

The Safety Corner

From the Marine Corps Center for Lessons Learned

May 2010

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Marine Corps Center for Lessons Learned
Safety Corner

Critical Days of Summer

Inside This Issue:			
101 Critical Days Of Summer	1	FY09 Navy Critical Days Of Summer Fatalities	5
Marine Corps Memorial Day Message	2	Seatbelt Saves Marines Life	6
TECOM Memorial Day Message	3	Heat Illness	7-8
FY09 Marine Critical Days Of Summer Fatalities	4	Summer Safety Tips	9

The 101 Critical Days of Summer campaign starts Memorial Day weekend and ends Labor Day, when the military services typically see a big spike in vehicle and recreational accidents. Each service's campaign is designed to promote safety and reduce the number of accidents and mishaps during the summer vacation season.

Marines and Sailors between the ages of 18 and 25 are most at risk for injury or death, yet all Marines, Sailors and their families need to remain extra vigilant about safety as the temperatures rise. Whether barbecuing in your backyard, on a road trip, or even just trying out a new sport, all Marines and Sailors need to think about their actions and the possible consequences.

During the last three summer campaigns, we lost an average of 42 Marines and Sailors; and even though last year we experienced one of our safest summers ever, we still lost 33 Marines and Sailors. The Marine Corps Safety Division and the Naval Safety Center provide a plethora of information to help prevent mishap and fatalities, but information alone will not solve the problem. It takes every Marine, Sailor, and civilian to help save lives, and we have a responsibility to teach, mentor, and provide the right message for the Critical Days of Summer Campaign. Let's make this year's summer our safest one yet.

Throughout the summer, you can expect to be reminded of safety tips by the Marine Corps Safety Division, Naval Safety Center, Marine Corps Center for Lessons Learned, MARADIM's, safety standdowns and safety briefs.

Some important safety reminders are:

- ◆ Wear seatbelts in cars and required protective equipment on motorcycles.
- ◆ Remain alert while at the wheel and plan rest breaks at frequent intervals.
- ◆ Don't speed in an effort to arrive early.
- ◆ It is better to arrive late than not arrive at all.
- ◆ Don't drink alcohol and drive.
- ◆ Beware of heat exhaustion when the weather is particularly hot.
- ◆ If you're at a beach, be even more vigilant.
- ◆ In the case of severe thunderstorms, find a safe place to stay.
- ◆ Anticipate the unexpected and be ready to react.

- [Marine Corps Safety Division](#)
- [Navy Safety Center](#)
- [Air Force Safety Center](#)
- [Army Combat Readiness and Safety Center](#)
- [Coast Guard Boating Safety](#)

Your safety is vital to our success and we cannot afford to lose you. The Editor

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Director, MCCLL: Christopher H. Sonntag
Operations Officer: Major Joe Novario
Editor: William Richardson

[Do you have a safety story you'd like to share? We'd like to hear about it and inspire others.](#)

Marine Corps Memorial Day Message

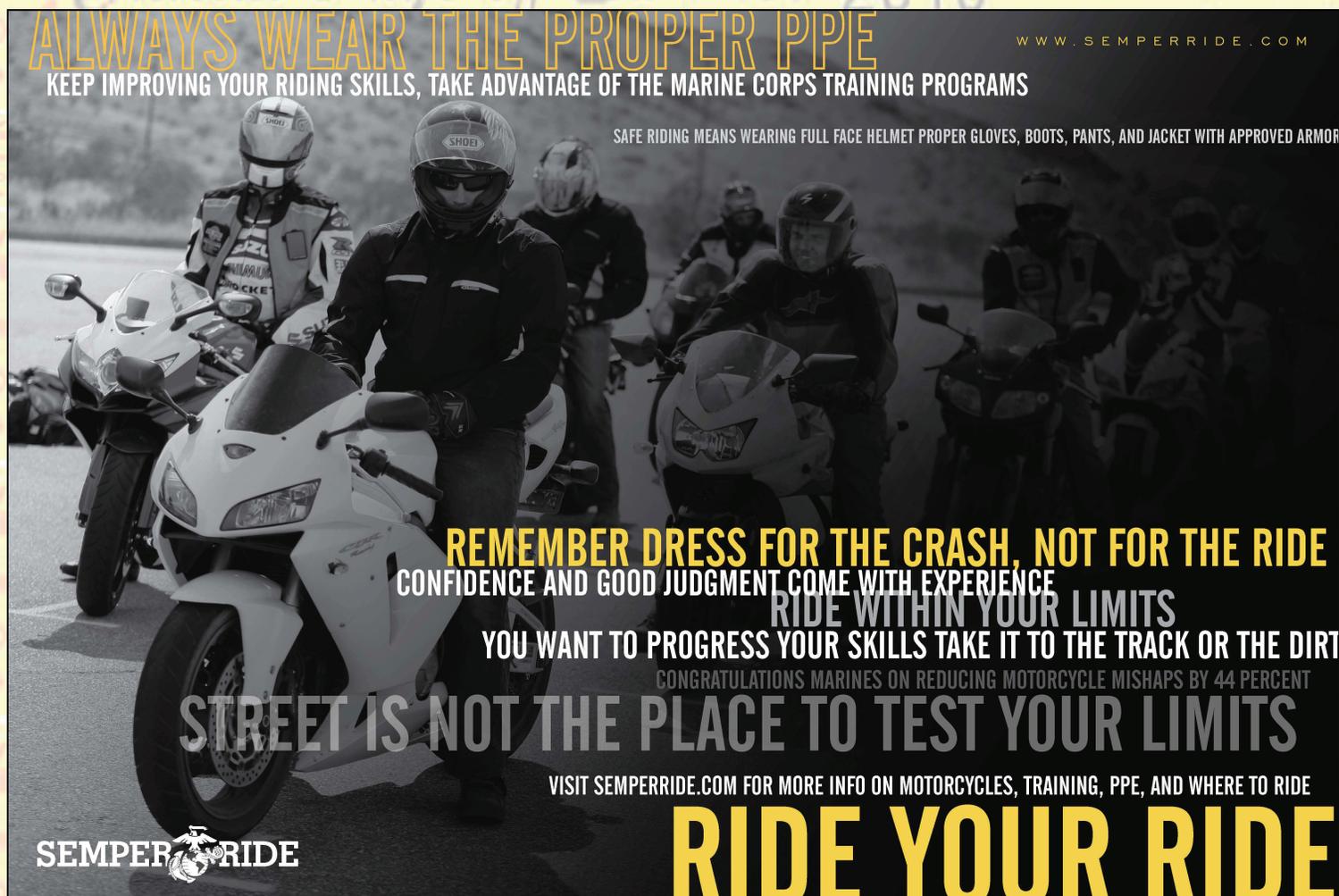
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SUBJ/MEMORIAL DAY SAFETY MESSAGE//

