



## Summer Safety Guide



### USAG ITALY DMC Safety Office

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# **Risk Management philosophy**

(Excerpt from the U.S. Army Combat Readiness Center, source: <https://www.crc.army.mil>)

The purpose of the Army has not changed in the past 220-plus years: To fight and win our nation's wars! We train our force to defeat the enemy quickly and decisively with a minimum of losses. Yet a study from our past major conflicts reveals that we have two enemies on the battlefield: them and us. In every modern conflict except Korea, more than 54 percent of the Army's casualties resulted from accidents.

Yesterday's command acceptance of accidents as simply "the cost of doing business" has been replaced by a command climate focused on continuous improvements in safety performance.

Over the past 15 years, the Army safety picture has steadily improved. Since the end of the Cold War in 1989, the Army has had more deployments than in the previous 40 years. This is more than a 13-fold increase in our deployment rate. Yet the Army Safety Program has made significant progress in keeping accidental losses to a minimum.

The Army's safety performance is something we can all be proud of. It is paying huge dividends in preserving the Army's war-fighting capability. We have truly reached another milestone in our journey toward excellent performance. Nevertheless, we must not lose sight of one thing: any accidental loss of life is unacceptable.

Excellent performance in safety is not losing our nation's most precious resources - its sons and daughters - to an unplanned behavior or condition called an accident. Excellent performance is achieved through a combination of proactive leadership, tasks performed to standard, teamwork, effective communication, and a process of identifying hazards and implementing controls called risk management.

By firmly fixing risk management into all the Army's processes—decision making, training management, force protection, personnel assignments, maintenance, et al—we can stop killing soldiers and destroying equipment. It can be done, and we are going to do it. We just need to get on with it. We must get risk management standardized and institutionalized.

Simply put, that means that we've got to get into the head space of every leader, every soldier, every civilian, every contractor and make risk management an intuitive part of everything we do.

Safety is not just leaders' business - everyone makes safety happen! We are moving out with efforts to standardize and institutionalize risk management - the key to future safety successes along our journey toward excellent safety performance. Join the march today!

**ATP 5-19 can be downloaded from the Army Publishing Directorate site:**

**[http://armypubs.army.mil/doctrine/ATP\\_1.html](http://armypubs.army.mil/doctrine/ATP_1.html)**

# **Household safety**

## **Seasonal allergies**

Summer allergies are usually caused by pollen from grass, which reaches moderate to high levels throughout the summer months. Pollen- related allergies are very common in Italy and pollinosis is the commonest allergic disease. Ragweed is a common fall allergen, but it also begins to bloom in late July and August. Mold spores and stinging insects are other allergy culprits during the summer. Therefore, the best places to visit during the hay fever season are the west coast and the lakes in the north where pollen counts are low. The worst places to visit are the Po Valley in the north and Naples in the south, where pollen counts are particularly high in May and June.

## **Symptoms of pollen and mold allergies**

- A runny nose with clear, thin nasal discharge
- Stuffy nose
- Sneezing
- Itchy nose, ears, eyes, and mouth
- Red and watery eyes
- Swelling around the eyes
- Dry, scaly skin

## **How to deal with seasonal allergies in Italy**

- Keep your windows and doors closed, especially on windy days
- Avoid outdoor activities in the early morning
- Shower and change clothes after coming indoors
- Take allergy medications to help alleviate symptoms
- Keep indoor air clean
- Rinse your sinuses

## **Try an over-the-counter remedy**

Several types of nonprescription medications can help ease allergy symptoms. They include:

- Oral antihistamines
- Corticosteroid nasal sprays
- Cromolyn sodium nasal spray
- Oral decongestants.

