and act accordingly.
- Know and obey federal and state regulations and waterway markers.

**NATIONAL BOATING SAFETY WEEK:  
MAY 21-27, 2016**

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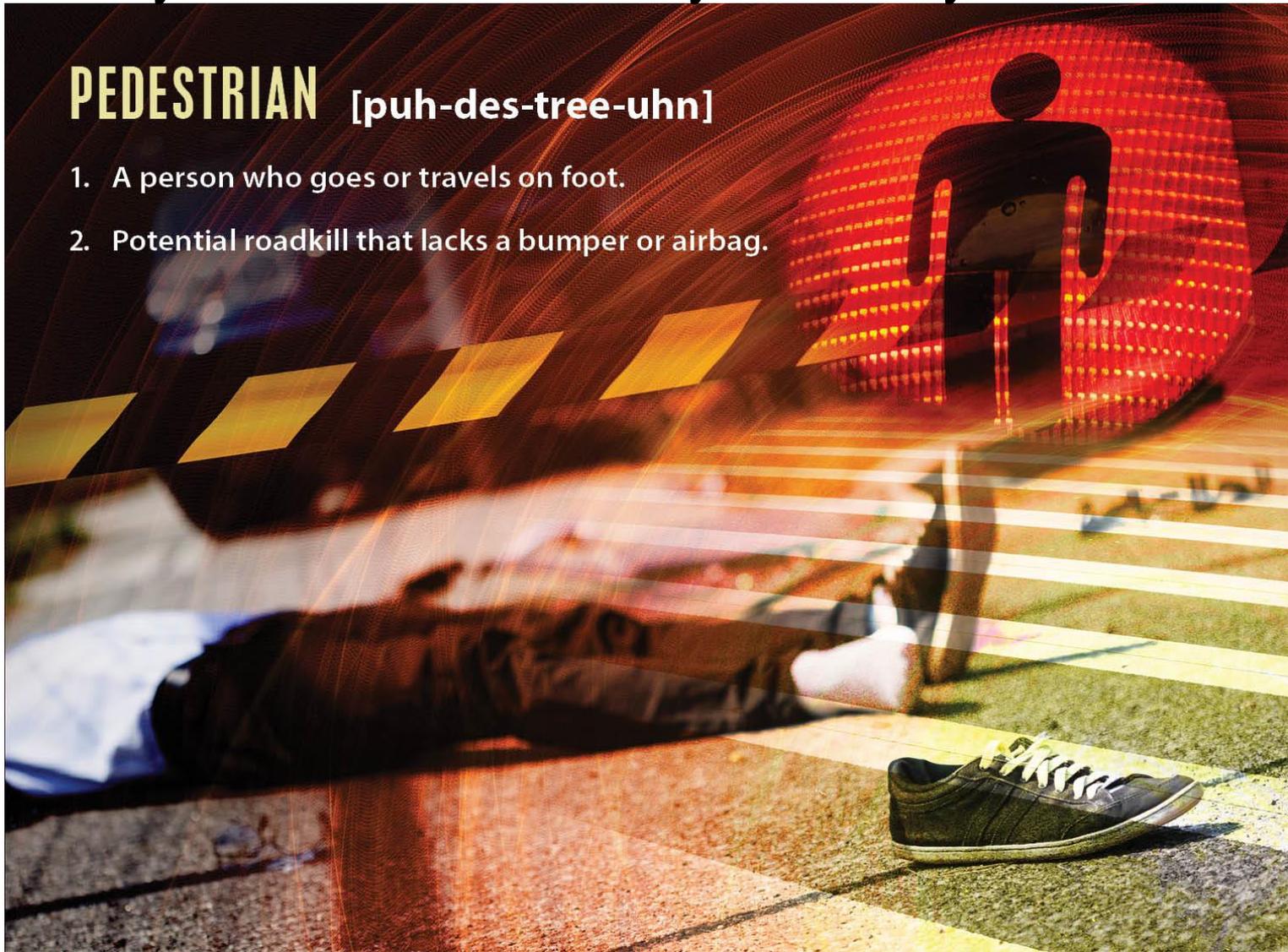


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## **PEDESTRIAN** [puh-des-tree-uhn]

