



RHUMB LINES

Straight Lines to Navigate By



June 23, 2010

Live to Play, Play to Live: 4th of July and Summer Safety 2010

"Sailors and Marines work hard all year and deserve to enjoy some much-needed recreation and relaxation during the summer. Success and fun in just about every activity can be enhanced and maximized with the right gear, the right skills, and the right physical and mental preparation. Have fun during the upcoming July 4th holiday, but remember to manage risk the right way this weekend and all summer long. The American people are counting on each of us to do just that."

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

July 4th Safety

- Obey [state and local laws](#). If fireworks aren't legal, don't use them. If they are legal, ensure safety precautions are followed, and remember: Alcohol and fireworks don't mix.
- Remember the basics: Always stay hydrated and use sunscreen when enjoying the outdoors.
- Be active and enjoy the holiday, but remember to use proper recreational gear.
- Be safe while cooking on the BBQ; never leave a hot grill unattended and be extra vigilant when children are present.

Live to Play, Play to Live

- This year's joint service summer safety campaign, [Live to Play, Play to Live: Summer Safety 2010](#), focuses on the positive. Resources include informative articles, presentations, posters, videos and more.
- Commands are encouraged to personalize their summer safety campaigns by adding their logos to traffic safety and recreation safety guides, and other presentations. There are also guides to help plan safety stand-downs and other awareness events, as well as templates for speeches and messages for commanders.

Summer Focus Areas

- **Water Safety** – Learn to swim: you're never too old to learn. Swim where lifeguards are present, obey posted signs, and keep a close eye on small children. Remember personal flotation devices for everyone when boating.
- **Motor Vehicle Safety** – Use the [Travel Risk Planning System](#) (TRiPS) when planning a long road trip. It has great information on reducing risks. Drive during daylight hours as much as possible and schedule breaks every couple of hours. When riding a [motorcycle](#), remember all the gear, all the time. Ride within your skill level and, if you feel the need for speed, take it to the track.
- **Alcohol Awareness** – Overindulging in alcohol makes even routine activities risky. If you're going to drink, don't drive. Call a cab, designate a driver, or arrange for a sober friend to pick you up. Make plans to get home safely before having the first drink. Alcohol doesn't mix with water sports or any other summer recreation activities that require coordination and motor skills. If hosting a party, make sure to provide plenty of non-alcoholic beverage options, and ensure that guests drink responsibly.

Key Messages

- Managing risk means considering what might go wrong and planning in advance to manage contingencies.
- Even higher-risk summer activities such as SCUBA diving, hang gliding and riding a [motorcycle](#) can be enjoyed safely if you're properly trained and apply some common sense.
- When celebrating Independence Day, obey state and local laws with regard to fireworks and never launch them when under the influence of alcohol.
- View [MCPON's summer safety message](#) on Facebook.

Facts & Figures

- Last July 4th weekend, six Sailors and Marines lost their lives in motor vehicle and recreation mishaps.
- 39 Sailors and Marines died during the summer months last year. 16 died in cars and trucks; eight died in motorcycles; eight drowned; five were killed in other off-duty recreation mishaps; and one pedestrian and one bicyclist were struck by cars.
- Since August, 2006, nearly 200,000 Sailors have completed TRiPS assessments, and there have been zero fatalities. This is a proven tool that works to reduce driving risks!