**Remember: always consult your doctor or other qualified health care provider with any questions you may have regarding a medical condition, procedure, or treatment, whether it is a prescription medication, over-the-counter drug, vitamin, supplement, or herbal alternative.**

## Sunlight and UV exposure

Sunlight is the main source of UV radiation, even though UV rays make up only a small portion of the sun's rays. Different types of UV rays reach the ground in different amounts. About 95% of the UV rays from the sun that reach the ground are UVA rays, with the remaining 5% being UVB rays. The strength of the UV rays reaching the ground depends on a number of factors, such as:

- **Time of day:** UV rays are strongest between 10 am and 4 pm.
- **Season of the year:** UV rays are stronger during spring and summer months.
- **Altitude:** More UV rays reach the ground at higher elevations.
- **Clouds:** The effect of clouds can vary, but what's important to know is that UV rays can get through to the ground, even on a cloudy day.
- **Reflection off surfaces:** UV rays can bounce off surfaces like water, sand, snow, pavement, or even grass, leading to an increase in UV exposure.

The WHO identifies solar radiation and UV exposure as carcinogenic to humans. Therefore, sunscreens with broad spectrum protection (that is to say, against both UVA and UVB rays) and with sun protection factor (SPF) values of 30 or higher are recommended. Sunscreens, also known as sunblock or sun cream, is a photoprotective topical product for the skin that absorbs or reflects some of the sun's ultraviolet (UV) radiation and thus helps protect against sunburn and most importantly prevent skin cancer.

## Sunscreen shelf life & storage

You should always keep your sunscreen away from:

- Direct sunlight
- Heat
- Humidity

While it's best to regularly store sunscreen at room temperature (a nice 25°C/77° F is considered ideal), placing it the fridge or even inside an icy cooler with your beach drinks for an hour or two before you apply it can give it a refreshing zing when you slather it on. Always store your sunscreen somewhere cool, dark, and dry.

## Where not to store sunscreen

1. **Don't store sunscreen in the bathroom.** All the warmth and humidity can make the sunscreen (and other products) turn moldy and go bad sooner.
2. **Don't store sunscreen in the car.**
3. **Don't store sunscreen near a window.**



## Chain saw safety



Gasoline and electric chain saws are used to cut firewood, clear land, and trim trees. Chain saws are powerful and efficient tools. They can also be very dangerous, and therefore must be used with great care. There were more than 32,000 chain saw injuries in the U.S. in 2004, according to the Consumer Product Safety Commission (CPSC). Injuries to the legs and knees accounted for about 36% of these injuries. The average chainsaw injury required 110 stitches. “Kickback” is the most serious chain saw hazard. Kickback occurs when the saw touches an object besides what the operator is cutting, such as a branch or twig. Unexpected contact like this can throw the chain saw violently back toward the operator.

- Wear protective clothing, such as a hardhat, safety goggles, hearing protection, close-fitting clothes, leather or Kevlar gloves, and safety shoes.
- Don’t work alone.
- Always hold the saw with both hands while cutting.
- Start the saw on clear ground. Do not start the saw while resting it on your leg or knee.
- Let the saw do the work; do not try to force the saw through the cut.
- Avoid kickback. Keep work area clear of branches.
- Never allow someone else to hold the wood as you cut it.
- Fatigue can lead to accidents. Rest often.
- Drink plenty of water to keep your tears flowing well.
- Use air filters to keep air clear, and humidifier to increase indoor humidity level.
- Wash fruits and vegetables exposed to Yellow Sand before consumption.
- Wash hands carefully before handling food.
- Do not burn candles and do not smoke indoors.

## Flood safety tips



The main natural disasters in Italy are **floods**, **earthquakes**, and **forest fires**.

From 1991 to 2021 about 12,000 landslides and more than 1000 floods have occurred in Italy. Communities particularly at risk are those located in low-lying areas, near water, or downstream from a dam. Most of these communities can experience some kind of flooding after spring rains or heavy thunderstorms.

In Italy, the most vulnerable areas are the river Po basin in northern Italy, the river Arno basin between Florence and Pisa, and the Venice area. High waters known as “acqua alta” are common occurrence in those areas during the winter months and can cause flooding in parts of the adjacent cities. You should monitor local media and weather reports and follow the advice of local authorities in affected areas.

More information is available on the website of the Civil Protection Department (<https://www.protezionecivile.gov.it/en/>).

Flood waters can be extremely dangerous. The force of six inches of swiftly moving water can knock people off their feet. The best protection during a flood is to leave the area and go to shelter on higher ground. The best response to any signs of flash flooding is to move immediately and quickly to higher ground. Cars can be easily swept away in just 2 feet of moving water. If flood waters rise around a vehicle, it should be abandoned. Passengers should climb to higher ground.

