Critical Days of Summer - 200
Introduction
- Traffic Safety
- Outdoor Safety
- Recreation Safety
- Home Safety
- On-duty Safety
Memorial Day to Labor Day
(Chusok is the following week)
No one immune from mishaps
- wider variety of activity
- higher temperatures/more sig wx
- increased risk
South Korean Traffic Accident Casualties 703,156 in 1999 - almost 2% of population!!!
Traffic Safety

- Travel
- Fatigue and You
- Alcohol Kills - Don’t drink and drive
Plan ahead--prepare vehicle w/emergency equipment: jumper cables, road flares, etc.

Buckle up every time - Seat belts are mandatory

Children in backseats - Airbags can kill

Speed commensurate with conditions
More Travel

Trip Planning:

- Mid-Tour Leave:
  - Avoid flying to large airport and driving home
- Have travel routes planned out
- Take scheduled rest breaks
- Have emergency plans - Know who to notify in case of emergency
Fatigue and You

- Koreans not the model for safe driving when it comes to fatigue!

- Fresh air and frequent stops
- Avoid heavy food and alcohol
- Rest periodically
- Sleep in a hotel, not your car

Get the sleep your body demands!
Alcohol Kills

Why didn’t I call a cab???

He didn’t even see the pedestrian in the crosswalk!!
Alcohol mixed with any activity is the number 1 cause during many safety investigations.

- Lessens inhibitions
- Only way to sober up is time
- What to do?
  - limit consumption
Outdoor Safety

Stay Hydrated!!!
Heat stress can occur below 85°F

- Outdoor Sports
- Hiking/walking

Use SUNSCREEN!!!
At least SPF 15
30+ for fair skin
Recreation Safety

- Water Sports
- Jogging
- Bicycling
- Camping
Swim only in designated swimming areas
Swim with a buddy!! - Never swim alone
Know your swimming ability
Check water before diving
Hypothermia - cold water draws body heat
Jogging

- **Warm-up**
  - Be visible day and night
    - light colored clothes
    - reflective vest at all times
  - Use sidewalk/path or jog facing traffic
  - Headphones are not authorized
Bicycling

- Obey traffic signs
- Use hand signals
- Ride single file
- Ride on right side of road
- Be visible day and night
  - light colored clothes
  - reflective vest at all times
  - always wear helmet, not carry it
Let someone know your whereabouts.
Camp in approved areas.
Check equipment.
Use caution when starting fires!
Home Safety

- Cooking
- Outdoors
- Fireworks
Cooking outdoors

- Use charcoal/lighter fluid, not gasoline
- Keep grills away from house and overhangs
- Never leave grill unattended
- Never put lighter fluid on lit coals
- Let coals cool before disposal
- Have fire extinguisher ready
Fireworks

- Watch the professionals
- Fireworks are not toys
- Always supervise
- Be alert for fire - never light near house
- Fireworks are not authorized on base - that includes
Every man is a fool for at least five minutes a day; wisdom consists of not exceeding the limit.

Manage risk on and off duty!
Use Risk Management

1. Do not accept unnecessary risk
2. Make risk decisions at the appropriate level
3. Accept risk when benefits outweigh costs
This summer, be careful, be risk wise, and most of all, be back after the 101 Critical Days of Summer!

From your Safety Staff.
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