GENTEXT/REMARKS/1. OUR NATION CELEBRATES MEMORIAL DAY BY REMEMBERING AND HONORING THOSE BRAVE MEN AND WOMEN WHO HAVE GIVEN THEIR LIVES ON BEHALF OF FREEDOM AND OUR AMERICAN VALUES. I KNOW THAT AS YOU EXECUTE YOUR MISSION AROUND THE GLOBE, MARINES AND SAILORS CONTINUE TO UPHOLD THESE IDEALS. I ENCOURAGE EACH OF YOU TO USE THIS OCCASION TO REFLECT UPON THE SACRIFICES MADE BY OUR FALLEN WARRIORS AND TO REDEDICATE YOURSELVES TO THE CORE VALUES AND WARRIOR ETHOS THEIR SACRIFICES EPITOMIZE.

2. TAKE TIME TO CELEBRATE THIS TRADITIONAL START OF SUMMER WITH YOUR COMRADES AND FAMILY, BUT DO SO RESPONSIBLY. ON AVERAGE, 12,758 PEOPLE DIE ON OUR HIGHWAYS BETWEEN MEMORIAL DAY AND LABOR DAY; NEARLY 500 OF THOSE DEATHS WILL OCCUR THIS WEEKEND ALONE. SADLY, SOME MAY LIKELY BE MARINES. LAST YEAR, WE LOST 5 MARINES IN RECREATIONAL AND OFF-DUTY MISHAPS AND 8 MARINES IN PRIVATE MOTOR VEHICLE MISHAPS BETWEEN MEMORIAL DAY AND LABOR DAY.

3. YOU CAN HELP PREVENT THESE TRAGEDIES BY TAKING CARE OF EACH OTHER, PLANNING APPROPRIATELY, AND INCORPORATING RISK MANAGEMENT IN BOTH ON- AND OFF-DUTY ACTIVITIES. LEADERSHIP AT ALL LEVELS, AND NONCOMMISSIONED OFFICERS IN PARTICULAR, ARE MAKING A DIFFERENCE. THIS IS EVIDENCED BY THE DECREASE IN FATALITIES THIS YEAR OVER THIS SAME POINT IN PREVIOUS YEARS. REMEMBER, YOU ARE A MARINE 24-7. CONDUCT YOURSELVES ACCORDINGLY, STAY SAFE, AND RETURN TO THE FIGHT. ENJOY YOUR WELL DESERVED TIME OFF.