### What to Do During a Flood

- Listen to a battery-operated radio for the latest storm information. Fill bathtubs, sinks, and jugs indoors.
- Bring outdoor belongings, such as patio furniture, indoors.
- Move valuable household possessions to the upper floors or to safe ground if time permits.
- If you are instructed to do so by local authorities, turn off all utilities at the main switch and close the main gas valve.
- Be prepared to evacuate.
- Get your preassembled emergency supplies. If told to leave, do so immediately.
- If caught outdoors, climb to high ground and stay there. Avoid walking through any floodwaters.
- If it is moving swiftly, even water six inches deep can sweep you off your feet.
- If caught in a car, turn around if you come to a flooded area and go another way. If your car stalls, abandon it immediately and climb to higher ground.
- Many deaths have resulted from attempts to move stalled vehicles.

## Forest fires



In Italy, forests are very important for landscape, biodiversity, the balance of the environment and for the economy in general. Forest fires are a risk during the extended summer months. Multiple wildfires broke out across Italy in the summer of 2021. The first wildfires were reported in Sardinia on 24 July, which would go on to become one of the worst affected regions along with Calabria, where five people died, and Sicily, which recorded one further fatality. The majority of the wildfires were the result of organized arson, with criminal investigations into the fires ongoing.

Forest fires are highly dangerous and unpredictable; check with local authorities if you are considering travelling to affected areas. Take care when visiting or driving through woodland areas and report fires to the emergency services. Make sure to visit the website of the Civil Protection Department (<https://www.protezionecivile.gov.it/en/>) to stay up to date with wildfire situation in the area you are visiting or living in.

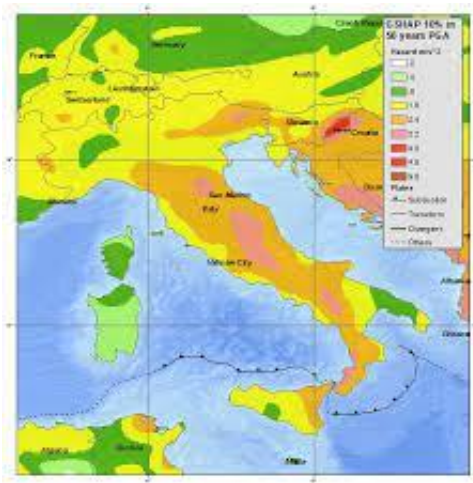
Usually, during the extremely dry season (from June through August) any hot work permit in the Darby ASA area will be approved by the Installation Fire Department only if permitted by the Italian local Authority.

### What to Do During a Wildfire

- Stay safe during a fire. Pay attention to local weather forecasts, and always follow instructions given by local emergency management officials.
- Protect yourself from smoke. Wildfire smoke irritates your eyes, nose, throat, and lungs. It can make it hard to breathe and make you cough or wheeze. Reduce your smoke exposure by wearing a respirator.
- Keep smoke outside. Choose a room you can close off from outside air and set up a portable air cleaner or a filter.
- Avoid using candles, gas, propane, wood-burning stoves, fireplaces, or aerosol sprays and don't fry or boil meat, smoke tobacco products, or vacuum.
- Evacuate safely. Read about how to evacuate safely and how to develop a family disaster plan.
- Stay healthy during power outages.



## Earthquakes



Many parts of Italy lie on a major seismic fault line. As you can see from the picture, almost the entire Italian peninsula is an earthquake zone. Minor tremors and earthquakes are a regular occurrence. Earthquakes usually occur in areas already affected in the past. In Italy, the strongest earthquakes occurred in Sicily, in the eastern Alps, and along the central-southern Apennines, from Abruzzo to Calabria. But important earthquakes also occurred in the central-northern Apennines and in the Gargano. In the past 1,000 years, there have been about 260 earthquakes of magnitude  $M_w$  equal to or greater than 5.5 — on average once every four years.