1. A person who goes or travels on foot.
2. Potential roadkill that lacks a bumper or airbag.

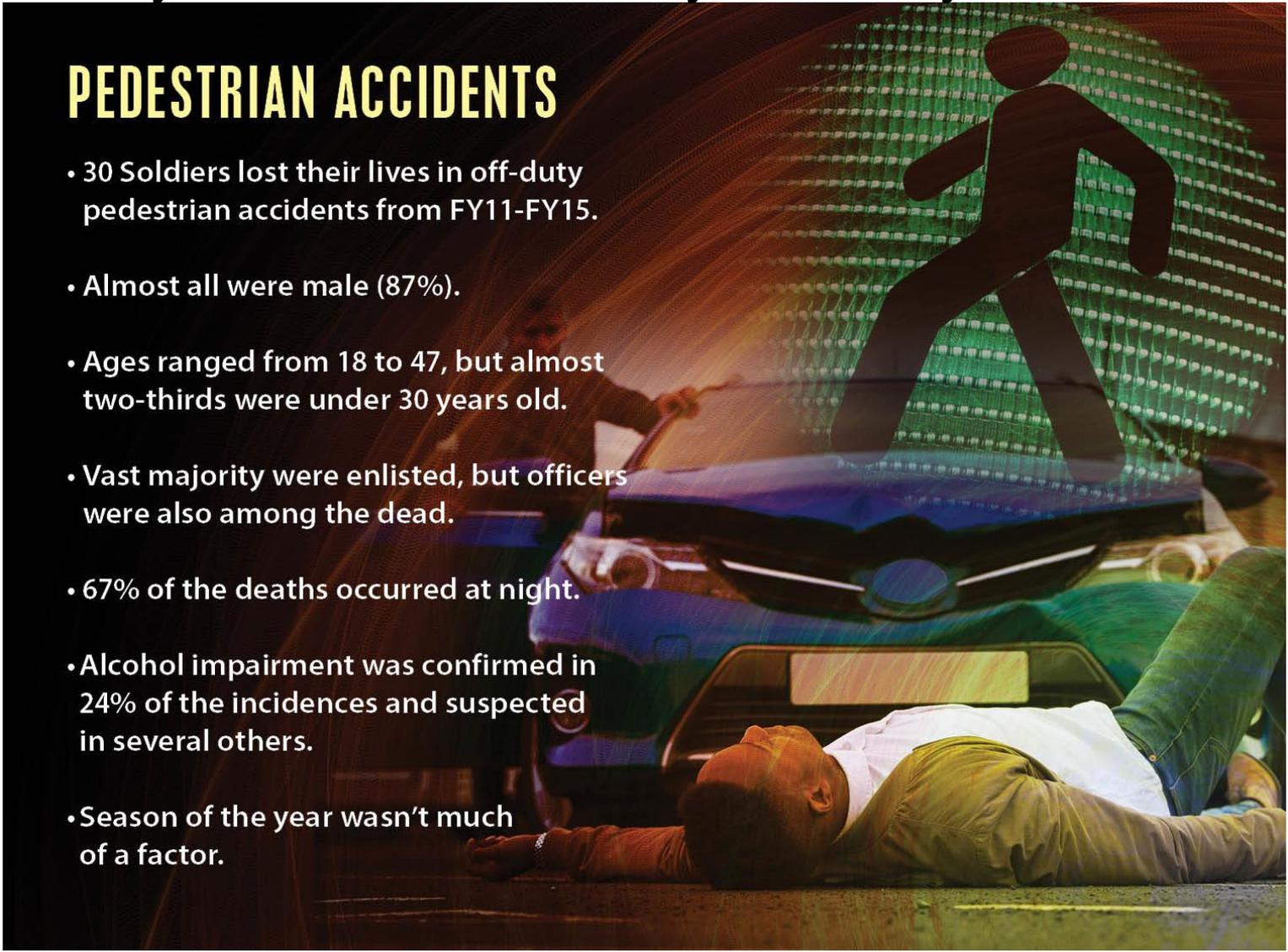


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## PEDESTRIAN ACCIDENTS

- 30 Soldiers lost their lives in off-duty pedestrian accidents from FY11-FY15.
- Almost all were male (87%).
- Ages ranged from 18 to 47, but almost two-thirds were under 30 years old.
- Vast majority were enlisted, but officers were also among the dead.
- 67% of the deaths occurred at night.
- Alcohol impairment was confirmed in 24% of the incidences and suspected in several others.
- Season of the year wasn't much of a factor.



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## WHAT THEY WERE DOING

- Over 56% were simply crossing a street or walking too near a roadway. One was struck from behind while exercising.

- Eight Soldiers (27%) were killed in the vicinity of a fender bender or a disabled vehicle - their own or someone else's.
- After a night of drinking, two Soldiers were killed as they fought in the street.
- Four Soldiers were hit by trains while walking or lying on the tracks.

**The penalties for jaywalking vary.  
Use crosswalks.  
Wait for the walk signal.**

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## 4 SOLDIERS KILLED BY TRAINS

**There is no excuse for being hit by a train.**

- Walking or playing around railroad tracks is trespassing on private property. You could be fined, seriously injured or killed.
- Trestles are not meant to be sidewalks or pedestrian bridges. There is only enough clearance on the tracks for a train to pass.
- Trains overhang the tracks by at least three feet in both directions. Loose straps hanging from railcars can extend even farther.
- Trains do not follow set schedules. Another one can come along at any time.