4. SEMPER FIDELIS, JAMES T. CONWAY, GENERAL, U.S. MARINE CORPS, COMMANDANT OF THE MARINE CORPS.//



ALWAYS WEAR THE PROPER PPE
KEEP IMPROVING YOUR RIDING SKILLS, TAKE ADVANTAGE OF THE MARINE CORPS TRAINING PROGRAMS

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SAFE RIDING MEANS WEARING FULL FACE HELMET PROPER GLOVES, BOOTS, PANTS, AND JACKET WITH APPROVED ARMOR

REMEMBER DRESS FOR THE CRASH, NOT FOR THE RIDE
CONFIDENCE AND GOOD JUDGMENT COME WITH EXPERIENCE
RIDE WITHIN YOUR LIMITS
YOU WANT TO PROGRESS YOUR SKILLS TAKE IT TO THE TRACK OR THE DIRT
CONGRATULATIONS MARINES ON REDUCING MOTORCYCLE MISHAPS BY 44 PERCENT
STREET IS NOT THE PLACE TO TEST YOUR LIMITS
VISIT SEMPERRIDE.COM FOR MORE INFO ON MOTORCYCLES, TRAINING, PPE, AND WHERE TO RIDE

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13 May 2010

Marines, Sailors and Civilian Marines of Training and Education Command:

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have paid the ultimate price in defending this nation and our cherished way of life. To help re-educate and remind Americans of the true meaning of Memorial Day, the "National Moment of Remembrance" resolution was passed in December 2000 which asks that at 3 p.m. local time on Memorial Day, for all Americans "To voluntarily and informally observe in their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to Taps." During this holiday, take time to reflect on the sacrifices made by the servicemen and women throughout history who fought in defense of our great nation. I also thank you for defending the values we hold dear in our hearts. You have committed your lives to keep the United States safe.

In addition to honoring our fallen heroes, we kickoff the summer season this Memorial Day by gathering with family and friends to enjoy a myriad of fun activities. Unfortunately, this is also a time we see increased accidents and mishaps as we scramble to enjoy all that the summer offers. Statistics have shown that our members are at the greatest risk to off-duty summer injuries or fatalities between Memorial Day and Labor Day. We must ensure that we continue to exercise sound judgment and take the time to identify the risks associated with those activities that can cause serious injuries or loss of life. Remember to drive defensively and exercise caution especially during inclement weather. If you choose to drink alcoholic beverages, do not drive. Even moderate consumption of wine or beer impairs reaction time and driving judgment. Recent safety initiatives have placed NCOs front and center of our vehicle safety programs and reinforced PMV and motorcycle safety. NCOs, you must continue to exercise good leadership and decision making which directly impacts the safety of your Marines. Remember, motor vehicle accidents remain the top killer of our Marines and Sailors.

Commanders must add a personal touch in order to effectively communicate this message prior to liberty call. I ask each of you to protect your personnel from needless mishaps by having a proactive safety program, by listening to your Marines and Sailors, and by fostering a command climate that encourages identification of potential and actual hazards. As leaders, we must remain ever vigilant and be actively engaged in providing for and protecting our forces.

I wish all of you a safe and happy holiday weekend. Enjoy this time with your family and friends. BE SAFE!

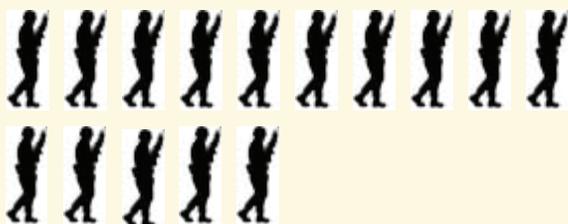
Semper Fi!

A handwritten signature in black ink, appearing to read "M. Spiese".

MELVIN G. SPIESE

Major General, U.S. Marine Corps
Commanding General, Training and Education Command

Marines (or assigned to Marines)



23 Aug 09 (Vista, CA) Cpl died after collapsing in his residence.
 21 Aug 09 (Springfield, IL) PFC died in an ATV mishap.
 19 Aug 09 (La Mesa, CA) Sgt died in single motorcycle mishap when he hit a guardrail.
 01 Aug 09 (San Clemente, CA) Cpl died when the vehicle in which he was a passenger struck a tree.
 19 Jul 09 (Whittier, CA) Sgt died when the vehicle in which he was a passenger struck a tree.
 11 Jul 09 (Zanesville, OH) Pvt died in an automobile mishap when his vehicle struck a tree.