The European-Mediterranean Seismological Centre, or EMSC, is a great resource for keeping up with earthquake news in Italy. They have an app called LastQuake, and a Twitter account @EMSC. In fact, Twitter is the best resource for real-time info on earthquakes in Italy. Simply follow the hashtag #terremoto (*terremoto* means earthquake in Italian) to understand that earthquakes, both small and large, are happening all the time in Italy.

## Earthquake safety tips

When the shaking starts:

- **Drop:** get down on your hands and knees to protect yourself from being knocked over. That also puts you in an ideal position to crawl for shelter.
- **Cover:** place an arm and hand over your head and neck to shield from debris. Head for any nearby tables to shelter under until the shaking stops.
- **Hold:** stay put until the shaking stops.

After the shaking subsides:

- Stay calm.
- Check for injuries.
- Check the gas and electric lines and turn them off if you can do so safely.
- Protect your mouth, nose, and eyes from the dust and call or text for help.
- If you are inside a heavily damaged structure, get yourself and others out as soon as possible.
- Turn on the radio and listen for updates and instructions from the authorities.

# Thunderstorms



Now that summer is tumbling the weather fronts around, the chance of thunderstorms with cloud-to-ground lightning increases.

The most dangerous period in Italy is from June through October, when air masses are unstable.

Thunderstorms, while much more common in the humid north, occasionally also occur in the south.

High humidity may keep nighttime temperatures high in Italy's cities during the summer months. Above average temperatures, rich moisture-laden Mediterranean air and an advancing low-pressure system may aid spectacular thunderstorm development over large parts of Italy. The staggering rainfall amounts may cause landslides, damage to fields and blocked roads.

Controls that leaders and soldiers can use to reduce the hazards when caught in electrical storms include the following:

- Avoid hilltops, trees, and watery areas.
- Drop metal tools or equipment. Do not retrieve them until after the storm passes.
- Look for shelter in low places.
- Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. **DO NOT** lie flat or place hands on the ground.
- Indoors, avoid using appliances, power tools, telephones, computers, and electric typewriters. Also, avoid baths, open porches, and balconies.
- Know first-aid procedures, especially CPR. Even mild exposure can cause unconsciousness or painful burns.
- Lightning strike victims should be given immediate medical attention.

## In conclusion...

...you cannot do anything about the weather, but you can **protect yourself and your family** from weather-related disasters by being prepared and protected.



## **Lawn mowers**

According to Government estimates, injuries resulting from lawnmowers range from 62,000 to 70,000 each year. The Consumer Product Safety Commission (CPSC) predicts that some 10,000 persons will lose fingers or toes while mowing lawns this summer. Follow these tips for safe lawnmower operation.

### **1. Know Your Mower:**

- Read and follow the instruction manual.
- Know how to stop the machine quickly in an emergency.
- Inspect the mower for potential hazards, loose bolts, missing guards, etc.
- Disengage drive and clutch before you start the engine.

### **2. Fill the Tank Safely:**

- Fill the mower outdoors, so vapors will not build up. Never smoke while filling the tank.
- Before refueling, disconnect the spark plug; let the engine cool for a few minutes. Gas spilled on hot engine parts can cause a flash fire.

### **3. Dress for Safety**

Wear heavy-duty shoes with non-slip soles. Never mow in bare feet or sandals.

### **4. Clear the Area**

Pick-up sticks, stones, toys, and debris that could be ejected from the mower and cause injury.

## Garden sprays safety checklist

Any chemical pesticide or herbicide available to the home gardener can be used safely without harm to the applicator, family members, pets, or the environment. Simply be aware and knowledgeable about what you are doing, use proper personal protective clothing and equipment, have respect for the chemicals and their effects, and use a little common sense. By following these basic guidelines, you can enjoy healthy lawns and plants without the risk of injury or illness.

### Read and Follow Label Instructions!

Pesticide labels contain “signal words” that indicate one of three levels of toxicity. The three levels of toxicity are:

- **CAUTION**: The least toxic chemical pesticides.
- **WARNING**: Mid-level toxicity pesticides.
- **DANGER-POISON**: The most toxic category of pesticides. Only available for purchase and application by a licensed applicator.

