

RTC SAFETY BULLETIN



JULY

2004

HAPPY 4TH OF JULY

Ladies and gentlemen, start your engines. Not so fast shipmates! Summer fun in the sun is in full swing and strong emphasis on your safety is vital. Sailors and Marine will continue to drive great distances to visit their families and friends. Swimming, boating, off road driving, barbecuing and fireworks are popular activities for the 4th of July holiday. Whatever our plans, vigorously pursue and adopt a risk management plan before you get underway for the holiday celebration.

Forethought and common sense must be exercised when engaging in any activity. To meet the challenge of this extended Fourth of July weekend, keep in mind some safety hints to minimize risks in order to avoid death and injury:

- **Driving** – If you are highway bound, make sure your vehicle is in excellent operating condition. Always carry a roadside emergency and first aid kit and extra water in hot climates. Putting on a safety belt is the first thing you do when you get in a car and takes all of three seconds to do. A safety belt is simple habit and can make all the difference between walking away from a crash or being carried off on a stretcher. Keep children safe. The back seat the safest place for children to ride, and all children must be restrained with the correct safety equipment. Don't speed. Speeding reduces a driver's ability to steer safely around curves or objects in the road. You never know what around that next corner: a deer, stalled care, or pedestrian in the roadway. Most importantly, do not drink and drive and equally important, don't get into a vehicle with a driver who has been drinking and driving.
- **Swimming** – use common sense: swim where lifeguards are present. They are trained to identify hazards and help you if you get into trouble. Never dive unless you know the water dept and what obstacles are below. Don't let a bad decision leave you paralyzed for life.
- **Boating** – take a boating course, file a float plan, never exceed the boats maximum capacity, wear a personal flotation device (PFD), keep an eye on the weather and save the alcohol for later.

- **Off road driving** – get training before operating a vehicle or ATV off road and start out slowly. Knowing the condition and route you're going to take allows you to alter speed as necessary in areas with limited visibility or poor road conditions. Maintain proper speed and wear personal protective equipment (PPE).
- **Barbecue safety** – follow manufacturer's instructions for lighting and extinguishing gas grills. There is a right way and wrong way. Sailors and Marines have been severely burned when gas build up has led to explosion.
- **Fireworks** – the best advice: leave them to the professional. If fireworks are legal in your area and you decide to light off a few, use caution! Follow the manufacture's instructions for use. Careless use of fireworks can cause serious injury or death.
- **Alcohol** – moderation, moderation, moderation. Drink responsibly. Know when enough is enough!

Think before you act. Basic precautions for prevention of mishaps, while in the home, on the waterways, on the ball field and on the highway will make this 4th of July a safe and happy one and one, which you will live to talk about.