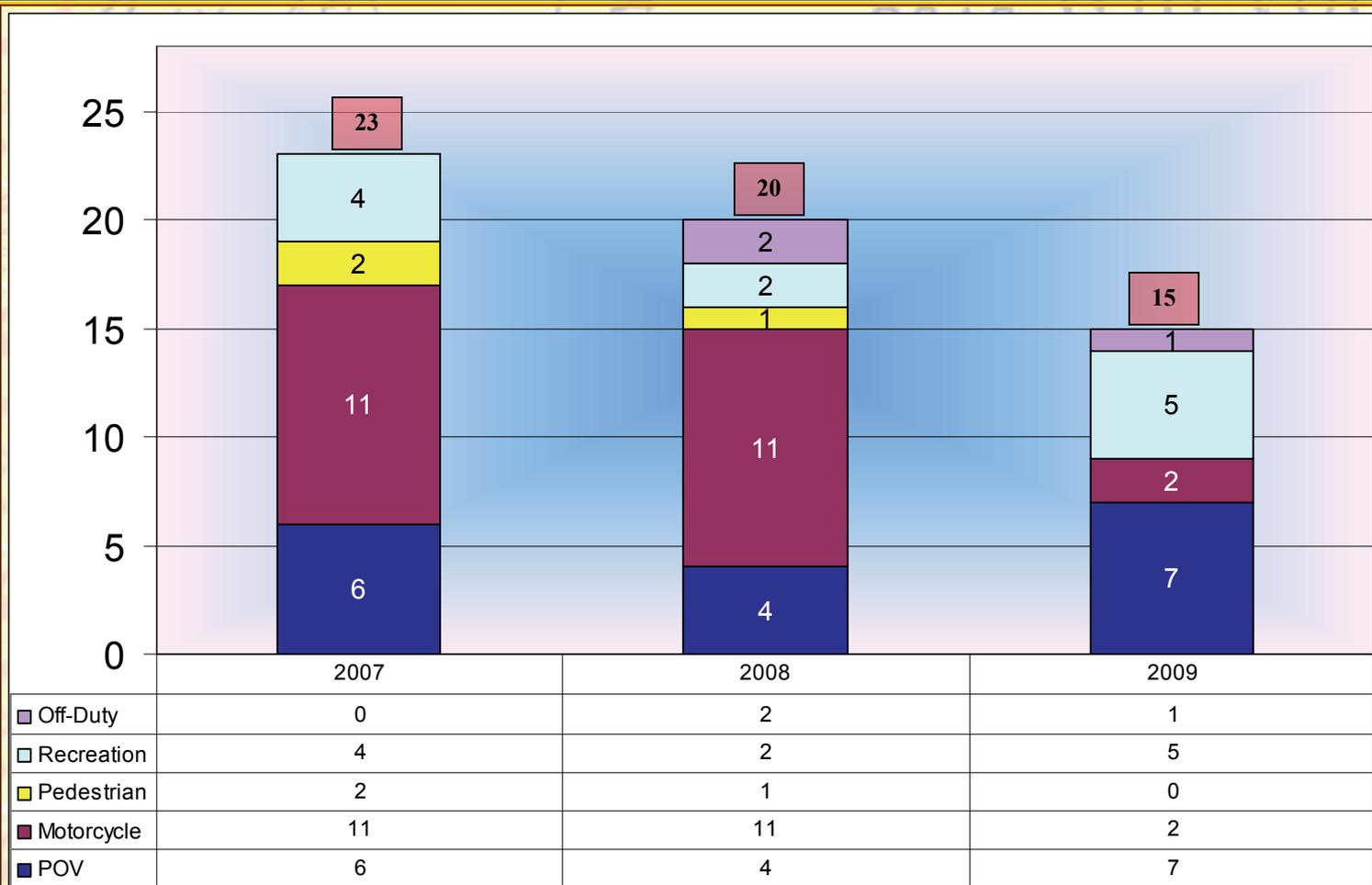
05 Jul 09 (Palmdale, CA) PFC died in a automobile mishap while traveling at speeds reported in excess of 100 mph.
 04 Jul 09 (Winterhaven, CA) LCpl drowned after being caught in an undercurrent while swimming in the Colorado River.
 03 Jul 09 (Mexicali, Mexico) PFC and LCpl died in an automobile mishap.
 27 Jun 09 (Rocky Point, NC) PFC drowned while on camping trip.
 14 Jun 09 (Huntington Beach, CA) Cpl died in a recreational swimming mishap.
 13 Jun 09 (Helechawa, KY) Pvt died in a motorcycle mishap.
 05 Jun 09 (New Bern, NC) Cpl died in single vehicle rollover.
 31 May 09 (Jacksonville, NC) Sgt died when his vehicle overturned and he was thrown from the car.



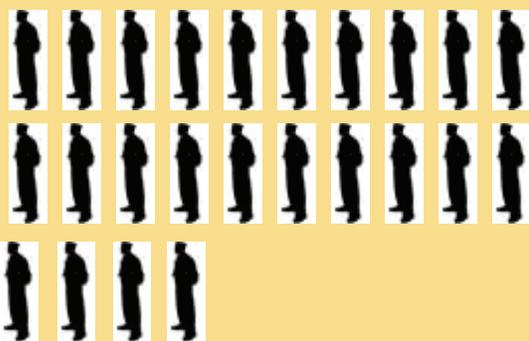
Did You Know?

Weekends, between midnight and 3 a.m., are the most likely time for a person to be involved in a fatal crash.

[Keller](#)



Navy (or assigned to Navy)



05 Sep (Great Lakes, IL) PO3 found unresponsive in barracks room. Alcohol involved.
 05 Sep (Colchester, CT) PO3 died in a single vehicle mishap when the vehicle in which he was a passenger struck a tree.
 26 Aug (Buffalo, NY) SN was in a motorcycle mishap, died from injuries on 25 Apr 10.
 21 Aug (Kamehameha Hwy, HI) PO3 died in a bicycle mishap as a result of a head-on collision with a truck.
 17 Aug (Escondido, CA) PO2 died in motorcycle mishap after striking oncoming vehicle.
 11 Aug (Oak Harbor, WA) SN died from accidental aspiration of water in barracks room bath tub.
 09 Aug (Great Lakes, IL) SA died from injuries after diving into shallow water.
 08 Aug (Norfolk, VA) PO2 died in a single motorcycle mishap.

