



Winter 2014

NSA Naples Safety Stand Down

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What hurt us last year

The Cost:

Over \$600,000 in direct costs from 1 OCT 13

Scooter and boat incident were the most costly
(400K/100K)

450 days total lost time



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The Activities:

Motorcycle	9*	Frisbee	2
Jogging/Walking	7	Football	1
REC Gen	6	Boating	1*
Motor-vehicle	5		
Basketball	5		
Snow Skiing	4		
Knife Handling	4		

* Largest direct cost activities



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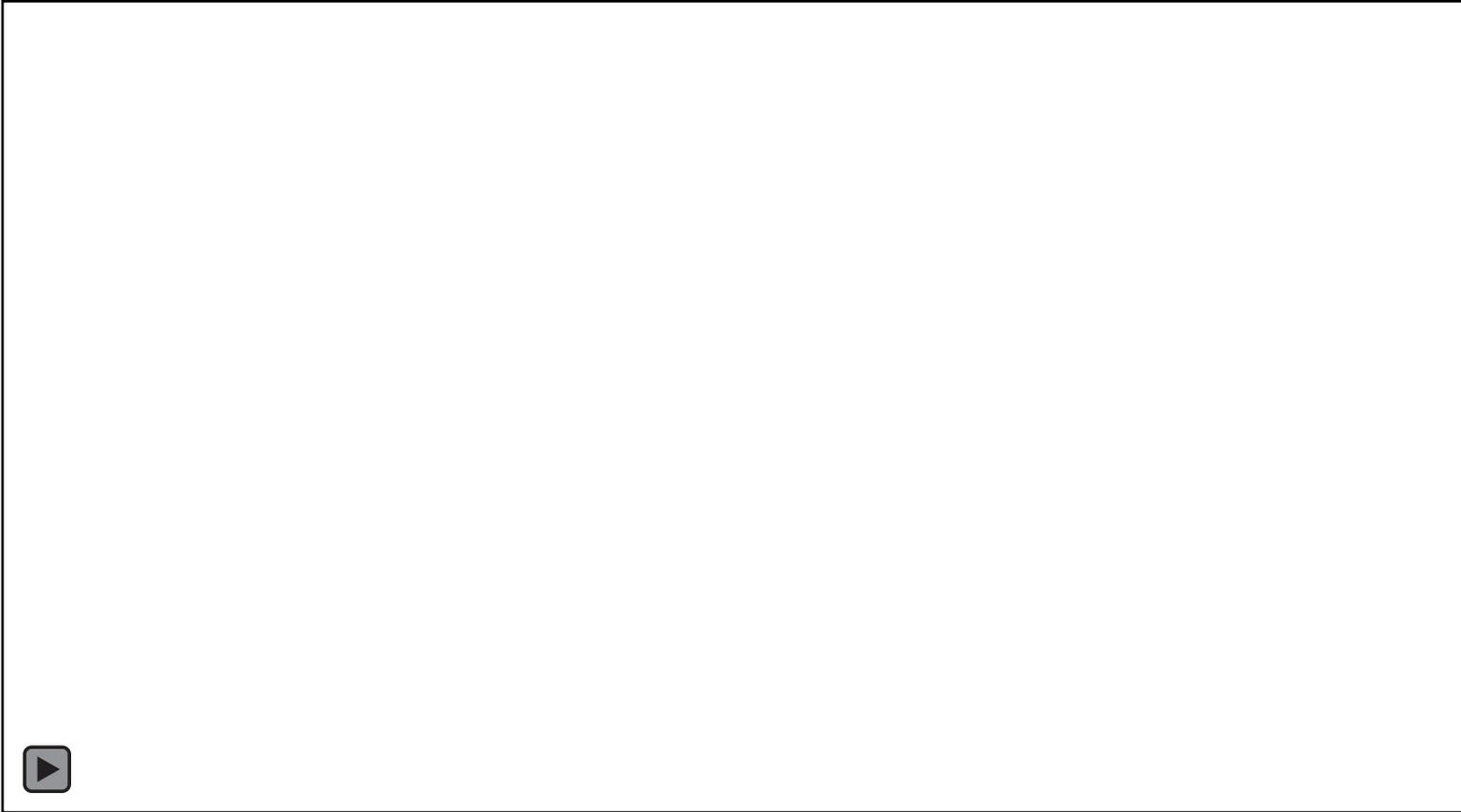
What we injured:

Hands	6
Shoulders	5
Knees	4
Legs	3
Fingers	3
Multiple parts	7



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Motor-vehicle/DUI



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Motor-vehicle/DUI

19 DUI Total

E5	13 Oct 13	E5	12 Apr 14
E4	02 Nov 13	NF4/GS12*	18 May 14
E5	17 Nov 13	E5/E6	18 May 14
E6*	20 Nov 13	CIV HN*	30 Jun 14
E4	08 Dec 13	E5/E6	31 May 14
E6	11 Jan 14	CIV DEP*	07 Aug 14
E5*	17 Jan 14	E6	13 Sep 14
E5	11 Mar 14	E5*	27 Sep 14

* On Base

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Motor-vehicle/DUI

19 DUI Total

8	E5
5	E6
2	E4
1	GS
1	NF
1	CIV DEP
1	CIV HN



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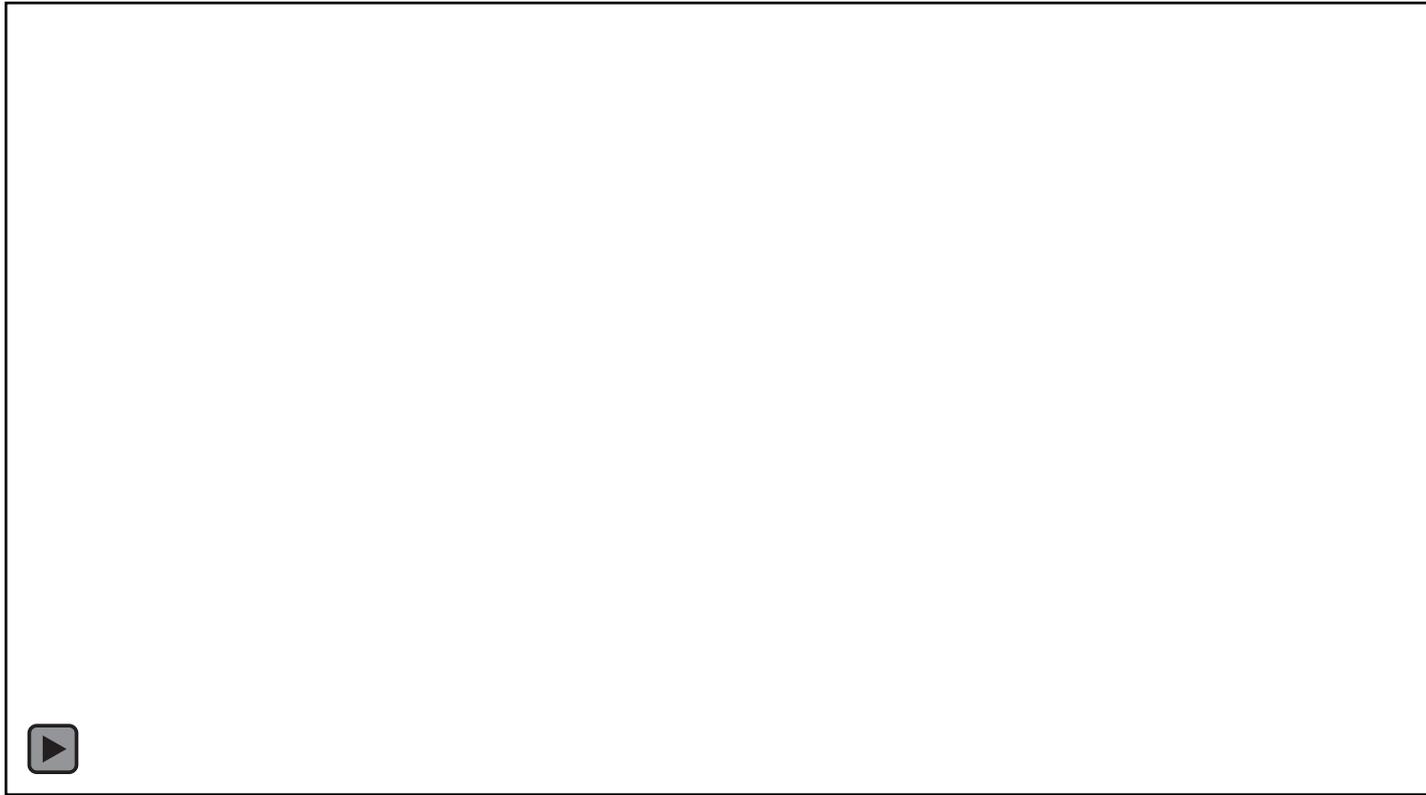
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Jogging/Walking Machines

“Treadmills caused the most injuries among types of exercise equipment, according to media reports based on the findings of the U.S. commission. Statistics show the injuries happen to people of all ages, at home and in gyms. The injuries can even be fatal.”