## TRAIN TRACKS ARE OFF LIMITS!

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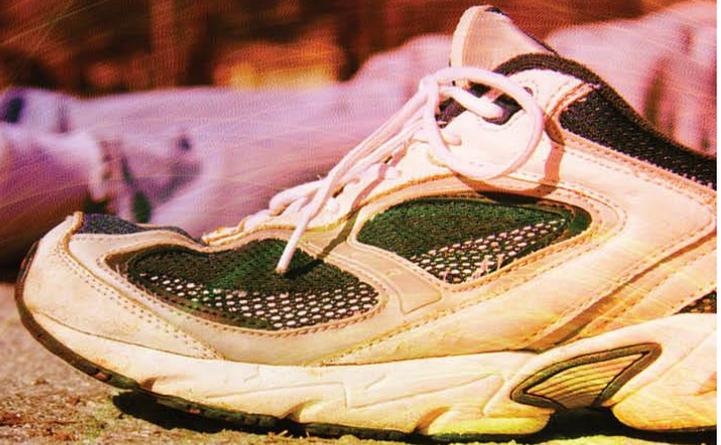
## DON'T BE A DEAD PED

- See and be seen.
- Use all your senses when near an area with moving vehicles.
- Look left, right and then left again.
- Avoid walking when impaired by alcohol.
- Stay off train tracks!

**IT GOES WITHOUT SAYING:  
OBEY ALL TRAFFIC LAWS.**



**DON'T  
WALK**



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## **UNINTENDED DISCHARGES** (Negligent Discharges)

### **Trends & Prevention Measures:**

- **Soldiers intentionally pointing "unloaded" weapons at themselves or others.**
  - ~> Treat every weapon as if it is loaded and NEVER point the muzzle at anything you don't intend to shoot.
- **Alcohol a factor.**
  - ~> Do not handle weapons while or after consuming alcohol.
- **Complacency with privately owned weapons.**
  - ~> Make sure you know how to properly operate a POW; read the owner's manual and take a class.
- **Someone else was present.**
  - ~> Intervene when you see a peer, friend or family member handling a weapon inappropriately.

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## THINK ABOUT IT...

- T**reat every weapon as if it is loaded.
- H**andle every weapon with care.
- I**dentify the target before you fire.
- N**ever point the muzzle at anything you don't intend to shoot.
- K**eep the weapon on safe and your finger off the trigger until you intend to fire.



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## SPORTS-RELATED ACTIVITIES

Extreme sports can be exhilarating but deadly.



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## HAZARDS IN/AROUND THE HOME

### Top 5 Hazards

1. Falls
2. Poisoning
3. Fire/Burn
4. Choking & Suffocation
5. Drowning



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## TOP 5 "HIDDEN" HOME HAZARDS

1. Magnets
2. Recalled Products
3. Tip-Over
4. Windows & Coverings
5. Pool & Spa Drains



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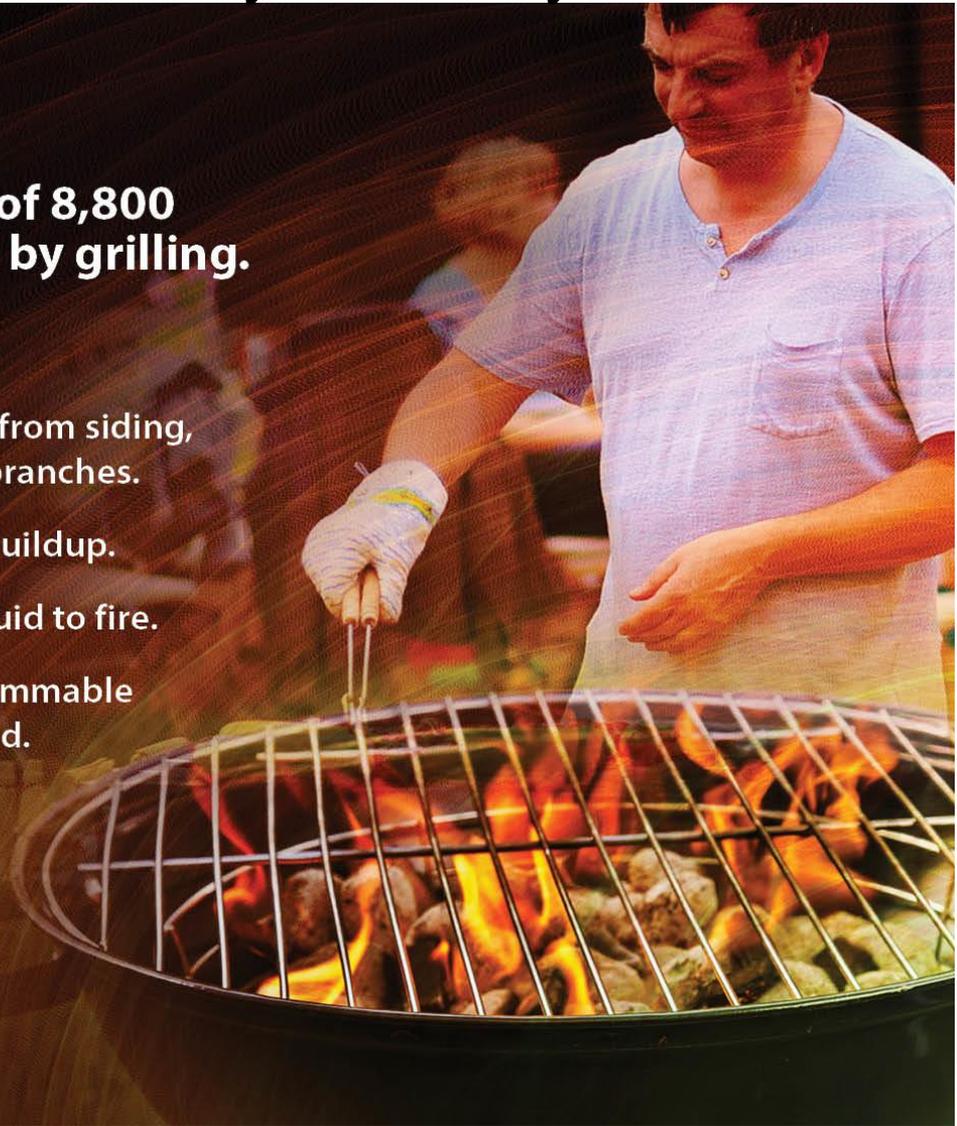
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## GRILLING SAFETY