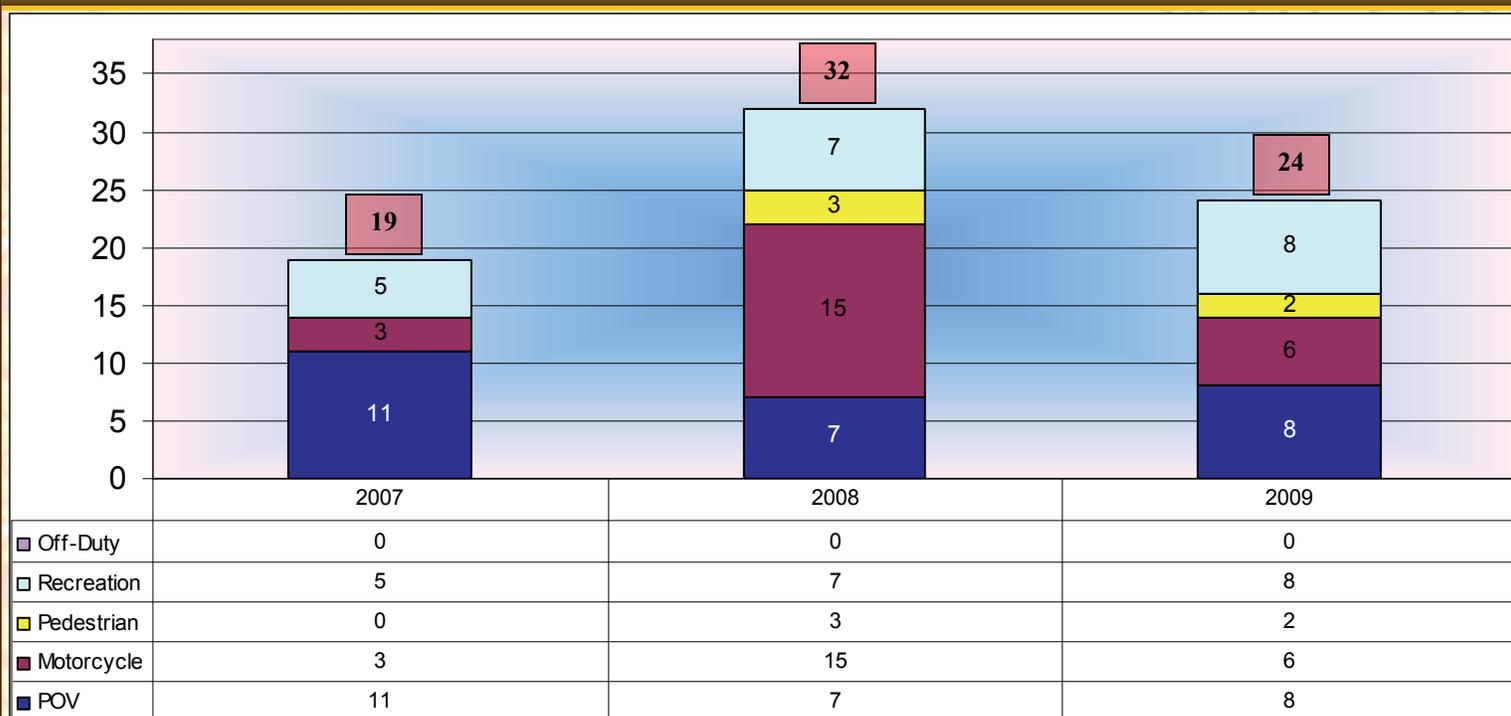
08 Aug (Kentucky) SN drowned after diving into the water and failed to resurface.
 06 Aug (Bethesda, MD) Foreign Exchange Officer, LCDR struck and killed by a car while crossing the street.
 01 Aug (Kingsland, GA) PO2 drowned after falling out of a small pleasure craft.
 26 Jul (Tallulah, LA) PO1 died in a multiple vehicle mishap.
 25 Jul (Norfolk, VA) PO2 died in a single vehicle mishap. SNM was a passenger.
 18 Jul (Monterey, CA) PO3 died when the motorcycle on which she was a passenger struck a motor home.
 09 Jul (Virginia Beach, VA) PO3 was pronounced dead after being found unresponsive in the morning.
 05 Jul (Augusta, ME) PO1 died in a motorcycle mishap after striking oncoming vehicle while participating in a group ride.
 04 Jul 4-Wh (Quincy, MA) SN died after running a red light causing a multiple vehicle mishap in which both front seat occupants were ejected.
 28 Jun (Lake Luzerne, NY) PO3 died in a recreational swimming mishap.
 26 Jun (Virginia Beach, VA) PO2 died in single vehicle mishap when automobile flipped and SNM was ejected.
 24 Jun (Chula Vista, CA) PO3 died in a single vehicle mishap.
 20 Jun (Virginia Beach, VA) PO1 died in a motorcycle mishap.
 15 Jun (Fresno, CA) SN died in a single vehicle mishap.
 22 May (Fallon, NV) CRD died in civilian light airplane crash.
 22 May (I-5 near Camp Pendleton) SN died in single vehicle mishap.



