June

Summer Safety

National Safety Boating Week

General Water Safety

Vacation Safety

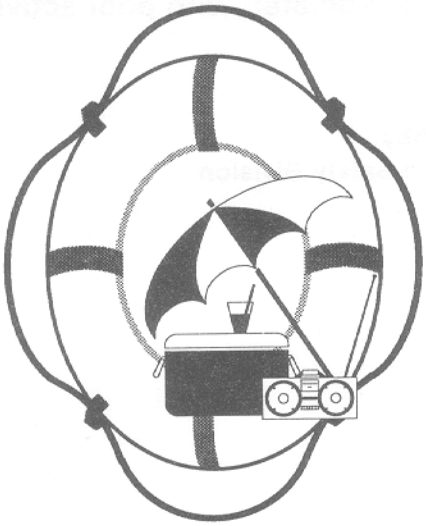
Safety in the workplace Week (4th)

National Safe Kids Awareness

SWIMMING POOL SAFETY

Nearly 6 million families across the country enjoy swimming in their own backyard pools, and the number of pool owners increased by 300,000 annually.

Keeping your pool healthfully clean and sparkling clear is all a matter of water chemistry. Clear pool water is not necessarily clean pool water, though. Chlorine can help sanitize your pool, ridding it of invisible bacteria and algae. But chemicals to clean and purify your pool need careful handling. These guidelines will help you maintain a successful water chemistry for a healthy pool.



- Always read and follow chemical label directions, and never mix pool chemicals.

- Identify the chemical you are using. All chlorine is not the same. Some chlorine products are incompatible. Do not mix products in the same container. A fire and/or an explosion can result.

- Always add chemicals separately to the pool water, and never add water to the chemicals.

- Carefully seal chemical containers after each use, and store them in a cool, dry place out of the reach of children.

- If chemicals come in contact with your skin, immediately rinse in cold water for at least 15 minutes. If irritation persists, seek medical attention.

Clean, healthy pools go hand in hand with safe pool operations. Drowning is the second leading cause of accidental death in the home among children under the age of 5. There is no substitute for constant supervision and eye contact with children in or around water. Children should never swim alone, and toys kept in the pool area are an invitation for children to venture near an unattended

pool. Fences or walls can give you a false sense of security. Don't consider your children "drown proof" just because they have had swimming lessons. Learn how to administer lifesaving techniques to children, including cardiopulmonary resuscitation (CPR).

Whether maintaining your pool or enjoying your pool, a good knowledge of the hazards associated with pool activities will provide a safe summer of fun.

By:
Susie Ashby
Installation Safety Division

5 MINUTE SUMMER SAFETY TALK
SUMMER BITES AND STINGS

1. Summer is the time for fishing, swimming, hiking, camping, and hundreds of other outdoor activities. Unfortunately, summer is also the time many pesky little critters return to spoil the fun.

2. The following tips may help you avoid, or at least cope with, some of these pests.

a. Chiggers. These are harvest parasitic mites which are bound in woods, meadows, and other grassy areas. To held avoid chiggers, amply an insect repellent to clothes or skin. If you do get chiggers, calamine lotion will ease the itching. An application of clear fingernail polish will smother them.

b. Insect Bites and Stings. Bites or stings from insects such as bees, ants, or mosquitos cause redness, swelling, and itching. Apply ice packs to the bite or sting. If possible, remove the stinger. Do not scratch the area. To relieve the itching, apply calamine lotion. If the victim is fainting or has difficulty breathing, seek medical attention. See a doctor if the bites or stings become infected.

c. Ticks. The tiny tick is most prevalent in the Southeast and can carry a fatal disease - Rocky Mountain Spotted Fever. These carrier ticks have reddish - brown bodies with white spots on their backs. Lyme disease is another common disease associated with ticks. A very tiny tick known as the deer tick carries this disease. When entering wooded or tall grassy areas, keep clothing buttoned, tuck trouser legs inside boots, wear long sleeves, and apply an insect repellent to clothing. It's a good idea to inspect your body twice a day when in a tick- infested area. Pay close attention to armpits, neck, and groin areas.

(1) If you find a tick imbedded in your skin, seek medical attention IMMEDIATELY. However if this is impossible, you can attempt to dislodge them with heavy oil, fingernail polish remover, gasoline, or alcohol. Allow the solution to stand for one-half hour and remove the tick with tweezers.

(2) Once the tick has been removed, wash the infected area and apply an antiseptic. See a doctor if these symptoms occur: loss of appetite or a feeling of illness 1 of 2 days after being bitten; fever; headache; pain behind the eyes; eyes sensitive to light; joint and muscle pain; or a rash on the wrists, ankles, trunk, limbs, or face.

Life Jackets Are Lifesavers

by Lisa Grady

What safety belts are to motor vehicles, personal flotation devices (PFDs), or life jackets, should be to boats -- simple devices that prevent serious injury or death.

In more than 80 percent of nearly 900 boating deaths each year, there are insufficient life jackets on board, or they are inaccessible.

Most new, Coast Guard-approved PFDs are lightweight and comfortable. The five basic types of PFDs are:

* The type I PFD, or off-shore life jacket, with a required buoyancy of 22 pounds. It is designed to turn most unconscious people face-up in the water, and is the easiest to don in an emergency since it is reversible, and has at most three fittings.

* The type II PFD, or near-shore life vest, is suitable for calm inland waters, and will turn most people face up even if unconscious.

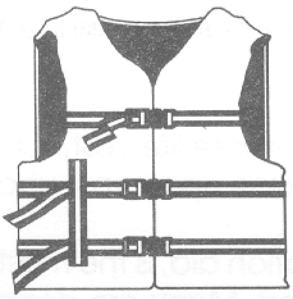
* The type III PFD, or flotation aid, is the most popular, designed for freedom of movement and comfort. Many are designed for waterskiing, paddling or fishing, but it is not designed to turn an unconscious person face-up in the water.

* The type IV PFD, or throwable device, is thrown to someone in the water. It is not recommended for children.

* The hybrid PFD, which has foam flotation combined with an inflatable chamber activated by blowing air into it, or pulling on a cord. They have become popular because they are lightweight and available in various forms, such as fishing vests and hunting jackets, but they are suitable only for people who can swim.

Falling overboard is a frightening experience, and most people will panic, and perhaps drown. Having a life jacket on when you go over the side can save your life.

IT WON'T WORK IF YOU DON'T WEAR IT!



LIFE JACKETS SAVE LIVES

National Safe Boating Council

Produced under a grant from the Aquatic Resources (Wallop-Breaux) Trust Fund Administered by the U.S. Coast Guard

Boating Can Be Stressful?

By Hunt Anderson

A day on a boat, with the sun shining, a breeze blowing, and the boat gently rocking in the water sounds like pure relaxation. Add a few drinks to the scene and it's an idyllic vacation.

But the scene can easily turn from a dream to a nightmare. A few hours of small boat operation can prove more stressful to a person than the same amount of time spent driving on the highway.

Studies have shown that exposure to the sun, wind, engine noise, vibration and constant motion can slow reaction time significantly.

Boat operators tested on specially designed courses showed a decreasing ability to deal with obstacles and to control their vessels in tight manuevering situations as the day progressed. One operator stated, "On the last run I had no business being out on the water. I was too blitzed to handle it.''

Consuming alcoholic beverages makes the situation worse. Peripheral vision is reduced and hearing is made less acute. Most operators who have been drinking don't feel the effects, so they feel fine until they hit the dock -- or something else.

Don't let the operator of your boat become another accident statistic. Make sure he or she takes a break and deals with the fatigue of being exposed to the environment for extended periods. Don't let the boat operator drink and drive -- it's not only illegal, but an intoxicated boat operator can be deadly.

Water Hazards To Know

The Hazard	How to Avoid It
Inability to swim or swim well. Many drowning victims had no intention of going into the water.	Learn to swim or improve your swimming ability. The need to know how to swim is paramount in all types of water recreation.
Cold water. Water below 70°F greatly reduces a swimmer's capabilities and endurance. It may even cause instant body reactions that lead to drowning. Water in lakes, gravel pits, and quarries may be this cold even during the summer months in the States. In Germany, these areas are usually cold year round.	Ensure that a lifeguard is present, use the buddy system, avoid alcohol, and enter the water slowly to check its temperature. Shivering tells you that the water is too cold. Never try a rapid water entry to overcome the shock of cold water.
Dangerous areas. Swimming in off-limits and unauthorized areas can lead to drowning because of water hazards (holes, current, pollution, undertows, cold water, etc.) and the lack of lifeguards. Other areas, even authorized areas, may have these same hazards.	Obey off-limits or unauthorized-area directives (the post safety office has a list). Swim only in lifeguard-protected areas, and obey safety rules. Before wading, swimming, or diving in an unfamiliar area, check for depth, temperature, hidden rocks, strong currents, and sudden dropoffs.
Alcohol and swimming. Alcohol impairs judgment, leads to overconfidence and foolish risk-taking (swimming too far, etc.), and makes the body more vulnerable to cold water.	Avoid drinking and swimming.
Exceeding swimming ability. People often fail to consider their physical condition and swimming ability before swimming. If it's been a while since they last swam, they may not be able to swim as well or as far as before. And alcohol or fatigue from spending a day in the sun will slow the reflexes.	Know your swimming limitations and capabilities, and do not swim when you are tired, overheated, chilled, or have been drinking alcohol. Consider your fatigue level from physical exertion or a day in the sun.
Failure to wear a personal flotation device. About 85 percent of boating drowning victims nationwide were not wearing PFDs. Nonswimmers and weak swimmers floating on inner tubes or other inflatable items often drown due to unplanned entry into the water. Even good swimmers may drown due to unplanned water entry from a boating accident.	A PFD offers protection from drowning only if it is worn. All boaters, even those who can swim, should wear a PFD because unplanned water entry could happen at any time. And fishermen and hunters should also always wear a PFD when in a boat. If you are a poor swimmer or unable to swim at all, do not rely on inner tubes, water wings, inflatable mattresses, or other similar inflatable objects. The only reliable device is a Coast-Guard approved PFD.
Falls from boat, dock, or bank. Unplanned water entry of nonswimmers, weak swimmers, and even good swimmers can result in drowning.	Learning to swim or swim better is the best prevention measure. Until then, always wear a PFD while on or around the water. Avoid the use of alcohol if you are boating or involved in other activities near the water. If you are wading, fishing, or hunting along the shoreline, keep in mind that the bottom may have unseen hazards (holes, dropoffs, etc.).

Boating Safety Starts With Staying Sober

(by Lisa Grady)

In a society where drinking and driving is socially unacceptable, it is ironic that setting sail with a boatload of booze is still considered appropriate by many people.

According to the National Transportation Safety Board, recreational boating is second only to highway transportation in the number of fatalities that occur every year, and it is estimated alcohol is involved in at least half of all boating accidents.

The 70 million people who enjoy recreational boating each year often forget alcohol has the same effect on them whether they are operating a car or a boat. When a person is drinking, the brain's ability to process information slows. Reaction times are longer in situations that demand immediate response.

On land people often designate a driver who does not drink for the evening. Everyone who consumes alcohol on a boat is at risk, because when the boat's motion is coupled with reduced coordination, people can fall overboard.