Each year an average of 8,800 home fires are caused by grilling.

### Safety Tips:

- Use grills outside only, away from siding, deck rails and overhanging branches.
- Periodically remove grease buildup.
- Never add charcoal starter fluid to fire.
- Never use gasoline or any flammable liquids other than starter fluid.
- Check the gas cylinder hose for leaks.



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## **FIRE SAFETY**

**Residential structure fires in the U.S. accounted for 2,785 deaths and 12,575 injuries in 2013.**

### **Across the U.S.:**

- Leading cause of home fires - cooking.
- Leading cause of cooking fires - unattended cooking.
- More than half (55%) of reported non-fatal home cooking fire injuries occurred when the victims tried to fight the fire themselves.

**In Case of Fire: Have an escape plan and practice it.**

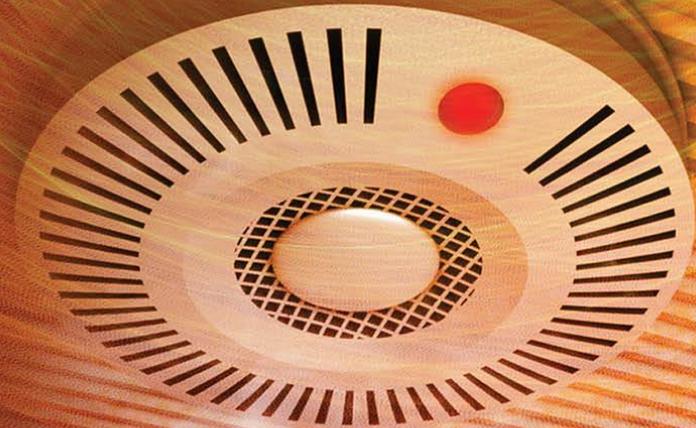


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## **SMOKE ALARMS**

**A properly installed and maintained smoke alarm is the only thing in your home that can alert you and your family to a fire 24 hours a day, seven days a week.**



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## FIRE PREVENTION

- Never smoke in bed.
- Avoid grease build-up in kitchen.
- Use space heaters properly.
- Inspect wires and never overload circuits or extension cords.
- Use extreme caution when using candles.
- Keep and know how to use a fire extinguisher.



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## **CARBON MONOXIDE** The Silent Killer