Did You Know?

Historically, E-4 and below make up the highest percentage of off-duty/recreational fatalities. It doesn't matter if the time lost is from off-duty or from on-duty; the impact on operations is the same. [Marine Corps Safety Division](#)

Navy Critical Days Fatality Statistics 2007 –2009



From October 1, 2009 through May 26, 2010, 32 Marines and Sailors lost their lives in four-wheel personal motor vehicle mishaps.

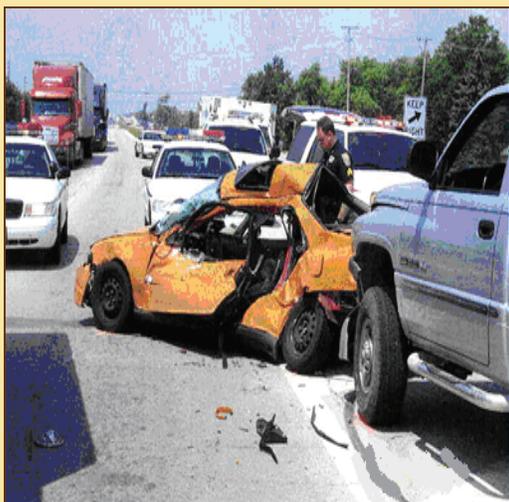
June 2004, two Marines involved in a car accident, avoided becoming a statistic. According to an Ohio State Highway Patrol report, witnesses of the accident saw a full-sized truck run a red light on Highway 795. It then struck the driver side of a compact car carrying the two Marines. "The Marine entered the intersection on his green light and was struck by a westbound pickup truck that did not stop for his red light," said the officer-in-charge of the investigation.



According to witnesses, the force of the crash caused the car to spin completely around. The report stated that most of the Marines' vehicle was consumed by the impact, bending the entire driver's side inward. The driver of the vehicle, was airlifted by helicopter for treatment of extensive injuries and was later released. The second Marine was brought by ambulance suffering from minor injuries and released later that day. Both Marines were wearing their seatbelts at the time of the accident.

"More than likely I would have been tossed out of the window had I not been wearing a seatbelt," the Marine said, who wears a seatbelt consistently. According to the National Highway Safety Traffic Administration (NHSTA), 4,200 lives could be saved if 90 percent of Americans wore their seatbelts. "They give you the best chance of staying in the car," the Officer said, who also wears his seatbelt regularly. In most states and aboard all military installations, buckling up is mandatory.

All service members under the age of 26 are required to learn about using seat belts and defensive driving during a mandatory driver's safety course available through all military installations. The course lasts for only one day and involves periods of instruction and written tests. The course teaches and promotes driver safety. The course helps students "exercise the principles they need when they're out there on the road."



According to the NHTSA, 50 percent of all drivers and passengers involved in fatal car accidents last year were unrestrained. Fortunately, the problem is improving with the help of the "Click It or Ticket Campaign" (CIOT). CIOT is the most successful seat belt enforcement campaign ever, helping create the highest national seat belt usage rate. Coast to coast, day or night, the message is simple, Click It or Ticket.

These driving habits are suggestions echoed by driving safety courses and by law enforcement "Never underestimate the fact that you've got a green traffic signal and make sure to drive defensively.

After spending a week in the hospital recovering from his injuries, the 21 year-old Marine has some advice for Marines and sailors: "Always look before you go and be sure to wear your seat belt."

A statement given to Ohio State Highway Patrol by the driver of the pickup truck that hit the Marines, said something he left on the floor of his truck was under his brake pedal as he attempted to depress it, preventing him from stopping at the red light.

"That could not be proven or disproved," said the Trooper, who found a number of objects on the pickup truck floor, but could not confirm if they had caused the driver to run the red light. The driver of the pickup truck was charged with a red light violation.

"Seatbelts really do come in handy, and it's always when you least expect it. Once you start doing it, it just becomes a habit, I put mine on and it saved my life."

Heat Strain

Heat stress refers to the combination of factors which result in heat gain to the body; it's the force or load acting upon the body. When heat strain is more than the body is prepared to compensate for, bodily functions can become affected. Three major types of heat stress injuries are commonly recognized: heat cramps, heat exhaustion and heat stroke. The focus of this article will be heat stroke recognition and treatment.

Heat Stroke

Heat stroke is the most serious heat stress related illness. Heat stroke is a life threatening medical emergency; without prompt treatment, a casualty will sustain permanent injury or death. Unfortunately, early or impending heat stroke often goes unrecognized.