Three functions are impaired when a person is drinking and boating:

* Judgment. The ability to make decisions quickly, particularly in high risk situations, is one of the first things to go. For decisions such as avoiding swimmers or objects in the water, the wrong choice can be fatal.

* Balance. An attack of dizziness or a misstep can lead to disaster. Most boating deaths occur when people fall out of boats, or land in the water when the boat capsizes.

* Hypothermia. Alcohol gives a false of warmth. In reality it can help the body lose heat, fatally.

Boating while intoxicated is not only dangerous, but illegal. At the end of 1988, 30 states had set a blood alcohol standard for boating, with stiff penalties. Random spot checks have been set up on some lakes and rivers.

The National Safety Council recommends that recreational boaters follow these rules:

* Don't drink and boat.
* Wear a U.S. Coast Guard-approved personal flotation device, or life jacket, as protection if you do slip overboard.
* Check the weather and water forecasts before leaving shore.
* Limit the number of passengers in a small boat. There might be seating for four, but the capacity might be two or three. Check the capacity plate.
* Have visual distress devices approved by the Coast Guard.
* Use the "one-third rule" of fuel management: one-third of the fuel to go, one-third to get back, and one-third for reserve.
* Tell someone where you're going, and when you'll be back.

To make boating safe and fun, call 1-800-336-BOAT to sign up for a free course near your home.

Don't Rock The Boat

The small boat often used in fishing, hunting and day cruising tends to be unstable, making them easy to swamp or capsize, or tip enough to send a standing boater into the water, the leading causes of boating fatalities.

Standing in a small boat raises its center of gravity, which increases its instability. Many sportsmen in particular have fallen overboard when they stood up to cast a line, land a catch or answer nature's call.

The National Safe Boating Council points out that modern outboard boats have a capacity plate that indicates the maximum safe outboard horsepower and carrying capacity of a boat.

A boat's capacity includes the combined weight of passengers, outboard and other equipment. The number of seats in a boat is not a measure of its capacity. All weight should be distributed evenly within the boat.

If a boat is overloaded, it has little freeboard (the distance from the waterline to the top edge of the boat), which makes it more likely to tip or for water to come in over the edge.

If the boat does tip, stay with it. Most boats today have flotation, and will remain afloat if they are tipped. Boaters who fall in should stay calm, get back in the boat or climb onto the top if it has overturned, and wait for help.

SELF-SURVEY CHECK-OFF GUIDE

Date of Last Survey _____

PERSONAL FLOTATION DEVICES

- ☐ Adequate number for people aboard–condition clean and sound?
- ☐ *UNDERWAY–ON DECK OR IN COCKPIT LOCKER–ACCESSIBLE?*

FIRE EXTINGUISHERS

- ☐ Suitable approved size and type–checked at least annually–tagged by authorized service facility?
- ☐ Accessible to area of possible need–but not necessarily *in* that area?
- ☐ At least one located above deck?

GENERAL

- ☐ Do you file a float plan?
- ☐ Do you have adequate, up-to-date charts?

GUEST-CREW INSTRUCTION

- ☐ Posted or prepared?

Do they contain

- ☐ Location of fire extinguishers, life preservers, first-aid kit, distress signals?
- ☐ How to use radio for emergency distress signal?
- ☐ The importance of *NOT* using themselves as "Boat Hooks" or "Fenders"?

FUEL SYSTEM

- ☐ System properly grounded (deck fill, tank)?
- ☐ Fuel Tank rusty, and/or leaking?
- ☐ Fuel Tank holds-down and straps secure? Insulated?
- ☐ Fuel shut-off valve at tank–also at engine, if engine is in a separate compartment? Accessible?
- ☐ Engine compartment CLEAN–free of any flammables and oily rags?
- ☐ Properly protected against siphoning?
- ☐ Is there a blower switch at remote starting locations?
- ☐ Fuel lines U.S.C.G. approved, sound condition, no leaks?

RIGGING, LIFELINES, NON-SKID SURFACES

- ☐ Rigging properly tuned–in good condition?
- ☐ Turnbuckles free–all pins in place?
- ☐ Lifelines in good condition–properly secured–stanchions and pulpits secured?
- ☐ Double lifelines?
- ☐ Grabrails secured?
- ☐ Non-skid surfaces that still are non-skid?

GROUND TACKLE

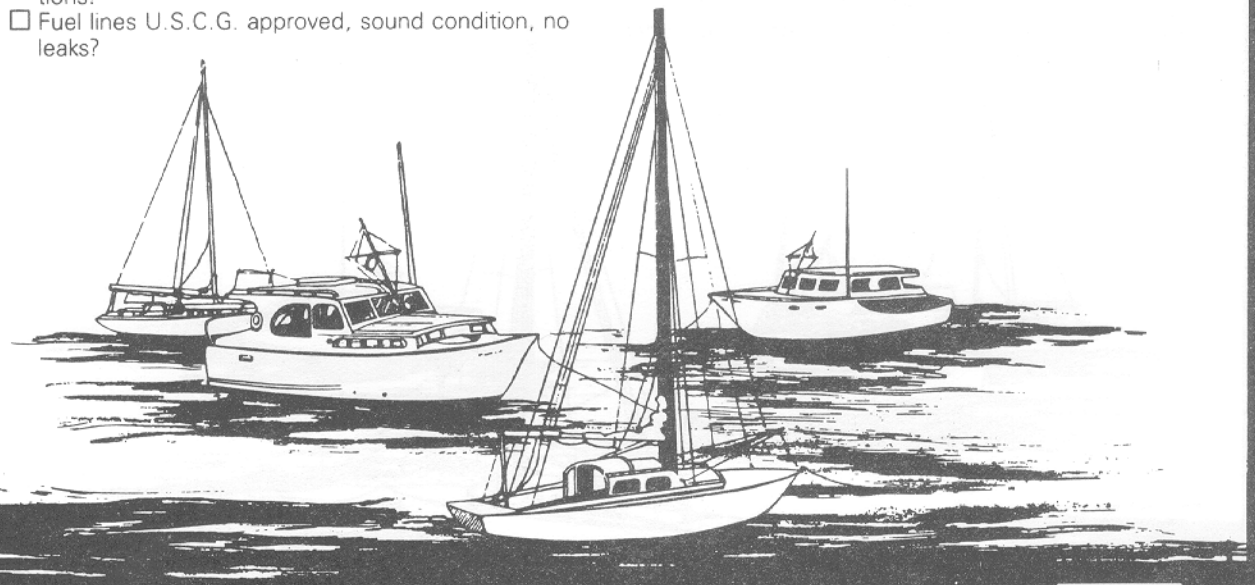
- ☐ Anchors and rode adequate for boat–in good condition?
- ☐ Properly secured–length of chain at anchor–thimble on rode?
- ☐ Chafing gear at chocks?
- ☐ Proper stowage so that tackle can be used quickly and easily?
- ☐ Second, "Back-Up" anchor?

STOVES

- ☐ Labeled and designated for marine use?
- ☐ Area clear of anything combustible?
- ☐ Retainers for pots on burners when underway–as well as gimballing?

LPG and CNG

- ☐ Stored in compartment isolated from boat interior?
- ☐ Tightly secured–shut-off valve at tank and stove?
- ☐ Required "Caution" instructions posted at tank and stove?
- ☐ Hoses and line in good condition, protected against chafing and of proper material for type of fuel? Fully accessible for inspection?
- ☐ System checked periodically for leaks?



CIGNA Property and Casualty Companies CIGNA

SELF-SURVEY CHECK-OFF GUIDE

LIGHTNING PROTECTION

- ☐ Radio Antennas–Transmitting type arrestors or gap in coil?
- ☐ Wooden Mast–Metallic fittings connected to grounding conductor (heavy copper cable)?
- ☐ Metal Masts and Rigging–Same grounding and conductor led to hull ground plate?

WIRING INSTALLATION

- ☐ Wiring approved for marine use–(no household wire)?
- ☐ Bundled and Secured–protected against chafing–clear of bilge and heat sources?
- ☐ Circuit breakers and/or fuses?

BILGE PUMPS

- ☐ Adequate number of automatic–(manual back-up)?
- ☐ Clean Bilges–clear limber holes?
- ☐ *CHECK BOAT PERIODICALLY*–Don't depend on automatic pumps.

BATTERIES

- ☐ Non-corrosive liquid-tight containers–non-conductive covers–well secured? vented?

THEFT DETERRENCE

- ☐ Keys removed from Boat? Cut-off switch between engine and ignition power?
- ☐ Boat unattended in an unfamiliar place?
- ☐ Strong chain and strong padlock on permanent mooring?
- ☐ Positive locking for all opening hatches, doors, lazarettes, lockers, windows?
- ☐ Etched Social Security number or other identifier on equipment and loose gear?
- ☐ Inventory of equipment and serial numbers at home?

ANNUAL HAUL-OUT

- ☐ Corrosion–through-hulls, props, shafts, zincs, struts and bearings? (Fastenings on wood hulls)
- ☐ Did you inspect engine mounts, rudder and rudder control mechanisms?

THROUGH-HULLS

- ☐ Clear of any restrictions such as barnacles, marine growth and borers?
- ☐ Sea valves, preferably seacock (lever action) type, on all through-hulls at or below the waterline? Inspected regularly?
- ☐ Sea valves in good working order–handles attached?
- ☐ Double hose clamps at/below water line through-hulls? Good quality, all stainless, screw type?
- ☐ Hoses in good condition? Approved for marine use?

ELECTROLYSIS PROTECTION

- ☐ Through-hulls bonded properly?