### **What is it?**

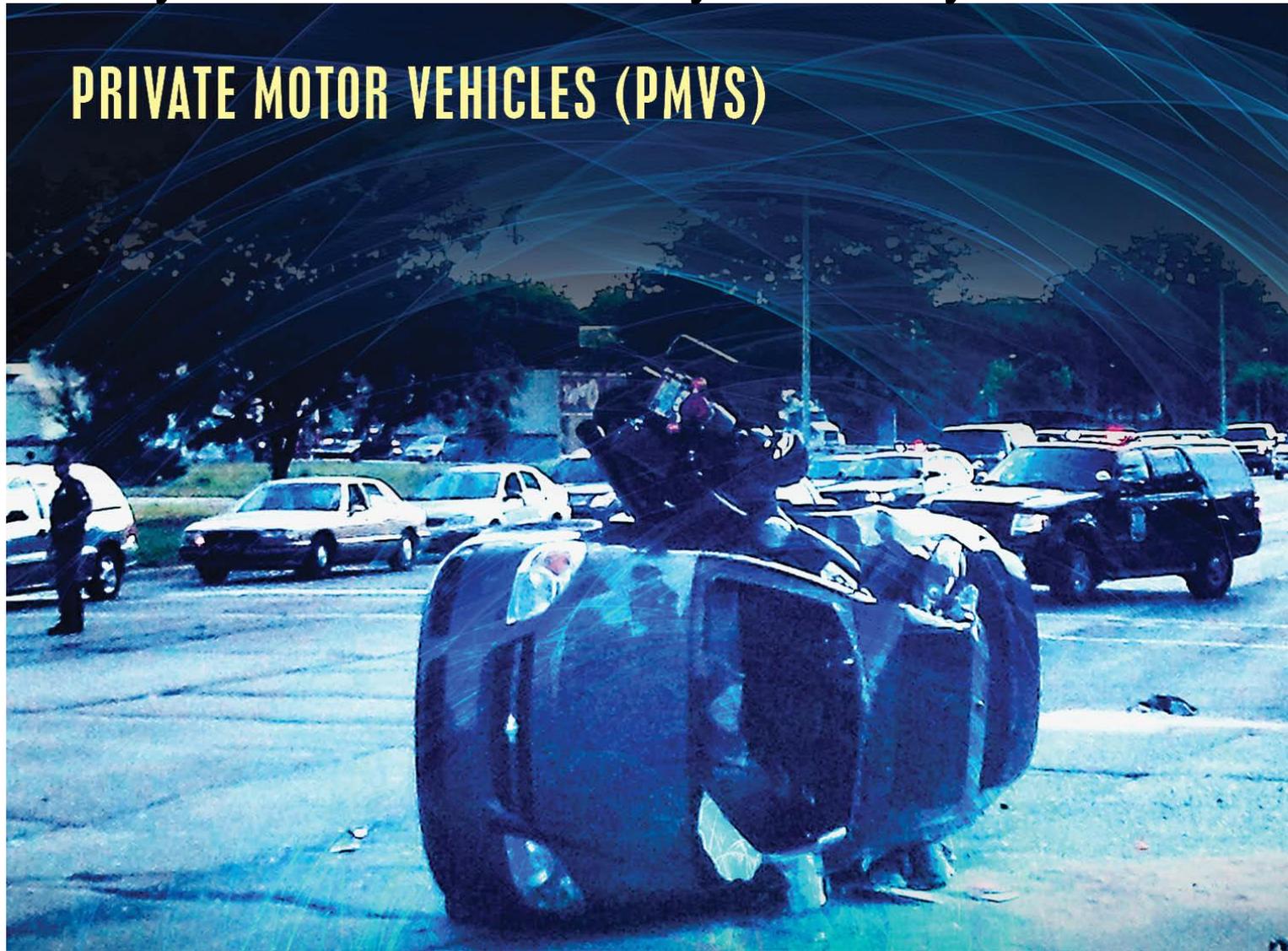
- Colorless/odorless gas.
- Extremely poisonous and can kill within minutes.
- Caused by poorly maintained:
  - Heating systems
  - Gas stoves
  - Gas-powered generators

### **Controls:**

- Do maintain your heating system and fuel-burning appliances.
- Do install a carbon monoxide (CO) detector.
- Don't use a portable generator indoors.
- Don't run your vehicle inside the garage.
- Don't heat your house with a gas oven.

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## PRIVATE MOTOR VEHICLES (PMVS)

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## ARMY DRIVING MYTHS

- Alcohol is the No. 1 cause of fatal PMV-4 (auto/sedan, SUV, truck, or van) accidents.
- Texting or talking on a phone and driving is just multitasking. Doing both at the same time is easy ... not distracting.
- The “other guy” is the primary cause of accidents involving motorcycles.
- A motorcycle helmet will not save me in a bad accident.



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## HOW DO YOU DEFINE YOURSELF?

**Undisciplined** - Untrained Soldier who has not received counseling or mentorship - is not directly involved with leadership.

**Disciplined** - Fully trained, counseled and mentored Soldier - is directly involved with leadership.

**Indisciplined** - Fully trained, counseled and mentored Soldier - is directly involved with leadership BUT operates vehicle in an unsafe manner and disregards requirements, often resulting in mishaps or fatalities.



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## **SPEEDING IS INDISCIPLINED BEHAVIOR!**

### **FY15 PMV Accidents:**

- Speeding contributed to 13% of the PMV-4 fatalities.
- Speeding contributed to 31% of the PMV-2 fatalities.
- 15 Soldiers are dead because of speeding.

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## **MOTORCYCLES**

**Over 1/3 of all Off-Duty Fatalities.**

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## PERSONAL PROTECTIVE EQUIPMENT

### What's required?

1. Helmets, certified to meet DOT standards.
2. Impact- or shatter-resistant goggles, wraparound glasses or full-face shield.
3. Sturdy footwear, leather boots or over-the-ankle shoes.
4. A long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens designed for use on a motorcycle.

Riders are highly encouraged to select PPE that incorporates protective padding, fluorescent colors and retro-reflective material.

**PPE** It's worth every dime, every time!

For additional information, ref AR 385-10, Chapter 11, para 11-9 d.



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## RIDING TIP

**SEEING** is the best way to avoid dangerous situations.

### S-SEARCH

around you for potential hazards.

### E-EVALUATE

any possible hazards such as turning vehicles.

### E-EXECUTE

the proper action to avoid the hazard.

***A sound street strategy can prevent a dangerous situation.***



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## **AUTOS/SEDANS, SUVs, TRUCKS AND VANS**

- Seat belts will be worn by all Soldiers driving or riding in an automobile whether on or off the installation.
- In FY14, seven Soldiers died when involved in an accident where they were NOT wearing seat belts.