<http://c-hit.org/2012/08/14/injuries-using-exercise-equipment-up-45-most-occur-on-treadmills/>



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Basketball

- Before the season starts, develop a conditioning program. Emphasize both aerobic and muscle fitness.
- Start gradually with such exercises as skipping rope and other activities that work on your agility, coordination and balance.
- Work to strengthen your ankles, shins and calves.
- Warm up and stretch for 5-to-10 minutes before starting to play.
- If you have injured part of your body while playing basketball, you are more likely to re-injure that part.
- Drink plenty of water while playing.



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Snow Skiing/Boarding

“Forty-two percent of snowboard injuries, compared with only 16% of ski injuries, were considered emergent (defined as necessitating immediate medical intervention, including fractures, concussions with any loss of consciousness, dislocations, and lost teeth). Concussions and wrist fractures accounted for most of the difference in emergent injuries between the 2 groups”



<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1071277/>

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Knife Handling



The Do's:

-Keep your fingers bent and away from the blade

-Always keep the tip of the blade on the cutting board



NEVER.....Cut Towards Yourself



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Propeller Strike



Don't stand in the boat

If you go over the side get clear of the boat

Put the prop in neutral

<http://www.propellersafety.com/spin/education.htm>



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Ladder Safety

- A straight or extension ladder should be placed one foot away from the surface it rests against for every four feet of ladder height.
- When you climb, always face the ladder and grip the rungs to climb.
- Always keep three points of contact on the ladder.
- When climbing, keep your hips between the side rails and do not lean too far.
- Reposition the ladder closer to the work instead.
- Use ladders with slip-resistant feet and wear clean, dry and slip-resistant shoes when climbing.



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Winter Vehicle Preparation

-Prepare your car for the winter by checking items such as the brakes, spark plugs, battery, and tires. Check your owner's manual for the recommended interval for a tune-up.

-Be prepared for emergency situations on the road by having a winter "survival kit" in the vehicle

including items such as, a working flashlight, extra batteries, reflective triangles, compass, first aid kit, exterior windshield cleaner, ice scraper, snow brush, wooden stick matches in a waterproof container, and non-perishable, high energy foods like unsalted canned nuts, dried fruits, and hard candy.



Figura II 87 Art. 122

CATENE PER NEVE OBBLIGATORIE
Obbliga a circolare, a partire dal punto di installazione del segnale, con catene da neve o con pneumatici da neve.



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Skidding and Hydroplaning in Rainy Conditions

Prevention is the best approach

- Have good tires with adequate tread depth
- Replace your wiper blades so you have good visibility to see the road
- Slow down early and do not brake suddenly in wet conditions
- Do not drive through areas where you can not see the road



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Skidding and Hydroplaning in Rainy Conditions

If you do find yourself in a skid, remain calm, ease your foot off the gas, and carefully steer in the direction you want the front of the car to go.

If you find yourself hydroplaning, do not brake or turn suddenly. This could throw your car into a skid. Steer the car where you want it to go and ease your foot off the gas until the car slows and you can feel the road again.



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Trip Planning

- Ensure your vehicle is properly maintained.
- Map your route in advance. If possible, consider leaving earlier or later to avoid heavy traffic.
- If you're traveling with children, remind them not to talk to strangers. Go with them on bathroom breaks and give them whistles to be used only if the family gets separated.
- Have roadside assistance contact information on hand, in case an incident occurs on the road. In case of an emergency, keep a cell phone and charger with you at all times.
- AAA and many other companies offer smartphone applications that enable motorists to request help without making a phone call.

<http://exchange.aaa.com/automobiles-travel/automobiles/holiday-road-trip-travel-tips/>



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Trip Planning

Enhancements to TRiPS include:

- One time registration
- Improved user email compatibility
- Multi-leg, round-trip and one-way travel
- Mapping upgrade with support service interface
- Road construction, weather and hazard notification
- Smartphone apps (coming soon)
- User load capability
- Off-line pdf available
- Re-designate service for joint-service environment
- Recreational vehicle and trailer towing planner



<https://TRIPS.SAFETY.ARMY.MIL/>.

Questions or concerns email the Navy
TRiPS manager at
navsafecen.trips@navy.mil



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Have a Happy Holiday Season
&
Stay Safe

Thank you for your attention!!!

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