REFERENCES

ABYC–Safety Standards for Small Craft–
P.O. Box 747 - 405 Headquarters Drive
Suite 3, Millersville, MD 21108

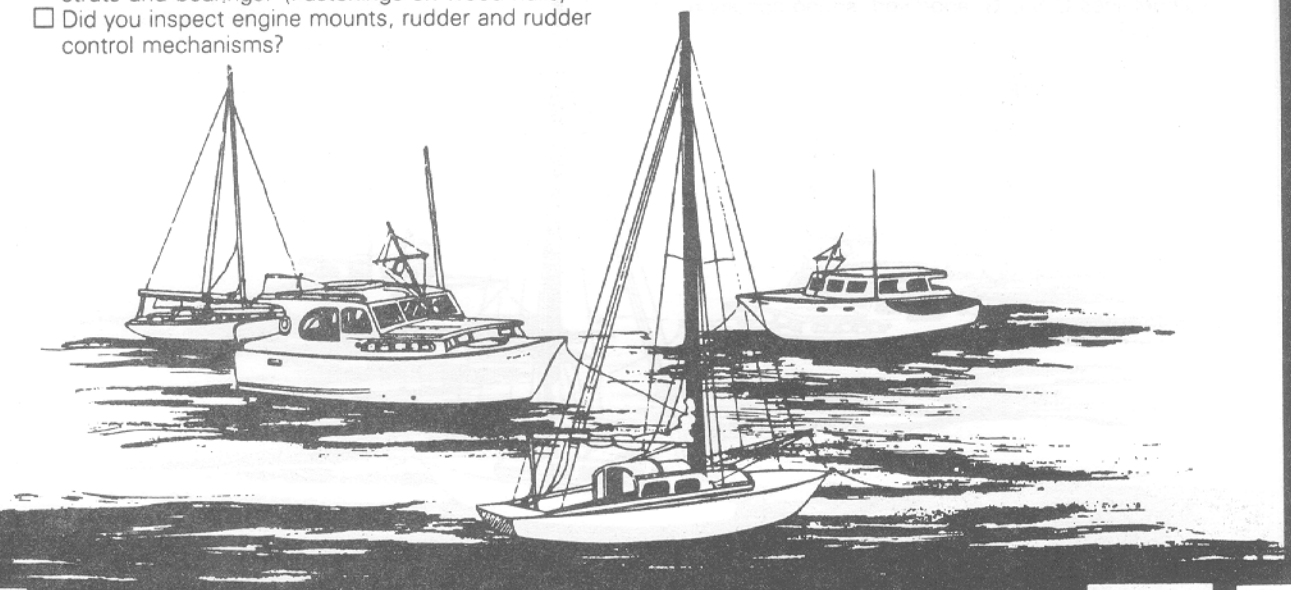
NFPA 302–Pleasure and Commercial Motor Craft.
Batterymarch Park, Boston, MA
02269

IYRU–Special Regulations:
Equipment & Accommodations
Box 209, Newport, RI 02840

USCG Publication CG–290
Federal Requirements for
Recreational Boats–
Department of Transportation, USCG
Washington, DC 20590

Title 46 CFR Subchapter "C"–
Uninspected Vessels

Title 33 CFR Subchapter "S"– Boating Safety
U.S. Government Printing Office
Washington, DC 20402



CIGNA Property and Casualty Companies CIGNA

CP-35609

Personal Watercraft

by Tim Smalley

Personal watercraft, known as Jet Skis, water scooters, wet cycles, and other names, are becoming increasingly common, but so are accidents involving these nimble little boats.

It isn't that they are more dangerous than other types of watercraft, it's the way a few people operate them, and a lack of common courtesy, that causes many of the problems.

A personal watercraft is considered a motorboat under the law. That means it must be registered, and you must abide by all the "rules of the road" that fishing boats, ski boats, cruisers and other boats must follow.

You are required to carry safety equipment required on other motorboats, including life preservers and fire extinguishers.

Although they're simple to operate, the personal watercraft is not a child's toy – a rule of thumb is if you're not old enough to drive a car, you shouldn't be operating a personal watercraft.

Safety Tips

* Wear the proper safety equipment. Besides a U.S. Coast Guard-approved life jacket, wear eye protection to keep water spray from obscuring your vision. Tennis or deck shoes offer better control on your machine, and gloves and a wet suit offer protection from the elements. A whistle attached to the zipper of your life jacket is a good idea in case you need to summon help.

* Take a boating safety course. Your dealer probably knows where they're offered, and many participate in personal watercraft education programs.

* Respect the rights of others. That includes not following other boats too closely, or jumping another boat's wake, which is frightening and dangerous. Stay away from anglers and canoeists.

* Be conscious of the noise your craft makes. If you run it in a small area for a long time the noise can be irritating.

* Keep a lookout for other boats, especially other personal watercraft. Collisions are the most common type of personal watercraft accident.

* Read the owner's manual so you understand the controls and features of your personal watercraft.

* Never operate your personal watercraft without the safety lanyard attached to you. The safety lanyard cuts the engine in the event you fall, and could save you a long swim home.

* Stay out of swimming areas, away from wildlife. Never operate at night, or tow water skiers.

* Don't operate it after you've been drinking, and know the water where you're operating so you can avoid weeds, rocks and sandbars.

Weather for Mariners: Know Before You Go

by Susan Wright

High winds, rough seas, and thunderstorms can quickly turn a pleasant day of boating into a struggle to stay afloat. In 1989 alone, 156 boating deaths were recorded when the water was rough.

The best way to handle adverse weather is to avoid it. Before going out, check the weather forecast. The National Weather Service issues marine forecasts every six hours, giving a prediction of winds, seas, weather and visibility.

When weather warnings are in effect, determine whether your boat can be navigated safely. Have the proper equipment aboard -- a sturdy anchor and appropriate length of line, paddle or oars in case of engine failure or torn sails, and visual distress signals -- to avoid stranding.

Check weather forecasts frequently on channels WX-1, WX-2, and WX-3, which broadcast continuously on your VHF radio. Heavy static on your AM radio may indicate nearby storms.

Weather prediction is not a perfect science. There is no substitute for the traditional practice of scanning the horizon for changes in the wind, waves, water and sky.

Watch for dark, threatening clouds indicating a thunderstorm, or any steady increase in wind or sea. If the wind increases opposing a strong tidal current, it may form steep, perilous waves.

The transition from a small cloud into a turbulent, electrified storm can take as little as 30 minutes. Strong, gusty winds and heavy rain with thunder and lightning will soon follow.

Determine the distance of an approaching thunderstorm, in miles, by counting the seconds between the lightning flash and the thunder and dividing by five. For instance, if it takes 10 seconds to hear the thunder, the storm is about two miles away.

If you get caught in a thunderstorm, pinpoint your location on a chart before heavy rain reduces visibility to zero. Watch for other boats or obstructions, secure hatches and ports, strap down or stow in lockers all loose gear, and make sure everyone is wearing a life jacket.

Once the storm hits, try to take the first and heaviest gusts of wind on the bow. Approach waves at a 45 degree angle to keep the propeller underwater and reduce pounding. If there is lightning, unplug the radio and electrical equipment, keep away from metal objects, and stay low.

For a free brochure, "Weather for Mariners," write to BOAT/U.S. Foundation, 880 S. Pickett St., Alexandria, VA 22304.

U.S. ARMY RECREATIONAL WATER SAFETY PROGRAM
Contact: Mr. Truman Taylor, U.S. Army Safety Center, Fort Rucker, AL, 36362-5363
205-255-2450/3901, AV 558-2450/3901

FOR IMMEDIATE RELEASE

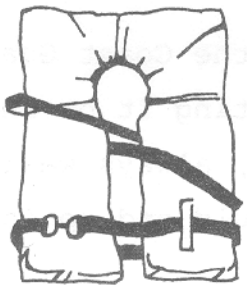
Personal Flotation Devices

Personal flotation devices (PFDs) are designed to keep you alive in the water by keeping you afloat. But to keep you afloat, they have to be available and used.

PFDs are classified by "type" according to performance. The following types are acceptable on recreational boats. Boaters in rough or cold waters are encouraged to use float coats for better protection against drowning and hypothermia.

Type I—Life preserver

The Type I PFD provides the greatest protection to its wearer. It is designed to turn an unconscious person from a face-down position to a vertical or slightly backward position. The adult size provides buoyancy of at least 25 pounds, while child sizes provide at least 16.5 pounds. The Type I is most effective for all waters, especially offshore and ocean cruising, when there is probability of a delayed rescue.



Type II—Buoyant vest

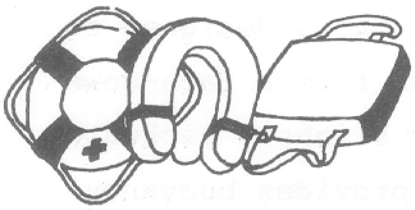
The Type II PFD is also designed to turn an unconscious person from a facedown position to a vertical or slightly backward position. However, the turning action is not as pronounced as with the Type I, and the device will not turn as many persons

under the same conditions as the Type I. The adult size provides a minimum buoyancy of 15.5 pounds, and infant and child sizes provide at least 7 pounds.

Type III—Special-purpose PFD

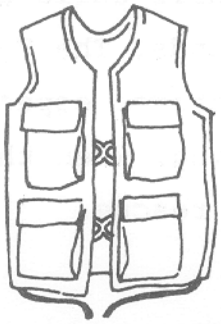
The Type III is designed to keep a conscious person in a vertical or slightly backward position. While it has the same buoyancy as the Type II, the Type III has little or no turning ability. Type III PFDs come in a variety of styles, colors, and sizes for a variety of uses (water skiing, sailing, hunting, fishing, etc.).

Type IV—Buoyant cushion/ring buoy



Type IV PFDs are designed to be thrown to a victim, not to be worn. They should be grasped and held by the victim until rescued.

Type V—Restricted-use PFD



Type V PFDs are special-purpose devices designed for special activities such as white-water rafting, where other PFDs would interfere.

Summary

When choosing a PFD, make sure it's approved by the Coast Guard and that it's the proper size. Then practice putting it on in shallow water and swimming with it. And remember, always wear your PFD whenever there's any chance that you could end up in the water.

Children and PFDs

During a recent episode of the cartoon Muppett Babies on Saturday morning, Miss Piggy reminded the others that they could not ride in her boat unless they put on life jackets.

Reinforcing the lesson was a commercial interruption minutes later when Tony the Tiger was promoting Frosted Flakes during a whitewater trip, and he was wearing his life jacket as well.

More than the recent national media focus on boating safety practices for children, state law often requires that children under a certain age wear a personal flotation device, or PFD, when they are on a boat.

The National PFD Manufacturers Association recommends that when choosing a PFD for your child, you remember:

* Children's PFDs are sized according to weight range. Pick the one that's right for your child.
* Some manufacturers specify a chest size, so measure your child's chest, under the arms, before you go to pick one out.
* Crotch straps are particularly important on children's PFDs, as they keep the device in place. They should be used whenever the PFD is on.
* If the child does not swim, a Type II Child or Infant device is recommended to keep the child face up in the water.
* Be sure to try the PFD on the child in the store. Be sure it fits snugly, and to test it lift the child up by the shoulders of the PFD to make sure it will not slip over the chin or ears.
* Children tend to panic when they fall in the water, which can make it dangerous even with a PFD. It is important to get them used to wearing it in the water.
* Even though a PFD is designed to keep a child afloat, it does not substitute for supervision. Never leave a child unattended. Discourage running, pushing and boisterous play on a boat or near the water.

For more information about the brand names and manufacturers of children's PFDs, contact the association at (312) 836-4747.

U.S. ARMY RECREATIONAL WATER SAFETY PROGRAM
Contact: Mr. Truman Taylor, U.S. Army Safety Center, Fort Rucker, AL, 36362-5363
205-255-2450/3901, AV 558-2450/3901

FOR IMMEDIATE RELEASE

Taking A Plunge: What To Do First

Swimming pools are among the safest places for swimming and diving. They are usually clean, well-designed, and relatively free from hazards that are common in natural bodies of water. Army-operated swimming pools must meet strict safety and health guidelines. In addition, all aspects of operation, supervision, and maintenance are closely monitored. However, private and public pools may not meet the same safety and health requirements.

Before taking a plunge in a private or public swimming pool, learn how to spot possible hazards. The following checklist is designed for both public and private swimming pools.

Safety checklist

___Are all walking surfaces around the pool well-drained with nonslip surfaces?

___Are walking areas maintained, well-lighted, and free of clutter to avoid trips and falls?

___Are all family members certified in basic first aid, cardiopulmonary resuscitation (CPR), and water-rescue techniques?