**Always use the LEAST TOXIC pesticide available to treat your need.**

### Wear Protective Clothing!



- Head covering (cap or wide-brim hat).
- Eye protection (when mixing liquid pesticides that carry **WARNING** or **DANGER** signal words).
- Rubber gloves (never use fabric, leather, or paper gloves).
- Long-sleeved shirt.
- Long pants or coveralls.
- Shoes and socks (not sandals, or flip flops).

### Handling Garden Spray

- Always follow directions when mixing chemicals.
- When filling a spray container, use a funnel to avoid spilling.
- Never hold the container higher than chest level when pouring.
- Divert your head from the container when opening.
- Don't spray on windy days.
- Always wash your hands and face with soap and water before eating, drinking, or smoking.

## First Aid



- Check label for symptoms of overexposure and first aid procedures.
- If the chemical contacts your skin, immediately wash with soap and water.
- If the chemical is swallowed and the victim is still conscious, induce vomiting. Keep patient calm. Consult a physician immediately.

## Storage

- Don't leave any chemicals in spray equipment at the end of the workday.
- Always store garden spray in its original container with the label clearly visible. Never store pesticides in soft drink bottles or food containers, which can be mistaken for food or drink.
- Store pesticides in a dry, secure place out of reach of children and pets.



## Barbecue grill safety

Outdoor cooking is very popular. In fact, 66 million Americans cook outdoors regularly, according to the Barbecue Industry Association. You are probably one of those 66 million. I hope that you will not be one of the people treated in emergency rooms for injuries related to charcoal, propane, and wood-burning grills this summer. As an outdoor cook, you need to avoid injuries by observing some safety precautions.

## Before Cooking

- Instruct children on the dangers of a lit grill.
- Choose a safe grilling location away from children's play areas and areas of heavy traffic. The area should be well ventilated to avoid the danger from carbon monoxide and other combustion byproducts. Never grill inside or even in a semi-enclosed area such as a tent or camper. Always grill on a flat, stable platform.
- Make sure you are not wearing clothing that could contact the fire, such as hanging shirttails or dangling strings.
- Never leave a grill unattended.



## Cooking With Propane (LP) Gas Grills

- Read owner's manual and operating instructions carefully.
- Use the exact type of tank and fuel specified.
- Check hoses and valve connections often. Do this by pouring soapy water on the connection points. If bubbles appear, retighten connections and test again.
- Transfer and store liquid propane cylinders in an upright position and never where temperatures can reach 125° degrees.
- Whether your grill lights by match or push-button igniter, always follow the manufacturer's instructions.

## Cooking With Charcoal Grills

- Never start a fire with gasoline.
- If using an electric fire starter, use an insulated indoor/outdoor cord plugged into a ground fault circuit interrupter (GFCI) protected outlet.
- Be sure the ground is dry, and you are not standing in water when plugging the starter into an outlet.
- The starter will stay hot for several minutes after use, so place it out of reach of children and on a surface that will not burn.
- **If using instant lighting briquettes:** Spread them into a single layer, making sure they touch at the edges. Light several of them at their edges with a match.
- **If using standard charcoal briquettes:** Stack them in a pyramid to allow air to circulate around them, causing them to light faster. Apply lighter fluid before lighting; wait at least 1 minute before lighting to allow lighter fluid to soak in. Never add fluid to the coals once they have been lit.
- **To control temperature:** The coals are ready for cooking when they are grey in the daylight or glowing red at night. Spread them into a single layer with long-handled tongs.
- **To reduce the temperature:** Raise the cooking grid, spread out the coals, lower the lid, and close the vents halfway.
- **To increase the temperature:** Lower the cooking grid, tap the ashes from the coals, push the coals closer together, place additional coals around the lit ones, and fully open the vents on the grill lid.

## Flare-ups



Fat from your meat will drip onto the fire. The fire ignites the fat, causing flare-ups. The following tips can help prevent flare-ups.

- Grill low-fat meat.
- Trim excess fat from your meat.
- Place a drip pan beneath the meat to catch fat before it hits the coals.
- Don't place meat directly over heat source.