**Indisciplined decisions  
cost them their lives!**

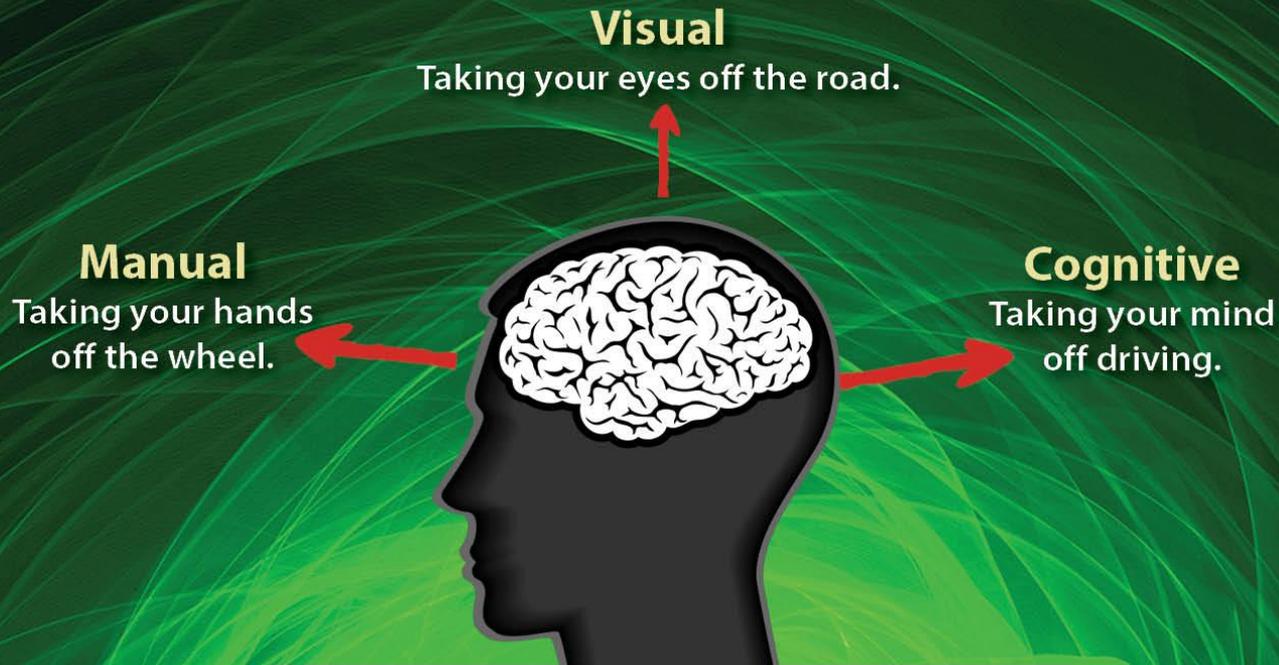


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## **DISTRACTED DRIVING** Driving = Multitasking

At any given daylight moment across America, approximately 660,000 drivers are using cellphones or manipulating electronic devices while driving.



**DISTRACTED DRIVING KILLS!!!**

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## DRIVING FATIGUED

There are several warning signs of fatigue; however, individuals often don't understand them or, worse yet, choose to ignore them.

### Who is most at risk?

- Sleep-deprived.
- Driving long distances after working a full shift.
- Driving through the night, the early afternoon, or at other times when normally asleep.
- Drinking alcohol or taking medication that increases drowsiness.
- Driving alone for long distances without rest breaks or much change in scenery.

### Warning signs!

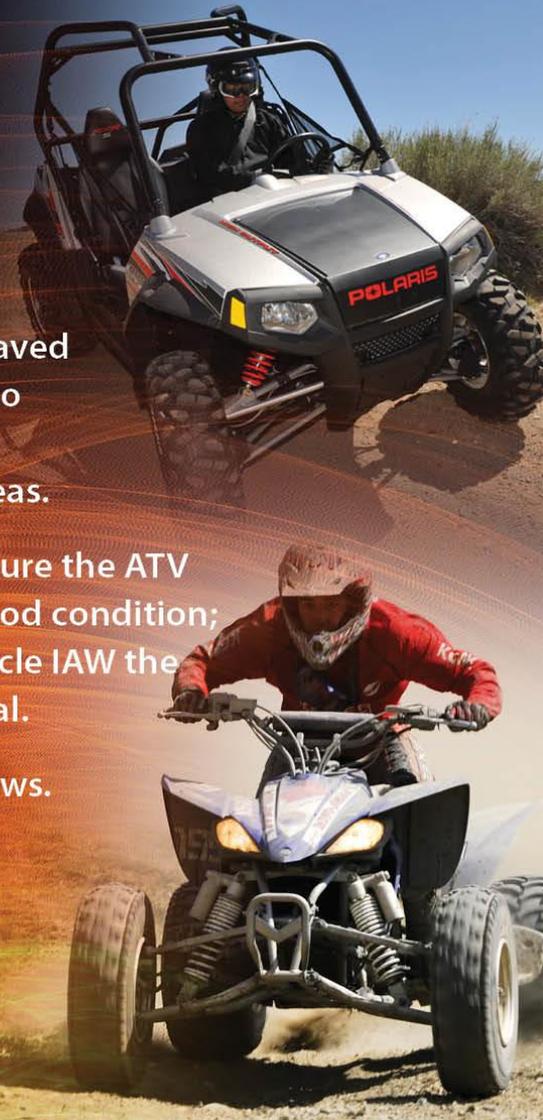
- Can't remember the last few miles driven.
- Drifting from lane or hitting a rumble strip.
- Yawning repeatedly.
- Difficulty focusing or keeping eyes open.
- Tailgating or missing traffic signs.
- Trouble keeping head up.