___Is first aid equipment available (lifebuoy ring with rope attached, shepherd's crook, first-aid kit, etc.)?

___Are safety rules posted and enforced? (No running, pushing, shoving, or dunking; no glass containers; no swimming without a lifeguard on duty or adult supervision; no diving in shallow end; only one person on the diving board at a time; no more than one bounce on the board; no electrical appliances near the pool.)

___Is a phone readily available with emergency numbers posted?

___Is the pool fully enclosed with a sturdy fence (at least 5 feet high) designed to discourage climbing? (All vertical gaps should be less than 4 inches to prevent a child from squeezing through.)

___Are house doors with access to the pool area routinely locked? Is the lock at least 5 feet above the floor to prevent children from wandering into the pool area without an adult?

___Is there a shady rest area (to prevent sunburn) and drinking water (to reduce heat injuries) easily accessible?

___Has a qualified electrician inspected the pool area electrical system? Are Ground Fault Circuit Interrupters (GFCI) installed on all electrical power circuits serving the pool and other wet areas?

___Is the water in the pool clear and free from any debris either floating or settled on the bottom?

___Are steps and handrails in good repair? Do stairs and ladders have nonslip surfaces?

___Are all surfaces in and around the pool (including slides, ladders, and handrails) free from visible algae, slime, or mold?

___Is an adult responsible for pool water care, chlorination, water clarity, and operation of the filter system?

___Are chlorine equipment rooms posted "Authorized Personnel Only" and locked to prevent unauthorized entry?

___Are variations in water depths clearly marked with large, visible numbers?

___Are water depths over 6 feet clearly delineated by a rope or buoys?

___Are diving boards well-secured and in good repair? Do they have nonslip surfaces?

___Is the drain on the bottom of the pool clearly marked?

___Are diving areas clearly marked or roped off to prevent a swimmer from inadvertently entering the area?

___Are use of slides closely supervised and rules posted? (One person on the slide at a time; no pushing or shoving; wait until the previous slider is a safe distance away; head-first sliding on the stomach should be prohibited.)

___Is water depth beneath the end of the diving board at least 9 feet for ½-meter spring boards, 10 feet for 1-meter spring boards, and at least 12 feet for 3-meter spring boards?

___Are pool covers always <u>completely</u> removed before use?

___Are stairs leading to an above-ground pool removed when the pool is not in use?

___Are children and teenagers in and around the pool areas supervised at all times?

___Are babysitters fully aware of the potential hazards to young children and prepared to enforce the house rules?

U.S. ARMY RECREATIONAL WATER SAFETY PROGRAM
Contact: Mr. Truman Taylor, U.S. Army Safety Center, Fort Rucker, AL, 36362-5363
205-255-2450/3901, AV 558-2450/3901

FOR IMMEDIATE RELEASE

How To Survive Lakes, Ponds, Rivers, And Creeks

Most drownings occur in natural water environments such as lakes, ponds, and rivers. And one-half to two-thirds of all drownings result from unintentional water entry. These victims never intended to go into the water; they fell from docks, piers, bridges, or boats. This is why it is so important for everyone near the water, whether or not they intend to swim, to wear personal flotation devices.

For those who do plan to enter the water, here are a few safety tips:

- Check water temperature before you jump or dive in. Even on the hottest summer day, lake temperatures remain very cold. A sudden plunge into cold water can cause an automatic gasp reflex that draws water straight into the lungs.
- Check the bottom too. Unless you are certain of the water depth and condition of the bottom, never dive or jump in. Soft, muddy bottoms and water plants can easily entrap victims.
- Swim only in areas that are clearly safe for swimming and supervised by lifeguards.
- Make sure you know how to obtain assistance in an emergency.
- Ask about the local aquatic life both in the main water and in surrounding inlets.
- Also ask about animal life that is frequently seen in the area.
- Find out about dams, locks, or other facilities that might affect water levels and speed of current.

■ Watch for and avoid swiftly changing currents, whirlpools, and bubbling or churning waters. These are a warning that there may be hidden undercurrents, obstacles, and unusual water flows that may pull you under.

U.S. ARMY RECREATIONAL WATER SAFETY PROGRAM
Contact: Mr. Truman Taylor, U.S. Army Safety Center, Fort Rucker, AL, 36362-5363
205-255-2450/3901, AV 558-2450/3901

FOR IMMEDIATE RELEASE

Safety At The Beach

General

■ Before diving, check water depth, and remember that the ocean floor is constantly shifting.

■ Don't jump or dive into the water from a pier or rock jetty.

■ Don't run from the beach and dive headfirst into the water.

■ When bodysurfing, keep your arms out in front of you to protect your head and neck.

■ Beware of waves. They can knock you down and roll you under the water. A series of waves can knock a raft or inner tube away from you.

Undertow

Undertow is produced by a mass of deep water moving toward shore and striking the sharp drop in the ocean floor known as the "green bank." The upper portion of the mass continues as breakers to the shore.

When swimming or wading in close proximity to the "green bank," you will feel an outward and downward pull. If you are sucked under the surface of the water, you are caught in the undertow and swept over the bank.

Most people panic when caught in the undertow and attempt to fight back upward. But even a strong swimmer cannot fight an undertow and win. If you know what to do—and do it—you can save yourself:

■ Keep calm; do not panic. Remember that you can get out.

■ Swim WITH the undertow, at the same time working your way outward and gradually upward to the surface.

■ After reaching the surface, swim with the surface current toward shore.

Other currents

■ If caught in a drift or side current that carries you parallel to shore, swim toward the shore while the current carries you in its direction of flow.

■ If caught in a rip current that carries you straight out, swim away from it by moving parallel to the shore. When free, swim toward the shore.

U.S. ARMY RECREATIONAL WATER SAFETY PROGRAM
Contact: Mr. Truman Taylor, U.S. Army Safety Center, Fort Rucker, AL, 36362-5363
205-255-2450/3901, AV 558-2450/3901

FOR IMMEDIATE RELEASE

Fishing Safely

Most potential fishing hazards are related to a lack of swimming skills and improper use of boats, especially motorboats. Drowning, serious sunburn, and injuries received from fishhooks and knives are common hazards of fishing.

Fishing in boats

Most fishing-boat accidents result from carelessness, slippery boat bottoms, overloading, or sudden storms. Fishermen using boats should have sufficient skills to swim fully clothed. Also, fishing should not be done from a canoe unless it is equipped with an outrigger or otherwise stabilized. To make boat-fishing fun and accident free, observe the following safety rules:

- Be careful while landing fish and casting an anchor because movements could cause you to fall overboard or capsize the boat.
- Do not lean over the sides of the boat.
- Stand in the boat as little as possible.
- Never use the motor as a seat.
- If the boat capsizes, stay with it rather than swimming to shore.
- Follow State regulations for using running lights at night.
- Follow boat manufacturer's load rating for number of passengers and weight limitations.
- Have on board a life preserver for each passenger. Weak and nonswimmers must use a preserver at all times while on the water.
- Watch for swimmers, skiers, surfers, and scuba divers.
- Observe minimum speeds in congested areas to ensure maximum control.

■ Be familiar with the red and white flag that indicates the presence of scuba divers.

■ Avoid smoking while refilling fuel tanks and cleaning up spills.

Equipment

Hooks are second to boats as causes of fishing accidents. To prevent injuries—

■ Avoid side-arm casting. Overhead casting is much safer and more accurate.

■ Release the tension on the line when changing lures or removing weeds. A hook on a bowed rod can easily enter a finger or other parts of the body.

■ Carry a first-aid kit that includes cutters and antiseptic.

Stream and bank fishing

The main danger here is wading in water of unknown depth, especially while wearing boots and heavy clothing. Other hazards to watch for are slippery stones and logs. Felt-soled footwear offers extra traction on slippery stones, and a wading staff is helpful in swift water. Personal flotation devices are highly recommended.

U.S. ARMY RECREATIONAL WATER SAFETY PROGRAM
Contact: Mr. Truman Taylor, U.S. Army Safety Center, Fort Rucker, AL, 36362-5363
205-255-2450/3901, AV 558-2450/3901

FOR IMMEDIATE RELEASE

Scuba Diving

Completion of a training course taught by a certified instructor is a must for anyone wishing to participate in scuba diving. It is a very complex sport with so many pitfalls for the untrained that a person would be foolhardy to try it without certification. Water is very unforgiving, so scuba divers must never forget the following safety rules:

- Never dive beyond the limits of your training. Remember, deep, cave, cavern, and wreck diving require specialized training and certification by an instructor.
- Always contact local divers when diving in a new area. Get information on entry and exit points, nearest telephone and medical facilities, and currents and depths.
- Plan your dive, and dive your plan. Notify someone of where you're diving and when you'll return. Abort the dive if you or your dive buddy experience problems or feel uncomfortable.
- Scuba gear should be serviced at least once a year and tanks visually inspected annually, unless the tank has been depleted of air. If depleted, take it to a dive shop.
- Protect yourself against the environment. Wear a wet suit, gloves, and booties along with the normal scuba gear.
- Do not drink alcohol within 12 hours before your dive or for 3 hours after (alcohol can mask symptoms). In addition, you should not fly for 24 hours after diving.
- Review your scuba manual for symptoms of diving injuries.
- Ensure that one of the diving group tows a float with a dive flag to avoid being struck by boats when surfacing.

■ If you have not been diving recently, attend a refresher course conducted by a certified instructor.

U.S. ARMY RECREATIONAL WATER SAFETY PROGRAM
Contact: Mr. Truman Taylor, U.S. Army Safety Center, Fort Rucker, AL, 36362-5363
205-255-2450/3901, AV 558-2450/3901

FOR IMMEDIATE RELEASE

Survival In The Water

If you ever spend time around water, you need to know how to stay afloat, especially if you cannot swim. Statistics show that many drownings happen to people who never intended to go into the water. Any of the following methods will keep you afloat until help comes. Practice them and teach them to your family so you'll be prepared.

Floating on your back

Roll onto your back with your legs outstretched. Gently move your hands and arms back and forth alongside your body. Extend your arms along the sides of your body, then draw your fingertips up to your lowest ribs. Extend your arms outward, then push your hands in a circular motion toward your feet. Repeat as necessary. Kick gently if needed.

Treading water

Remain in a vertical position, submerged to your chin. Use a sculling motion (performed using cupped hands and pushing water in a figure-8 in and away from the body). Use a kick that you can do effectively and comfortably, or move your legs slowly as you would if pedaling a bicycle.

Swimming fully clothed

Clothing will often trap air, helping you float and providing at least some protection from cold water. So, if you fall into water with your clothes on, don't panic. Simply use a swimming stroke, sidestroke, elementary backstroke, or any other stroke you know.

Floating objects

Stay afloat by holding onto a floating object such as a personal flotation device, a plastic jug, an inner tube, an air mattress, a paddle, a water ski, or a tree branch.

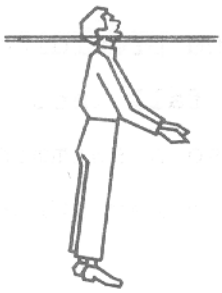
Face-down floating

This technique combines a series of basic swimming skills and is designed to keep you afloat for a long period with a minimum of effort and energy. Facedown floating is performed as follows:

1. Resting position: Start with air in your lungs and hold your breath, letting your arms and legs dangle. Keep your face down so that the back of your head is at the surface. Rest and float in this vertical position for a few seconds.

