



RHUMB LINES

Straight Lines to Navigate By



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Holiday Risk Management

"The holidays should be a time for Sailors to celebrate the season with friends and family. However, each year, traffic accidents and off-duty recreation mishaps lead to tragedy for too many of our shipmates. The good news is that simple risk management measures we already use at work can be applied to off-duty activities, allowing everyone to safely enjoy the holidays to the fullest."

– Rear Adm. Arthur J. Johnson, Commander, Naval Safety Center

Whether driving to visit with family and friends, celebrating at any of a number of festivities or enjoying winter sports, managing the risks that come along with the season's activities ensures a safe and more enjoyable winter.

Know the Fatal Four Factors for Holiday Driving

Many Sailors travel by car to visit family and friends during the holidays. Increased traffic volume and the potential for winter weather may increase the risk of motor vehicle accidents. The four fatal factors of speed, alcohol, fatigue and not wearing seatbelts dramatically increase this risk.

- All four fatal factors are within the driver's control and can be managed with smart decisions.
- Drive within posted speed limits and take weather factors into consideration. Road conditions may warrant driving below the speed limit.
- Never drive under the influence of alcohol or drugs.
- Control fatigue by taking breaks every two hours to stretch your legs and rest your eyes. Drive during daylight hours after a good night's rest.
- Wear your seatbelt and ensure that all passengers in your car buckle up as well.

Travel Risk Planning System

[The Travel Risk Planning System \(TRiPS\)](#) is a web-based assessment that helps users recognize the potential risks of their planned road travel.

- TRiPS offers suggestions for lowering the risks and involves first line supervisors in personal counseling.
- Access TRiPS through Navy Knowledge Online at www.nko.navy.mil.

Alcohol Awareness

- Many Sailors will attend parties during the holidays and some who don't ordinarily drink may become intoxicated. [If you drink at all, don't drive.](#) Call a cab or arrange for a designated driver.
- Overconsumption of alcohol impairs judgment and reduces inhibitions. Alcohol is present in many of the sexual assault cases in the Navy and is the most frequently used predatory drug. Shipmates should look out for each other, help identify when someone has had too much to drink and prevent harm before it occurs.

Off-Duty and Recreational Safety

- Use only proper, well-maintained equipment when skiing, snowboarding, snowmobiling, or sledding.
- Dress in layers for winter sports, which allows you to accommodate your body's constantly changing temperature. Bring a headband or hat, since 60 percent of heat-loss is through the head.
- Wear personal protective equipment designed for your sport or activity. [Remember, PPE is just as important for recreation as it is on the job.](#) Ensure you know your limits and stop before you exceed them.

Key Messages

- If you drink this holiday season, don't drive. Arrange for a designated driver, take a cab, or use your command's Topsy Taxi program.
- Fatigue affects the body in much the same way as alcohol. Get plenty of rest before you begin long trips and take breaks every two hours.
- Play within your skill level when it comes to winter sports and outdoor recreation.

Facts & Figures

- Last year, five Sailors died in traffic and recreation mishaps between Thanksgiving and New Year's Day.
- [Federal Department of Transportation statistics](#) show a significantly higher drunk driving death toll during the Christmas and New Year's holidays.
- More than 144,000 Sailors have traveled after filling out a TRiPS report, and none have been involved in a fatal motor vehicle mishap.