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## ATV/ROV SAFETY TIPS

- ATVs are not toys; get training.
- Remember ATGATT:  
"All the Gear, All the Time."
- Never ride alone and always tell someone where you are going and when you will return.
- Always supervise young operators.
- Never carry extra riders.
- Read the owner's manual carefully.
- Be careful when operating ATVs and ROVs with added attachments; these affect the stability, braking and operation of the vehicle.
- Never operate ATVs or ROVs on streets, highways or paved roads, except to cross at safe, designated areas.
- Always make sure the ATV or ROV is in good condition; check the vehicle IAW the owner's manual.
- Check locals laws.



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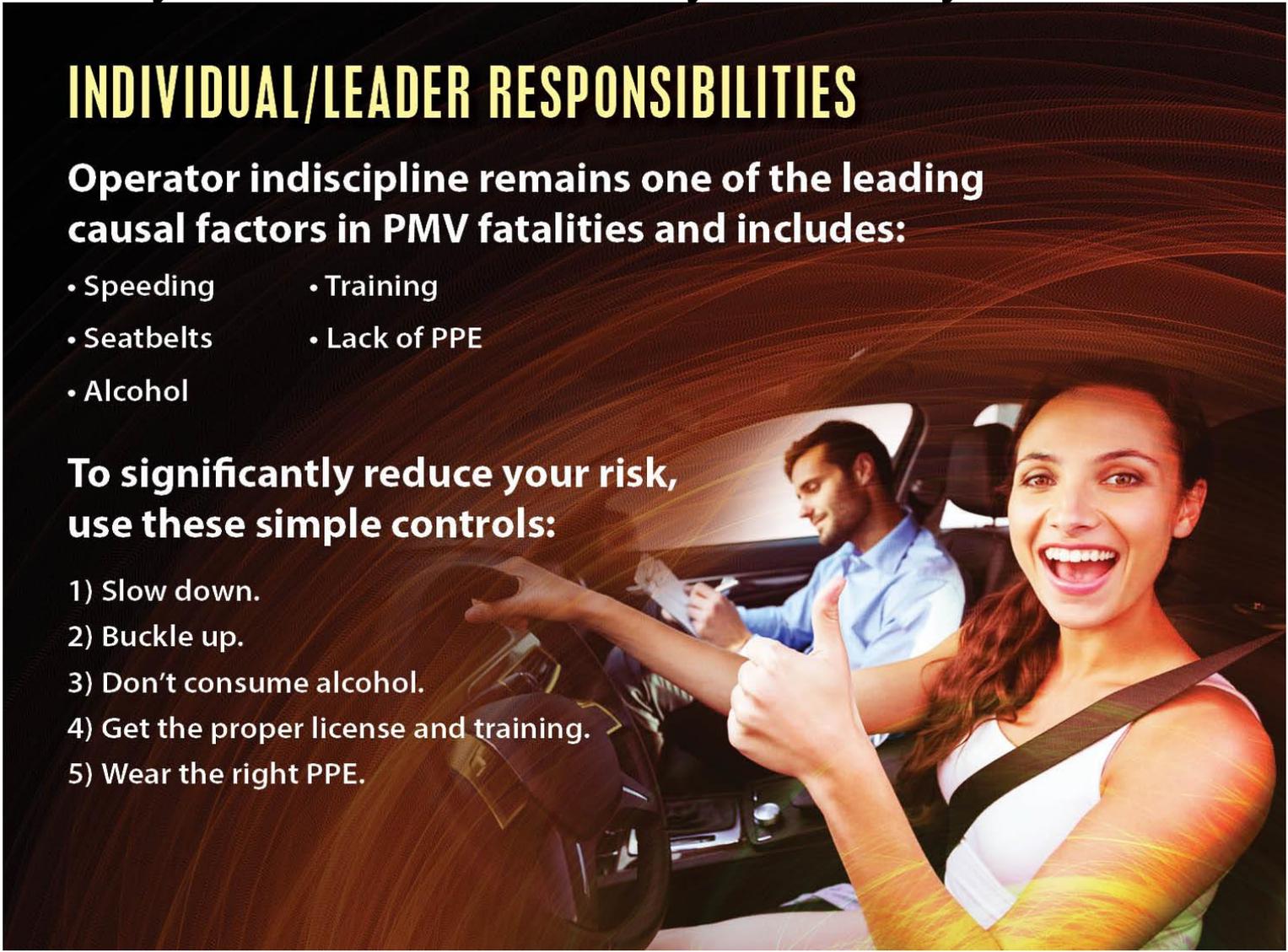
## INDIVIDUAL/LEADER RESPONSIBILITIES