2. Prepare to exhale: While maintaining this body and head position, slowly and leisurely lift your arms to about shoulder height. If leg action is also to be used, slowly separate your legs into a modified scissors kick.

3. Exhale: Making sure that the back of your head is still at the surface, raise your head no higher than necessary for your mouth to clear the surface. At the same time, exhale. Keep your eyes open to help gauge head and body levels.



4. Inhale: As soon as your head is vertical, press your arms downward and bring your legs together. This easy downward pressure should allow you enough time to breathe in through your mouth. Arm and leg action should not be vigorous enough to lift your chin out of the water.

5. Return to resting position: Slowly allow your arms and legs to move back to their free dangling position, with face down in the water, and relax. Rest in this position until ready to exhale and then repeat the cycle. If you tend to sink too far below the surface when going back to the dangling or resting position, a downward press or easy finning action of your arms will stop the sinking and help you float back to the surface. A light scissor kick can also be combined to arrest the sinking action.

5 MINUTES SUMMER SAFETY TALK
WATER SAFETY

A. **Swimming.**

1. Swimming Rules.

a. Never swim alone, even if you are an experienced swimmer.

b. Always have adult supervision for toddlers and small children.

c. Know your ability - don't try to show off.

d. Don't swim if chilled, overheated, overtired, immediately after eating, or in storms.

e. Nonswimmers stay in shallow water.

f. Choose a safe place - swim only at supervised swimming areas.

g. Don't drink and swim.

2. Diving Rules.

a. Before diving, make sure the water is deep enough.

b. Check to see if the water level has changed since the last time you dived.

c. Always keep hands in front of your head.

d. Upon reaching the water, steer up immediately with hands and head up. Keep arms outstretched, hands crossed, and turned up. Keep back arched.

e. Never dive in unknown waters - check for submerged or floating obstacles.

B. **Boating Safety.**

1. Boat Inspection.

a. Personal flotation device (U.S. Coast Guard approved) - one vest or jacket of suitable size for each person, plus a throwable flotation device (boats over 16 feet).

b. Fire extinguisher.

c. Whistle or horn to cover 1/2 mile or more, depending on boat class.

d. Bilge pump.

e. Extra line for towing.

f. Radio for weather reports.

g. Paddles or oars.

h. First-aid kit.

i. Visual distress signals (flares, distress flag, distress lights, etc.) as required by the U.S. Coast Guard.

j. Flashlight.

k. Basic tool kit.

2. Boarding and Loading.

a. Never jump into boat - step into center.

b. Be sure lines are secure.

c. Hand gear from pier to center of boat and store it in center.

d. Distribute load evenly.

e. Know the load capacity of the boat. Manufacturers mount a "capacity plate" near the operator's position, to give maximum load for the boat in good weather.

3. Getting underway.

a. Start slowly.

b. Watch out for other boats.

c. Keep passengers near center.

d. Check boat for fire hazards.

e. Everyone wear deck shoes.

f. Keep personal flotation devices (PFD's) handy for everyone.

g. Children and nonswimmers wear PFD's at all times.

4. On the water.

a. Observe "rules of the road."

b. Stop to help others if needed.

c. Don't stand up unless necessary.

d. If possible, pull up to dock or shore to change seating.

e. Operate at safe speeds.

f. No clowning on board.

g. Never leave boat unattended.

h. No alcohol or drugs while boating.

C. **Water Skiing.**

1. Do's of Water Skiing:

a. Know how to swim and always wear a properly fitted ski vest.

b. Learn proper hand signals.

c. Have two people in the boat - one to drive, one to watch the skier.

d. Stay away from solid objects - docks, boats, rocks, etc.

e. Run parallel to shore and come in slowly when landing.

f. Stay away from others - fishermen, divers, swimmers, etc.

g. If you fall, clasp both hands overhead to signal okay.

h. Hold up ski, after falling in crowded boating area.

2. Don'ts of Water Skiing:

a. Don't ski in shallow water.

b. Don't wrap rope around any part of body.

c. Don't ski at night.

d. Don't ski in front of another boat.

e. Don't tell driver of the boat to "go" till rope is taut.

f. Don't overdo and become tired.

g. Don't jump from boat, while it is moving.

DROWN-PROOF YOUR FAMILY

Pool, Diving, And Swimming Safety

As the weather becomes warmer, reports of accidental drownings become all too common. Drowning victims encompass all age groups—the toddler who fell into the family pool, the teenager who dove into a lake and struck an unseen rock, the adult who was pulled out to sea by a vicious undertow. Perhaps the saddest fact about each of these cases, is that the drowning accident *could* have been prevented. Learn these basic rules for drown-proofing your family, before an accident becomes a tragedy.

Pool Safety

If you own a backyard pool, or live in an area where pools are common, enroll your children in swimming classes immediately. (Infants as young as a few months old can learn to swim their way to safety.) Invest in an approved safety cover and keep the pool covered whenever it is not in use. Fence in your pool to prevent curious youngsters from entering the pool area without your permission. *Never, ever,* allow toddlers or young children access to the pool without adult supervision. (Even if the pool has been drained, a young child can fall into the structure and injure himself seriously.)

Diving Safety

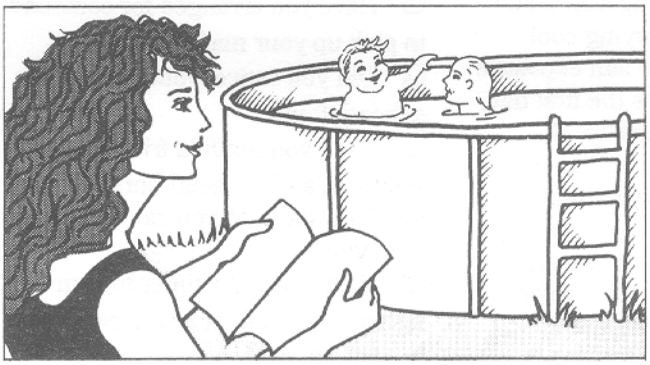
Many accidental drownings result from diving injuries. Diving into shallow water, or striking an unseen obstacle can lead to unconsciousness, spinal cord injury, and all too often, death. *Always* test water depth before diving, and if you are unable to see below the water's surface, *don't dive.* Even if you are sure your path is clear, keep your arms extended above your head when diving—your hands (not your head) will hit an unseen obstacle first.

Swimming Safety

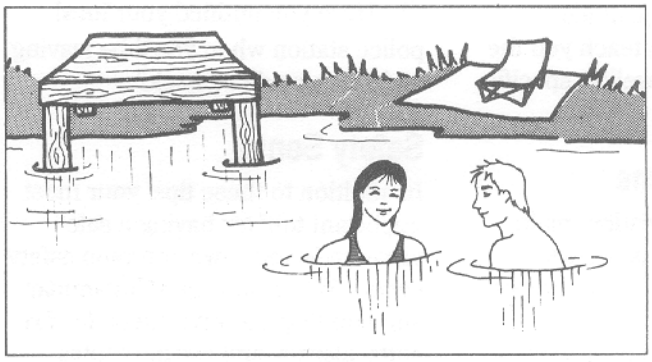
Whenever you swim (in a pool, lake, or ocean), always have a partner nearby. Observe warning signs—"No lifeguard on duty," "Dangerous undertow," etc. Never swim when you are tired, under the influence of alcohol, drugs, or medications, or when weather conditions are stormy. If you are not an experienced swimmer, stay in shallow water and use flotation devices. Never allow toddlers or young children to swim without adult supervision.

Additional Tips

Certain water sports such as boating, water skiing, and surfing, pose special drowning dangers. If you are interested in taking up *any* water sport, learn how to swim beforehand. Know nautical rules and regulations before going on any boat. Always keep approved flotation devices readily available. Check your equipment before engaging in any water sport to be sure it is in good operating condition. Finally, use your common sense and avoid unnecessary risks. Drowning accidents are tragedies that can, in most cases, be prevented.



Never, ever, allow toddlers or young children access to the pool without adult supervision.

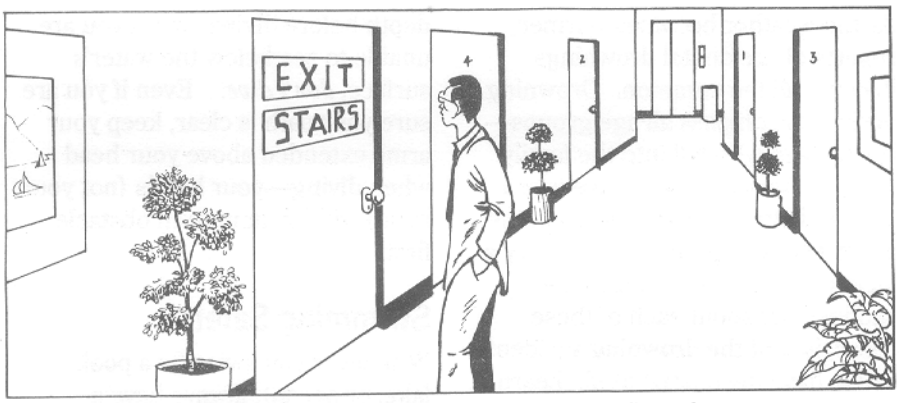


Whenever you swim—in a pool, lake, or ocean—always have a partner nearby.

ENJOY YOUR VACATION...

. . . *By Playing It Safe*

You've earned your vacation, and you should enjoy it. Even though you'll be taking some time off from work, remember not to take "time off" from safety. Playing it safe while you're on vacation can help you and your family avoid accidents and injury while getting the rest and recreation you deserve. Playing it safe means preparing for your activities ahead of time, securing your home if you'll be away, and using common safety sense.



When staying in unfamiliar surroundings, always check for fire exits, alarms, and escape routes.

Prepare For Activity

Think ahead to where you'll be going and what you'll be doing. If you're planning a vacation in a warm climate, be sure to pack sunscreen, loose-fitting, lightweight clothing, sun hats, sunglasses, and a cooler or jug for carrying cool liquids. Build up your sun exposure gradually—15 minutes the first day, 20 minutes the second day, 25 minutes the third day, and so on. If you will be boating, swimming, water skiing, or enjoying other water sports, make sure that all family members can *swim* before allowing them to participate in those activities. Take lessons in each activity from a qualified professional who can teach you the rules of the sport as well as specific safety tips.

Secure Your Home

Before leaving on vacation, make sure that your home is secured. This checklist can help you prepare for your departure.

- ❑ Are all electrical appliances (except your refrigerator) unplugged?
- ❑ Are gas pilots and water faucets turned off?
- ❑ Are windows and doors securely locked?
- ❑ Have you arranged for someone to pick up your mail?
- ❑ Did you cancel your newspaper subscription?
- ❑ Have you notified friends, relatives, and/or neighbors where you'll be and how you can be reached?
- ❑ Have you set a timer to turn lights on and off, or asked someone to do it for you?
- ❑ Have you notified your local police station when you'll be leaving and when you'll be back?