There are two types of heat stroke: classic and exertional. Classic heat stroke is the most common and generally affects the elderly. Exertional heat stroke occurs sporadically in active, young people and is the type most likely to be experienced by military service personnel. According to a recent journal report, it is the third leading cause of death among American athletes. Increased heat production by the body during exercise is a major contributing factor in exertional heat stroke that is further complicated by the body's slow recognition that it needs to cool down. While hot weather or surrounding conditions increase the heat stress on an individual, exertional heat stroke has been documented in physically conditioned personnel at ordinary, comfortable temperatures, even below 75°F.

Exertional heat stroke is the third leading cause of death among Americans athletes

Determining Heat Stroke

Symptoms and signs of heat stroke can include feeling overheated, weakness, fatigue, irritability, bizarre behavior, combativeness, hallucinations, loss of consciousness, and coma. Casualties frequently have diarrhea and vomiting. While many Marines are familiar with the teaching that heat exhaustion casualties have cool, clammy skin and heat stroke casualties have hot, dry skin, relying on these indicators is unreliable and out-of-date.

Heat stroke should be suspected in any Marine with a change in mental status

Recognizing heat stroke relies on two key assessments: rectal temperature and mental status. Taking a core temperature with a rectal thermometer remains the most accurate measure of core temperature. Because of the embarrassment associated with using a rectal thermometer, there is a great reluctance to perform this assessment. But there is another critical tool every leader can employ: assessing mental status.

Change in mental status

A change in mental status distinguishes heat stroke from heat exhaustion. The brain is heavily dependent on blood flow to function. If blood flow is diminished, a change in mental status, also called an Altered Level of Consciousness (ALOC), results. A Marine experiencing ALOC may appear incoherent; they may suddenly be unable to walk without assistance. The overall impression may be similar to being drunk. **Heat stroke should be suspected in any Marine with a change in mental status since ALOC is not present in heat exhaustion.**

Recognizing ALOC

As Marines, we are famous for grunting and "OORAH"ing our way through conversations. But to determine whether a Marine is suffering from heat strain, has heat exhaustion or heat stroke means understanding if there has been a change in the Marine's mental status. A change in mental status indicates a lack of blood flow to the brain. Mental status, or Altered Level of Consciousness (ALOC) can be determined by asking **four basic questions**:

1. Who are you?
2. Where are you?
3. Why are you here?
4. What day (or time) is it?

ABCs: Airway, Breathing and Circulation

To maintain/regain blood flow, the casualty should lay down with feet elevated. Alternatively, the legs can be bent into the sit-up position.

Treatment of Heat Stroke

Regardless of whether an individual is suffering from classic or exertional heat stroke, the treatment is the same. The goal is to rapidly cool the body back to normal temperature. Cooling should be started immediately upon recognition of heat stroke or serious heat exhaustion.

Additionally, the casualty's airway, breathing and circulation (ABCs) need to be maintained since brain death can begin within 4-6 minutes if blood flow is cut off. To maintain blood flow, the casualty should be laid down with feet elevated. Alternatively, the legs can be bent into the sit-up position. **Immediate evacuation to a medical treatment facility is required.** Cooling should continue during transport to the hospital.

Immersion of the casualty in cold or ice water is the most effective treatment to rapidly decrease core temperature. Individual protective equipment and outer layers of clothing should be removed. In a field environment, using room temperature water and fanning the casualty would also be effective.

Acclimatization

Acclimatization is accomplished by exposing individuals progressively to heat stress conditions over a period of days or weeks. Daily exposure is the most effective acclimation strategy. While full acclimatization may take several weeks, two-thirds of adaption is obtained in five days. After acclimatization, tolerance of and performance in heat stress conditions is improved. However, inactivity will result in decreased acclimatization after only a few days or weeks.

(continued)

Predisposing Factors for Exertional Heat Stroke

- ◆ Sleep loss
- ◆ Generalized fatigue
- ◆ Inappropriately heavy clothing
- ◆ Dehydration
- ◆ Lack of acclimatization
- ◆ Lack of cardiovascular conditioning
- ◆ Underlying health problem
- ◆ Use of supplements

Summary

Heat injuries are preventable. The main elements of prevention are adequate hydration, light clothing, and appropriate exercise or work limitations for the level of heat stress and PPE used. It should also be noted that run drops should never be physically pushed to keep up with the unit since physically pushing a struggling Marine can mask the signs of heat stress. The second line of prevention is early intervention (i.e. treating casualty as early as possible) and includes prompt recognition and treatment with appropriately aggressive cooling. The last line of prevention is avoiding re-exposure to heat stress conditions after over-exposure has occurred. Medical clearance should be required before re-exposure if there is a previous history of heat stress injury.

Remember

- ◆ Be excited about safety
- ◆ Communicate the importance of safety
- ◆ Add demonstrations to your training
- ◆ Provide awards
- ◆ Change it up, keep your training fresh



Follow these tips and you can have a tremendous influence on safety in your unit.



USE ORM

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Is Your Primary Tool For
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Popular Places

What are the Hazards of Summer?