**Operator indiscipline remains one of the leading causal factors in PMV fatalities and includes:**

- Speeding
- Training
- Seatbelts
- Lack of PPE
- Alcohol

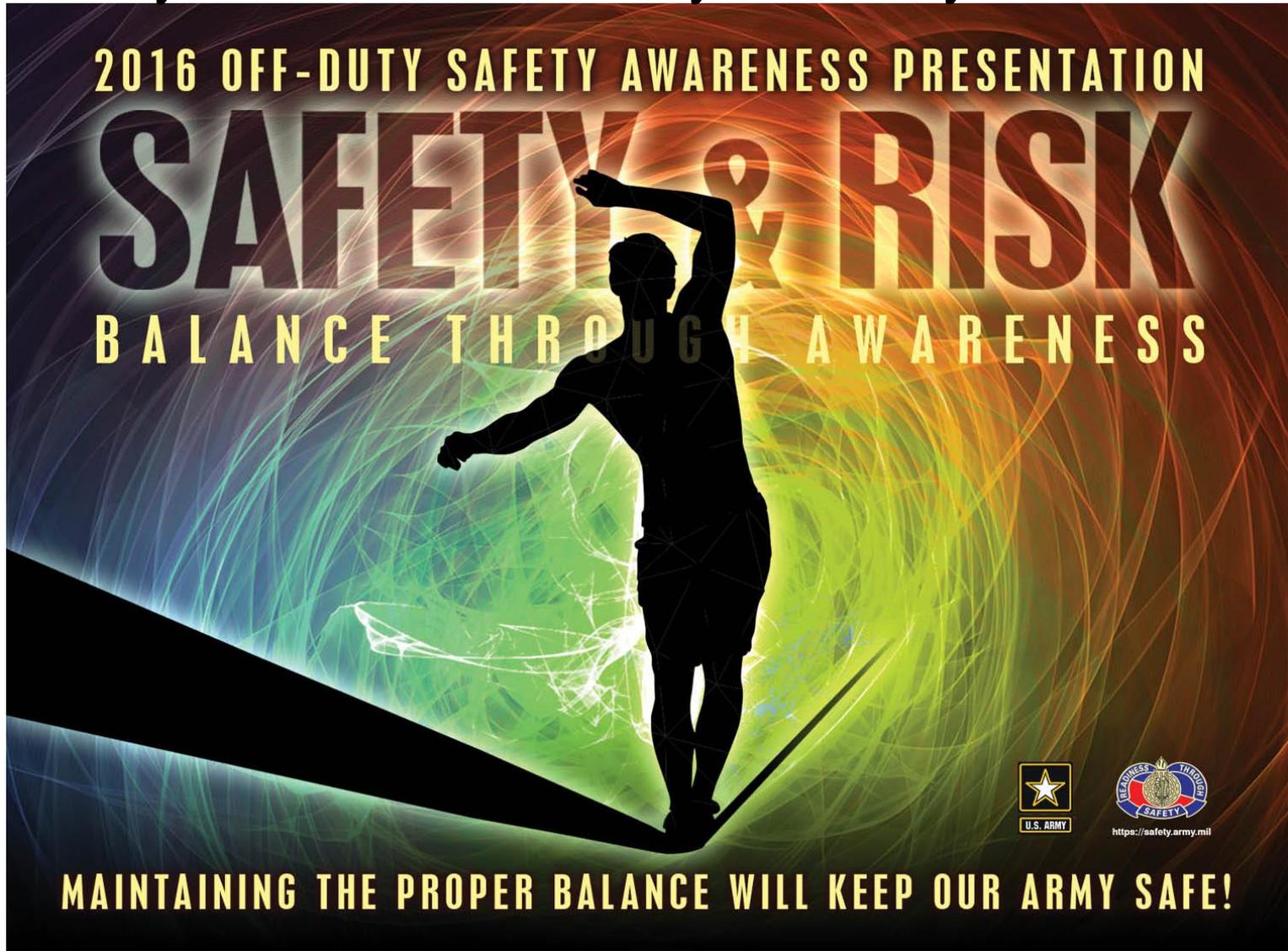
**To significantly reduce your risk, use these simple controls:**

- 1) Slow down.
- 2) Buckle up.
- 3) Don't consume alcohol.
- 4) Get the proper license and training.
- 5) Wear the right PPE.

A photograph of a woman in the passenger seat of a car, smiling broadly and giving a thumbs-up gesture. She is wearing a white top and a seatbelt. In the driver's seat, a man in a light blue shirt is looking down at a document or map. The background shows the interior of the car and a blurred view through the windshield.

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# **SAFETY & RISK**

**BALANCE THROUGH AWARENESS**

**MAINTAINING THE PROPER BALANCE WILL KEEP OUR ARMY SAFE!**



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IS ARMY STRONG



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