Safety Sense

In addition to these tips, your most important tool for having a safe vacation is your own common safety sense. When staying in unfamiliar surroundings, always check for fire exits, alarms, and escape routes.

Think ahead to where you'll be going and what you'll be doing so that you can plan (and pack) accordingly.

Wherever you go, be sure to bring along your family's medical information—insurance ID card, immunization records, history of diseases, and prescription medications—in the event one of you should become ill. *Never* leave small children unattended. Bring along a first aid kit and manual and familiarize yourself with their contents. When you use your safety sense, you'll be able to relax and enjoy your vacation. You'll come back refreshed and ready...for next year!

USASC SAFETY FACT SHEET

FAMILY ACCIDENT PREVENTION PROGRAM

Trip Planning

By: USASC

Nearly 50,000 people die on the highways each year, one death every 23 minutes. 1.7 million suffer disabling injuries in motor-vehicle accidents.[1]

Leading the list of fatal accidents are vehicle to vehicle collisions, 20,300, followed by 12,700 non-collision accidents, 8,200 accidents involving pedestrians, and 3,200 accidents involving fixed objects.[2]

The remaining 1,800 fatalities involved motorcycles, bicycles, railroad trains, animals, and street cars. In 50% of all fatal accidents, a drinking or drunk driver was involved, causing a death nine minutes.[3]

One third of all fatal traffic accidents happen between 10 p.m. and dawn. Switching drivers before fatigue sets in helps prevent accidents.

Planning for a trip is not just packing clothes and necessities, it also calls for preparing the car, planning the trip route, and expecting the unexpected.

THE VEHICLE

Inspect.

- Steering, brakes, tires, alignment, windows, wipers and fluid, lights and turn signals, exhaust system, battery, belts, hoses, water/coolant, oil, exhaust system, and transmission.

Repair kit.

- Spare belts and hoses.
- Spare tire; jack and lug wrench.
- Extra spark plugs and wrench.
- Extra fuses.
- Sealer.
- Electrical tape and wire.
- Fire extinguisher.
- Jumper cables.
- Flares or reflective triangle.
- Oil, coolant, and other engine fluids.
- Extra windshield wiper blades.
- Phillips and flat head screwdrivers, locking pliers.

DON'T FORGET

Driving items.

- Driver's license, duplicate car keys, vehicle registration.
- Insurance cards (personal and vehicle).

Family information.

- Medical information and prescriptions.
- Names, addresses, and phone numbers of close neighbors and relatives.

DRIVING TIPS

Winter.

- Slow down in ice or snow; braking distance on ice can increase from 4 to 10 times normal.
- Avoid slamming on brakes; use an even, quick pumping action for rear-wheel drive and slow, steady pressure for front-wheel drive.
- In case of a skid, turn the front wheels in the direction of the skid.
- When approaching an icy spot, slow down gradually to retain vehicle control.
- Clean debris of the storm from all windows, not just a peephole.
- Allow for extra time to get to the destination.
- Avoid snow glare with sunglasses.

Night.

- Clean mirrors, lights, and windshields.
- Never wear sunglasses at night.

- Check headlights for proper aim.
- Turn headlights on before dusk to allow others to see your vehicle.
- If lights from an oncoming vehicle make it difficult to see the road, focus on the right edge of the pavement. (The eyes take 7 seconds to recover from headlights.)
- Before departing, allow the eyes time to adjust to the darkness.
- Reduce speed; a stop within headlight distance should be possible.

Rain and fog.

- Keep windshield wipers on.
- Turn on the defroster and/or fan to reduce condensation on the inside of car windows.
- Keep headlights on low beam.
- On wet pavement, brakes should be applied smoothly and evenly.

Limited access roads.

- Check the map beforehand to determine proper exits and course changes.
- When entering, match the traffic speed and merge in.
- Don't force other drivers to adjust their speed to allow you to enter.
- If you miss your exit, continue to the next one. Stopping, backing up, or crossing the median causes accidents.
- Enlist the assistance of a front seat navigator.

Two-lane roads.

- Beware of curves, hills, bumps, soft shoulders, and sharp drop-offs.
- Be alert for oncoming cars passing on curves.
- Stay in your lane.
- Approach railroad crossings carefully.

Cities.

- Avoid morning, lunch, and evening rush hours.
- Driving in a city is confusing, complex, and requires faster and more frequent decisions.
- Local traffic regulations vary.
- Be cautious of one-way streets, center lanes, left-turn-only lanes, and other city peculiarities.

REFERENCES:

1. Safe Driving: A Safety Talk for Discussion Leaders. Division of Safety and Hygiene, The Industrial Commission of Ohio, 246 North High Street, Columbus, Ohio 43215.

2. Ibid.

3. Ibid.

USASC SAFETY CHECKLIST

U.S. ARMY SAFETY CENTER

Family Accident Prevention Program

Trip Planning Checklist

When planning a trip, having peace of mind will make for a pleasant experience. Being unprepared for an emergency can ruin an entire outing.

The car should have the once-over, with the mechanic correcting all areas from a possible breakdown. Items to be checked include:

- steering
- brakes and brake lining
- tires, including the spare, for tread depth. (smooth tires reduce driving control and can blow out at high speeds.)
- windows should be cleaned, inside and out to insure clear view for the driver.
- windshield wipers, plus fluid
- lights and turn signals
- exhaust systems
- alignment
- battery, plus posts and cables
- belts and hoses
- water coolant
- oil
- brake master cylinder
- transmission

Trip Planning Checklist, page 2

Once the vehicle's working order is prepared, the driver's peace of mind is greatly increased and they are ready for the trip. Being prepared for the worst, includes making room for an emergency repair kit...just in case.

- spare belts and hoses
- spare tire and jack parts
- lug wrench
- flashlight with extra batteries
- wrenches
- phillips and flat head screwdrivers
- extra spark plugs and sparkplug wrench
- locking pliers
- extra fuses, sizes checked in advance
- sealer
- electrical tape and wire
- fire extinguishers
- jumper cables
- flares or reflective triangle
- oil, coolant, and other engine fluids
- extra windshield wiper blades

Checklists to provide for emergencies also include personal items. Never leave home without:

- driver's license
- duplicate car keys
- vehicle registration
- insurance cards (personal and vehicle)
- medical information
- names, addresses and phone numbers of close neighbors and relatives.

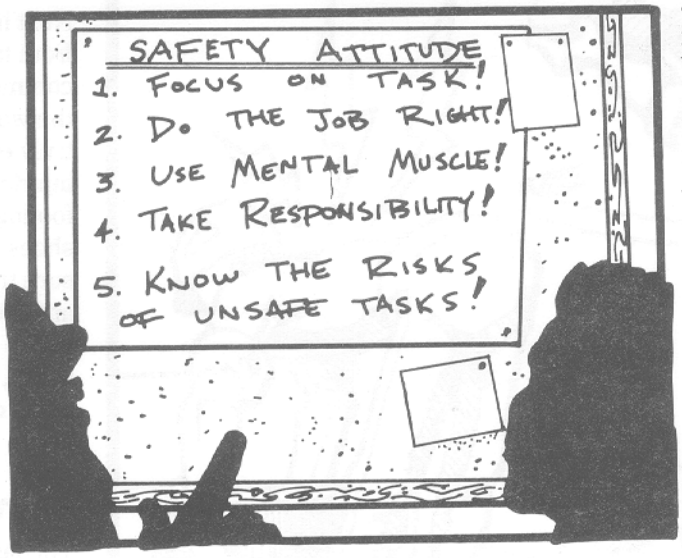
YOUR SAFETY ATTITUDE

Attitude Is Everything

You've been getting advice about safety for years. You've listened to it with one ear, but maybe you never thought about it much. Deep down, you may even think "It can't happen to me." Then, your buddy Jack (who's in a hurry to get off work), has a bad accident. It costs him his hand.

The accident affects everyone—especially you. You can see what it means to Jack—physical pain, emotional shock, lost income... He'll have to train for a new job, and his wife will work longer hours. Things are going to be tough for him and his family for a long time. After the accident, you notice your attitude at work has really changed. You make a point of staying alert. You take extra time to use special equipment and procedures. You're more willing to take suggestions that might protect you.

Why wait for this story to become real? A positive attitude toward safety will pay off in countless ways—saving you money, keeping your job, even saving your life. Why wait until you lose something precious before you realize how easy it would have been to save it? Now is the best time to develop a good attitude toward safety.



Five steps for developing a good safety attitude.

A Good Safety Attitude

How you deal with these elements adds up to your safety attitude. A good attitude is a habit you can learn!

1. *Focus.* A good attitude means you are focused on the present task. How well are you concentrating? If something else is on your mind or an interesting conversation is going on nearby, you may be distracted. If you're tired or bored, a slip is easy.

2. *Time.* A good attitude means taking time to do the job right. Sure, it takes longer to put on that extra equipment. But is saving a few minutes worth a painful injury? A good attitude also means managing your time well. It may help you to make a list of what you need to do each day. Number the jobs going from most important to least. If you can do them in that order, you'll know you're doing the most important things and are less likely to rush.

3. *Strength.* No, we don't mean muscle strength. What we mean is the strength to do what's right. Others may want you to take shortcuts or fool around. They may ask you to "forget" to file an accident report. A good attitude means you have the strength to do the right thing.

4. *Responsibility.* If you care about yourself and others at work, you'll take responsibility even when a certain task "isn't my job." Wouldn't you appreciate it if someone had cleaned up that broken glass instead of leaving it for you to find as slivers in your hand? A good attitude means thinking of yourself as part of a team. Everyone helps make it a winning one.

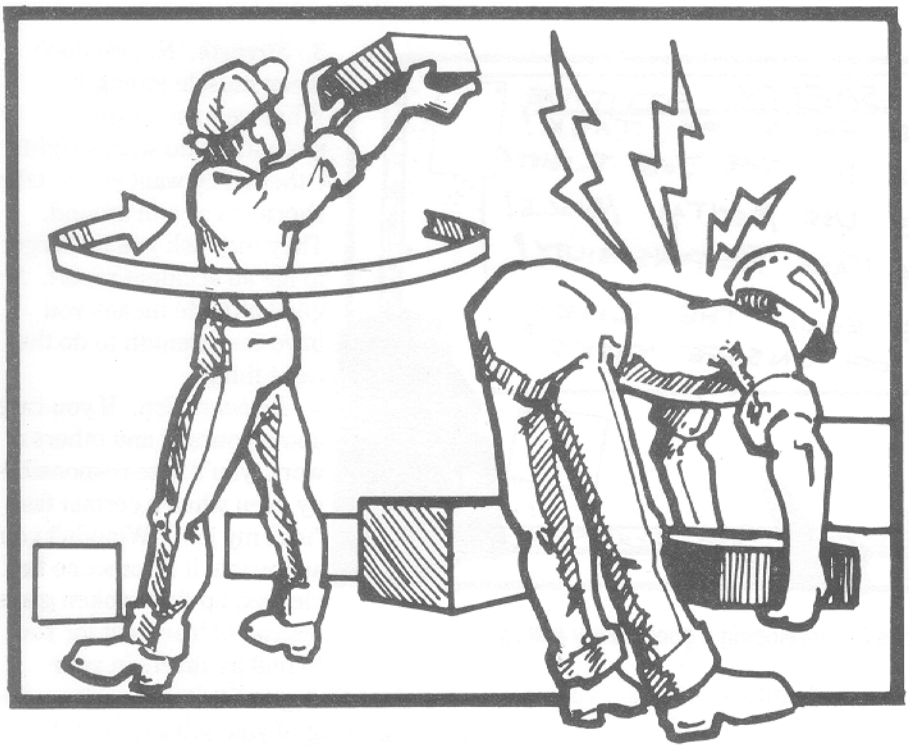
5. *Risk.* There's no way to avoid *all* risks. (Just by getting in your car you're taking a chance.) But you can weigh the risks of doing a job in a certain way. Even if the risk is one in a thousand, it's not worth it. A good attitude means being smart and avoiding taking risks whenever you can.