- ◆ Sun exposure
- ◆ Heat related illnesses
- ◆ Severe storms
- ◆ Tornadoes
- ◆ Lightning storms
- ◆ Insects
- ◆ Stinging insects
- ◆ Allergies
- ◆ Wildfires
- ◆ Poisonous plants
- ◆ Poisonous animals
- ◆ Interference with PPE
- ◆ Fatigue and exhaustion

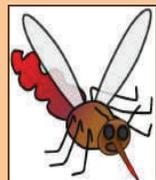


Sun, Skin and Eyes

- ◆ **Cover up.** Covering up is the first and best line of defense against the sun. Wear a hat with a brim, use sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and wear cotton clothing with a tight weave.
- ◆ **Stay in the shade.** Limit sun exposure between 10 am and 4 pm, whenever possible. Use a sunscreen with an SPF (sun protection factor) of 15 or greater. Be sure that you apply enough sunscreen.
- ◆ **Reapply sunscreen.** Sunscreen should be reapplied every two hours, or after swimming or sweating, even if it is considered waterproof.

Heat Exhaustion, Fainting and Dangerous Dehydration

- ◆ **Reduce physical activity.** Activities that last 15 minutes or more should be limited whenever temperatures are high.
- ◆ **Be well hydrated.** Drink enough water before and during physical activity. Outside activities played in the sun and heat should be shortened and more frequent water breaks should be provided.
- ◆ **Wear light clothing.** Clothing should be light-colored and lightweight and limited to one layer of absorbent material. Sweat-saturated clothes should be replaced with dry clothes.



Insects

The most effective way to eliminate mosquitoes around your home is to tip and toss the standing water where mosquitoes lay their eggs.

Common problem areas and ways to correct them are:

- ◆ **Roof gutters.** Clean out leaves and debris blocking and holding water.
- ◆ **Discarded cans and containers.** Remove, store inside or turn upside down.
- ◆ **Old tires.** Store tires where they will not collect rainwater.
- ◆ **Birdbaths.** Clean and change the water every five to seven days.
- ◆ **Wading pools.** Change water regularly and turn over when not in use.
- ◆ **Drainage ditches.** Keep open and free from debris that holds water.
- ◆ **Canoes and boats.** Cover with a tight-fitting tarp or turn upside down.
- ◆ **Tarps on woodpiles or garden equipment.** Remove sagging areas.
- ◆ **Ornamental ponds.** Stock with small fish.
- ◆ **Puddles and wet or soggy areas.** Drain or backfill.
- ◆ **Standing water on your property.** Treat with a lavaracide to prevent mosquito breeding.

To avoid mosquito bites, make sure that all window and door screens fit tightly and are free of holes that mosquitoes can use to enter the house. When outside, wear light-colored clothing with long sleeves and long pants. Use an insect repellent indicated for mosquitoes and follow the label instructions.

[Fairfax County Government](#)



Beware Thunder And Lighting

On average, the United States gets 100,000 thunderstorms each year. With growing heat and humidity, thunderstorms and lightning pose a serious danger. Some thunderstorms can be seen approaching, while others hit without warning. Some danger signs include dark, towering, or threatening clouds and distant lightning and thunder. In the case of severe thunderstorms, find a safe place to stay.

If you are caught outdoors:

- ◆ Avoid natural lightning rods such as tall, isolated trees in an open area or the top of a hill.
- ◆ Avoid metal objects such as wire fences, golf clubs and metal tools.

It is a myth that lightning never strikes twice in the same place. In fact, lightning will strike several times in the same place in the course of one discharge.

Allstate Fire Safety

Most wildfires are started by people. If everyone practices smart fire safety habits and watches out for hazardous conditions, it keeps everyone much safer.

- ◆ Never leave a fire unattended.
- ◆ Build campfires away from vegetation or buildings that could catch fire.
- ◆ Keep a fire extinguisher in your home and handy wherever you build a fire.
- ◆ Be extra cautious during the dry season.
- ◆ Encourage your family and the neighborhood to learn about fire safety.

Pool Safety:

Learn to swim from a qualified instructor.

- ◆ **Take frequent breaks.** Exhaustion may occur due to excessive activity and sun exposure. Never overestimate swimming ability or knowledge of water-survival skills. Ensure pool areas are fenced off to eliminate the chance a child will accidentally fall into the water in unsupervised areas. Keep the pool gate locked when the pool is not in use. Never use floatation devices as substitutes for supervision.
- ◆ **Never dive without first determining the water depth.** Look for NO DIVING signs. Dive only when it is safe to do so.
- ◆ **Never swim during lightning storms.** The National Lightning Safety Institute recommends all activities in and around pools remain suspended until 30 minutes after the last thunder is heard. Keep a safety buoy with a rope or pole beside the pool in the event a rescue is necessary. Learn and become certified in CPR.
- ◆ **Avoid alcohol and stay sober in or near the water.** Alcohol affects your balance, coordination and can impair your swimming skills. It may also alter your sense of judgment, which might lead you to do something that you would not risk otherwise.

For water safety training, as well as CPR training, or lifeguard training, contact the American Red Cross.

[Red Cross](#)