# **Recreational Safety**

## **Heat injury prevention**



### **Heat Stress**

Heat stress is the buildup in the body of heat generated by the muscles during work and of heat coming from warm and hot environments. When the body becomes overheated, less blood goes to the active muscles, the brain, and other internal organs. Persons experiencing heat stress may get weaker, become tired sooner, and may be less alert, less able to use good judgment, and less able to function. As strain from the heat becomes more severe, there can be a rapid rise in body temperature and heart rate. Heat exhaustion and heat stroke result when the body is subjected to more heat than it can cope with.

### **Heat Exhaustion Symptoms**

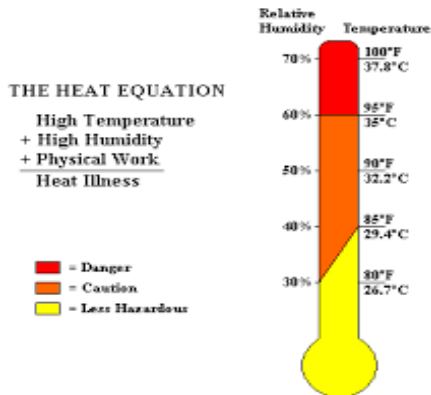
- Slightly higher than normal body temperature, caused by excessive loss of water from the body.
- Pale, moist, and clammy skin.
- Excessive sweating.
- Headaches, perhaps cramps.
- Tiredness and dizziness (possible vomiting).
- Fainting may occur (victim will probably regain consciousness if head is lowered).

### **First Aid for Heat Exhaustion**



- Heat stroke is a life-threatening medical emergency.
- High body temperature (106o or higher).
- Skin is flushed, feels hot and dry, due to stoppage of sweating.
- Rapid strong pulse.
- Collapse, unconsciousness, and death may occur if not treated immediately.

## Heat Stroke Symptoms



- Move victim to shade; elevate feet.
- Loosen victims clothing.
- If victim is conscious, give him cool water to drink.
- Apply cool, wet cloths.
- If victim vomits, do not give any more fluids.
- Transport victim to nearest medical facility as soon as possible.

## First Aid for Heat Stroke

- Remove bulky clothing from victim.
- Sponge skin with cool water or rubbing alcohol or place victim in cold water until body temperature is lowered.
- Aggressive and quick cooling is critical. Apply ice and cold water to underarms and groin.
- Transport victim to nearest medical facility immediately.

## Know the signs!!

### KNOW THE SIGNS

FAINT OR DIZZY

EXCESSIVE SWEATING

COOL, PALE, CLAMMY SKIN

RAPID, WEAK PULSE

MUSCLE CRAMPS

**HEAT EXHAUSTION**

- GET TO A COOL, AIR CONDITIONED PLACE
- TAKE A COOL SHOWER
- DRINK WATER!!

THROBBING HEADACHE

**NO SWEATING**

RED, HOT, DRY SKIN

RAPID, STRONG PULSE

MAY LOSE CONSCIOUSNESS

**HEAT STROKE**

**CALL 9-1-1**

## Sun Safety



The sun can be one of the biggest threats to outdoor recreation enjoyment. Too much sun can give you painful sunburn, cause heat exhaustion, or lead to heat stroke. Sunburn may also cause long-term skin damage—even skin cancer. You can reduce the risks of too much sun by following these simple guidelines.

- Build up your exposure gradually.
- Use a sunscreen product.
- Higher Skin Protection Factor (SPF) ratings provide better protection.
- Reapply sunscreen after swimming.
- Plan activities to avoid the sun when it is the strongest—from 10 a.m. to 3 p.m.
- Wear a hat and clothing that cover as much of your body as possible.

### Remember:

**Sun intensifies when it reflects off sand, water, and concrete. You can be burned even when it is overcast or foggy.**

If you are sunburned, rinse or soak in cool water or use cold compresses. If you have mild sunburn with no blisters use a gentle, non-medicated cream.

See a doctor for severe, painful sunburn.



## Baseball/softball



The number of people who play baseball and softball each year is staggering—some estimates exceed 100 million people. Participation ranges from unplanned pick-up games, through church outings and company picnics to semi-pro leagues. Individual physical condition of ballplayers ranges from totally out-of-condition to physical masterpieces.