Your Attitude Affects Everyone

Your attitude toward safety is a habit that affects everyone where you work and at home. We can always think of excuses for not acting with safety in mind, but in the end, it makes a lot more sense to have a good safety attitude.

HOW THEY GOT HURT

The Leading Causes of On The Job Injuries



The number one cause of on the job injuries is physical overload—making our bodies go in ways that they're not designed to go!

Let's face it. No one wants to get hurt on the job or elsewhere. Yet, each year, millions of workers suffer worksite injuries that were largely preventable. Knowing the leading *causes* of these injuries is the first step in learning how to protect against them.

Physical Overload

The number one cause of on the job injuries is physical overload—lifting too much (or improperly), straining, overreaching, bending, twisting, and otherwise making our bodies go in ways that they're not designed to go! To avoid physical overload, learn and use proper lifting techniques, never bend or twist while lifting or carrying, and whenever possible, use mechanical help.

Impact Accidents

The second most common cause of worksite injury is impact accidents—being hit by, or hitting an object. The best ways to avoid impact accidents are to be *alert* to potential hazards (for example, never walk under scaffolding or cranes), to *use the appropriate personal protective equipment* necessary for the hazards you face (such as hard hats, eye protection, etc.), and to follow your company's established safety guidelines.

Falls

Next in line, are injuries resulting from falls. Fall injuries are as common in the home as they are at the worksite, so fall prevention is truly everyone's business. To avoid injuries from falls, be sure that your footing is firm—wear slip-resistant shoes and avoid hurrying. Make sure that walkways are well-lighted and clear of obstacles. Learn how to use ladders and scaffolding safely, and always use handrails when climbing stairs.

Machine Accidents

The last of the major causes of on the job injury is machine-related accidents—getting caught by moving machine parts. When working around any machine that rotates, slides, or presses, use extreme caution—never wear jewelry or loose-fitting clothing that could get caught in your machine. Always use safety guards, shields, and appropriate lock-out procedures. And, never work on a machine unless you are specifically trained to do so.

Be Safe, Not Sorry

The nature of accidents is that they can happen anywhere at any time. But, by using safety sense, you can eliminate the overwhelming majority of worksite injuries. Be alert to the hazards you face each day and learn what you can do to protect yourself against accidental injury and disability.

WHAT'S YOUR SAFETY SCORE?

Safe Habits Are Easy To Learn

We all try to be safety conscious, but at times we find excuses for not acting safely, both on and off the job. This quick "quiz" can help you identify some common safety practices, and may help you find areas that you can improve. Take a few minutes to find out your safety score. (Circle the answer that you think best describes your own practices.)

Safe Practices

1. I wait until after work to let off steam in "horseplay."
   usually once in a while never

2. I read labels before using chemicals.
   usually once in a while never

3. I use the right equipment, even when it takes longer.
   usually once in a while never

4. When I see a spill, I clean it up.
   usually once in a while never

5. When I start a new job, I ask questions to make sure I understand how to do it right.
   usually once in a while never

6. I come to work well-rested and awake.
   usually once in a while never

7. My workshop and home are equipped with a fire extinguisher.
   yes no

8. Emergency police, medical, and fire numbers are posted where all can easily find them.
   yes no

Safe Conditions

1. When the proper safety equipment is not available, I let my supervisor know right away.
   usually once in a while never

2. I inspect the area and machines I'm responsible for.
   usually once in a while never

3. I make sure electrical cables and wires are in good condition.
   usually once in a while never

4. When I see a condition that might be dangerous, I take care of it myself or report it right away.
   usually once in a while never

5. I know the hazards of my job, and I don't begin until I've taken all necessary precautions.
   usually once in a while never

6. In winter climates, I carry sand, salt, or chains in case of snow.
   usually once in a while never

7. I disconnect plugs from outlets by pulling on the plug, not the wire.
   usually once in a while never

Safe Attitudes

1. I stay focused on the task at hand.
   usually once in a while never

2. When I'm angry, I take a "time out" before going back to a possibly dangerous task.
   usually once in a while never

3. When I see a situation that might be dangerous, I report it.
   usually once in a while never

4. When I take a safety class, I ask questions and pay attention.
   usually once in a while never

5. When I know a coworker is taking drugs or drinking, I let my supervisor know.
   usually once in a while never

6. I come to work in a good state of mind.
   usually once in a while never

7. I relax without alcohol or drugs.
   usually once in a while never

8. I'm careful to put out matches, cigarettes, or fires completely.
   usually once in a while never

SCORING

Give yourself 3 points for each "usually" or "yes," 2 points for each "once in a while," and 1 point for each "never" or "no."

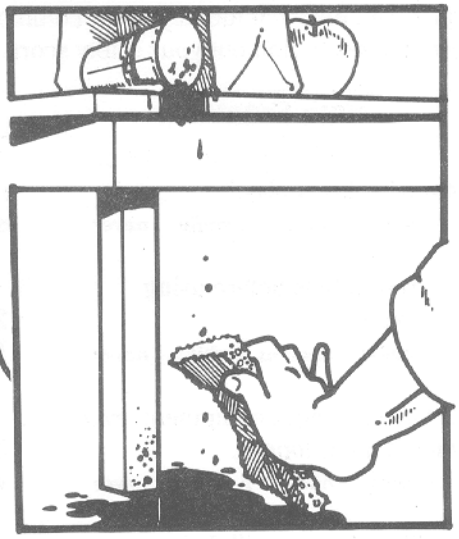
Over 58: *Excellent.* Excellent attitude, habits, and a bright, safe future.
47-58: *Good.* Select 5 areas for improvement and try to change your "once in a whiles" to "usually."
36-46: *Lucky.* You're lucky if you've never been in an accident. Work on changing your "once in a whiles" or "nevers" to usually.
Under 36: *Time Bomb.* You are an accident waiting to happen. Better start work on 5 dangerous habits today!

THE ABC's OF SAFETY

Attitude, Behavior, and Control

A safe attitude means staying alert and focused on the job at hand.

Safe behavior means taking safety guidelines and practices seriously.



Control means taking responsibility—keep your work area clean and orderly.

Safety is more than just following your company's guidelines while on the job. Safety is actually a combination of safe attitude, behavior, and control both on and off the job. Attitude means your frame of mind—the way in which you approach a given situation. Behavior means what you do about it—how you react to a situation. Control refers to making your surroundings—where you do what you do—safe. Safe attitude, behavior, and control add up to a safer, more productive you.

Attitude

When it comes to safety, attitude isn't exactly *everything*, but it's darn near close. A safe attitude means staying alert and focused on the job at hand, taking safety guidelines and practices seriously, never horsing around on the job, and not letting emotions like anger and frustration get in the way of job performance.

Behavior

How you react to a situation is an important part of being safe. Following established safety guidelines and procedures, refusing to take "short-cuts," using personal protective equipment, asking questions when you need more information about the task at hand—all of these are safe behaviors. Safe behavior also means helping friends, coworkers, and family members understand the importance of safe practices at work, home, or play.

Control

Control means taking responsibility for making your worksite, home, or recreational facility a safe place to be. You can help keep your surroundings safe from potential hazards by keeping them clean and orderly. Keep machines in good repair, clean up spills and debris (or report them to the appropriate person), and make sure that walkways are free from obstacles. Store chemicals properly (both at home and on the job) and never switch containers. At work, be sure to report faulty equipment, ventilation, or any potential hazards to your supervisor.

ABC's—Easy As 1-2-3

Attitude, behavior, and control are the three most important (and perhaps the simplest) aspects of personal safety both on and off the job. Take a moment to review your safety ABC's to see if you're doing all you can to protect yourself, your coworkers, and your loved ones from careless, needless, injury.

CHILD PROOF????

Finally, the blessed event that you have waited for for a long and grueling nine months has taken place. Now, only 216 months until the house is back to normal and this child is off to college. What a thought! And, what about these next 36 or so months? That is three years or more! Your house wasn't built as a baby biosphere, and you do have your other priceless treasures to consider. Without having to hire the Guardian Angels to watch over your prized possessions, what do you do to babyproof your home?

First let's look at the baby. Did you know that babies are born with 350 bone parts, while adults have 206. That is because during growth, some bones fuse. That's a lot of breakable parts. So, now, pretty much everything you have is breakable, your Waterford and even your kid. It is a fairly easy decision to put the crystal up and away from the child, but you can't do that to every potential hazard in your home. For instance, the electrical sockets, toilets, and things of that nature just don't store well. So, what is a parent to do? Here are some babyproofing essentials to give you an idea of where to start.

The kitchen and bathroom are full of dangerous objects. For example, the most dangerous cleaning apparatus in your home is probably any small bucket. Babies are top-heavy. If a standing baby leans forward while holding onto a mop bucket, he can tumble in and drown. The same is true of a toilet. What to do? Install toilet locks and remove all water from buckets following use. Additionally, household cleaners and chemicals stored under the sink should be moved up and out of the way; to a high, latched cupboard perhaps. In addition to cupboard latches, there are latches for the refrigerator, oven, freezer, medicine cabinets and other danger spots in these two rooms.

Water temperatures need to be monitored in the kitchen and bathroom. Infants and children have very sensitive skin. Scalding can occur at as little as 120 degrees Fahrenheit. Scald guards to prevent the water temperature from rising above 120 degrees Fahrenheit can easily be installed on sinks, showers and tubs. An alternative to installing guards is turning down the water heater. Soft spouts or inflatable covers that fit over the tub faucet can be installed to cushion the faucet in the event of a child slipping in the bathtub.

Other obvious hazards include sharp objects, such as scissors, sharp knives, "church key" openers, ice picks, that should be placed in an over the counter kitchen cabinet to keep small children away from them. Stove knobs can be replaced with childproof knob covers that small hands cannot manage. Throughout the house dangling electrical cords need to be secured, or tucked away. Objects attached to such cords can be pulled down on top of an unsuspecting child.

There are many other precautions to take. Everybody's house is different. You can judge the dangers to your child during each stage of his or her life. Common sense is the most valuable asset in determining what is necessary to childproof your home. Look around, most dangers are quite obvious if you imagine you are less than three feet tall. Imagine what is within your reach and whether or not is presents a hazard. And, always remember that kids are quick. No matter how childproof you strive to make your home, nothing takes the place of a parent's vigilant, watchful eye.

SAFE KIDS CHECK AMERICA
FOUNDING SPONSOR JOHNSON & JOHNSON

FAMILY SAFETY CHECK

HEY KIDS!

Help the National SAFE KIDS Campaign® Check ✔ America. Take this home, fill it out with grown-ups, and help keep your family safe.

		YES	NO
1	Our family buckles up on every car ride.	☐	☐
2	Our family wears bike helmets when bicycling.	☐	☐
3	Kids under 10 never cross streets alone.	☐	☐
4	Kids are always supervised in or near water.	☐	☐
5	Our home has working smoke detectors and we check the batteries monthly.	☐	☐
6	Our water heaters are set no higher than 120° F to prevent scald burns.	☐	☐
7	If guns are in our home, they are kept unloaded and locked away.	☐	☐
8	Kids are protected against falls from windows, stairs, furniture, and playground equipment.	☐	☐
9	Household cleaners, medicines, and vitamins are stored out of young kids' reach.	☐	☐
10	Our home has emergency numbers near telephones and first aid supplies.	☐	☐

EMERGENCY PHONE NUMBERS:
911 or 0
_____
_____

This list is not comprehensive. It is meant to assist families in taking steps to prevent childhood injuries. Please see the reverse side for more safety tips. For additional information, write the National SAFE KIDS Campaign, 111 Michigan Ave., NW, Washington, DC 20010-2970.

SAFE KIDS CHECK AMERICA

FOUNDING SPONSOR JOHNSON & JOHNSON

FAMILY SAFETY CHECK

GROWN-UPS: *Did you know that the #1 health risk for America's kids ages 14 and under isn't violence, drugs or disease? It's injuries. Each year, approximately 7,200 kids ages 14 and under are killed from unintentional injuries and 50,000 are permanently disabled. Fortunately, you can help protect your family from these needless tragedies with simple steps like the ones listed below.*

TRAFFIC INJURIES (Items 1-3)

- Use a safety seat until your child outgrows it (through age 4 and 40 pounds). When your child is 40 to 60 pounds, use a booster seat. Follow manufacturer's instructions carefully.
- Wear bike helmets properly. A helmet should sit on top of your head in a level position and should not rock back and forth or from side to side. Always fasten the safety strap.
- Teach children to stop at the curb or edge of the road, and to look left, right, and left again for traffic before and while crossing the street.

DROWNINGS (Item 4)

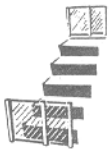
- Install four-sided, five-foot high fencing with a self-closing and self-latching gate around your pool or spa. Use personal flotation devices in open bodies of water. Be aware that drownings can also happen in bathtubs, buckets, and toilet bowls.

FIRE AND BURNS (Items 5-6)

- Install smoke detectors in sleeping areas and on every level of your home. Replace batteries yearly. Plan and practice two fire escape routes.
- Keep hot foods and drinks away from kids. The water heater should be set no higher than 120° F. Test the water temperature before placing kids in the bathtub. Consider installing anti-scald plumbing.

FIREARM INJURIES (Item 7)

- Keep your guns unloaded and locked up. Lock and store bullets in a separate location.



FALLS (Item 8)

- Install stairway safety gates and window guards on windows that are not fire emergency exits. Ensure playgrounds have safe equipment and cushioned surfaces.

POISONINGS (Item 9)

- Buy child-resistant packaging, but remember this does not mean child-proof. Keep potentially poisonous substances and plants out of sight and reach of children.

EMERGENCY RESPONSE (Item 10)

- Post police, fire, poison control center, and medical services telephone numbers near phones. Store syrup of ipecac with first aid supplies.

Hot Liquids Burn Like Fire

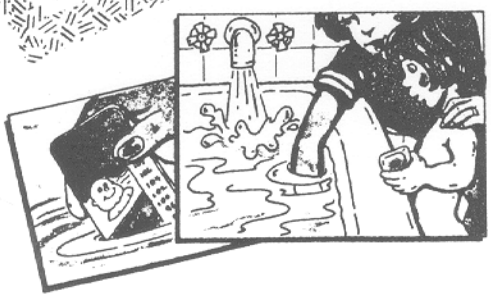
SCALD BURNS

Hot liquids—not fire—are the most common cause of burns to young children. Hot water can cause serious, painful scald burns—*quickly*.

Prevent scalds in the kitchen:

- Keep hot foods and drinks away from the edge of tables and counters. Do not put them on a tablecloth that little hands can yank.
- If you're holding something hot, don't hold your child too.
- When you cook, keep your child away from the stove. Turn pot handles toward the back of the stove. If possible, use rear burners. Watch for dangling appliance cords.

TIP... LOWER THE TEMPERATURE OF YOUR HOT WATER HEATER TO 120° F



PARENT ALERT! Toddlers are at greatest risk of scalds as they begin to walk, climb, and reach.

Prevent scalds in the bathroom:

- Test how "hot" your hot water is. Turn on the hot water at the tub faucet. Let it run for 3 to 5 minutes. Measure the temperature with a hot water gauge or mercury thermometer. (Liquid crystal bath thermometers are available for a few dollars.)
- For safe bathing, set the water heater's thermostat to low, warm, or 120° F. Wait a day. Test the water again. Repeat, if necessary. Your clothes and dishes *will* get clean at this setting!
- Install anti-scald devices in your shower and bathtub fixtures that stop the water flow when the temperature exceeds 120° F.
- Always check the water temperature before placing your child in the tub. A child's skin burns more easily than an adult's.
- Supervise kids in the tub. Young children can turn the hot water on by themselves. Older children can scald a younger child.

NOTE: If you rent, ask your landlord to lower the water temperature or put an anti-scald device in your shower and bathtub fixtures.

Action, Not Words

1. Get your child into the habit of wearing a bike helmet when cycling.
2. Cross streets hundreds of times with your children before letting them cross one alone.
3. Always use safety belts and child safety seats.
4. Supervise children in and near water.
5. Install smoke detectors and test them monthly. Replace batteries yearly.
6. Plan fire escape routes and practice them with your family.
7. Store matches and lighters out of reach of young children.
8. Lower the temperature of your hot water heater to 120°F.
9. Install anti-scald devices in your bathtub and shower fixtures.
10. Keep common household poisons and medicines out of sight and reach.
11. Keep small objects out of reach.
12. Install window guards and stairway safety gates to prevent falls.
13. Post emergency numbers next to your phone.
14. Take a First Aid and CPR course.

Dear Parent,

The number one killer of children today is not disease or drugs. It is injury.

The National SAFE KIDS Campaign is dedicated to injury prevention. It's a campaign to save lives, especially the lives of children. I am pleased to be the chairman. And I'm delighted that you requested this booklet and joined this campaign also.

The prevention tips in this booklet will help you make injury prevention an important part of the life of your home and your community. I hope you will read and use this booklet and share its information with other parents as well.

Together we can achieve the goal of the National SAFE KIDS Campaign: to reduce the number of children who die each year from a preventable injury. And remember . . . one of those children could be your own.

Sincerely yours,

C. Everett Koop, M.D., ScD
Chairman

A program of:

Children's National Medical Center®

National SAFE KIDS Campaign®

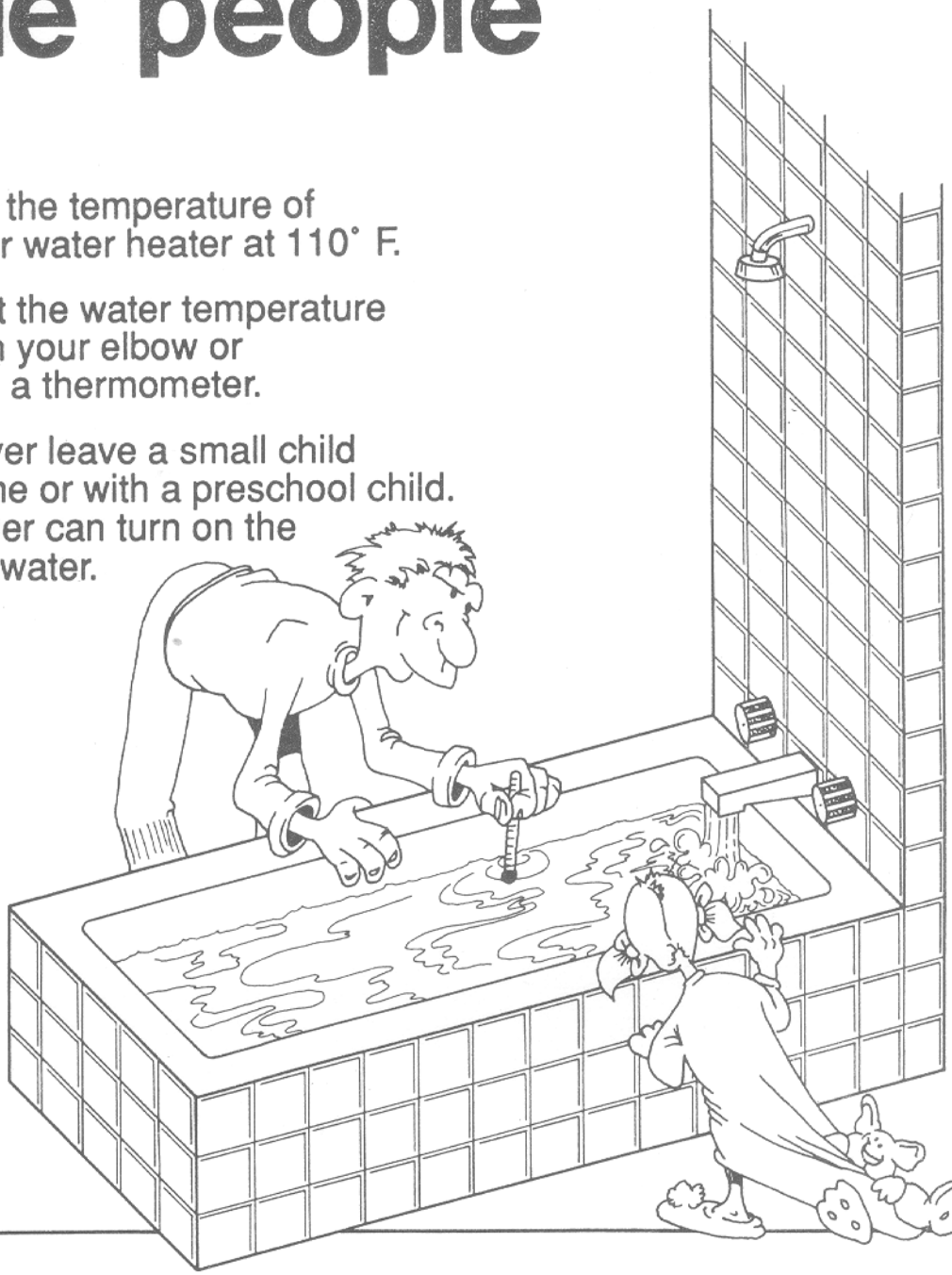
Founding Sponsor:

Johnson & Johnson

Children's National Medical Center
111 Michigan Avenue, NW
Washington, DC 20010

Scalding
A big problem for little people

- Set the temperature of your water heater at 110° F.
- Test the water temperature with your elbow or use a thermometer.
- Never leave a small child alone or with a preschool child. Either can turn on the hot water.



Grade 2