Unfortunately, the number of people injured while playing baseball or softball is also staggering—over half a million ballplayers are injured each year. While most will only be inconvenienced for a few days, many will suffer some degree of permanent injury.

What are the leading types of baseball and softball injuries? Hospital records show that strains and sprains, contusions, and fractures lead the way. Most strains and sprains result from ballplayers running the bases. Most contusions happen when players run into each other or are hit by the ball, while most fractures occur when players try to slide into a base or are hit by a pitched ball.

How can injuries be kept to a minimum? The best way is by players knowing and understanding their own physical and skill limits. Most strains and sprains can be prevented by maintaining a good conditioning level and by carefully warming up before playing. Playing by the rules and within one's limits will help prevent contusions and fractures.

## Safety Rules for Baseball and Softball

- Check the playing field for holes, broken glass, rocks, or other dangerous objects.
- Be careful swinging the bat; make sure no one is too close.
- After you hit the ball, do not throw, or sling the bat; drop it as you run to base.
- Throw the ball to—not at—other players.
- Wear proper shoes (no metal spikes) and a batting helmet when at bat.
- If you play catcher, wear a facemask, protective cup (if you are a male), chest protector, and shin guards.
- Avoid running over another player to knock the ball loose.
- Call for fly balls so you do not run into another player.
- Be careful chasing the ball, if it goes into the street, look both ways to make sure there are no cars coming before you go after the ball.
- If there is lightning in the area, stop playing and seek shelter other than a tree.

## Tennis



Millions of people will work out this year playing tennis. Approximately 83,000 of them will leave the court injured. Steps to avoid serious injuries begin with a set routine: limber up, stretch out, warm up, play, cool down, and stretch again.

### Proper Equipment Tips

- **Racquet:** The racquet selected should have a grip that fits the player's hand. An oversize racquet head makes it easier for beginners to contact the ball; intermediate and advanced players usually prefer a midsize. The key to selecting a good racquet is shock absorption. Recommended racquet types are ones made of vibration-dampening material (fiberglass- graphite and fiberglass-boron composites are best).
- **Shoes:** Tennis is a game of quick sprints and rapid turns. Shoes must provide lateral stability. To prevent ankle strain and sprains, the sole must transfer the sheer force of twisting away from the ankle. If there is too much sole traction, the foot will pivot, passing the active force on to the ankle. Athletic shoes designed specifically for tennis will help to prevent these injuries.
- **Clothing:** Clothing should reflect the sun's rays, allow freedom of movement and permit heat and sweat to escape. You should also protect your eyes from court glare.

## Soccer

Soccer is the most popular sport in Italy. A soccer game is characterized by speed, grace, and skill. Players sprint, kick, and leap. Unfortunately, some players also get hurt.

In fact, many thousands of Americans are treated in emergency rooms every year for injuries related to soccer. Consider the following equipment to help keep your game safe:

- **Shirt:** In hot weather, shirts should have short sleeves. They should be light-colored to reflect heat and loose to allow ventilation.
- **Pads:** Players should wear shin pads. They do not interfere with movement or ball control. Goalkeepers should wear knee and elbow pads.

## Soccer Injury Breakdown



- **Abrasions:** Caused by sliding. Wash with soap and water, expose to air. If infection starts, treat with an antiseptic.
- **Lacerations:** Caused by skin being broken by contact with a head, elbow, or shoe. Seek medical attention to suture wound.
- **Bruises:** Caused by collisions, kicks, elbows. Apply ice and rest.
- **Stitches:** A sharp pain in the side of stomach during exertion. Breathe as deeply as possible until symptoms subside.
- **Cramps:** Involuntary contraction in muscle caused by fatigue, improper diet, dehydration, lack of salt, playing without warming up, or a sharp blow. Stop and stretch muscle. If caused by a blow, apply ice, and stretch it. If not caused by a blow, apply heat, and massage the area.
- **Sprains:** Caused by studs hanging in grass while turning, stepping in a depression, landing incorrectly, or stepping on a ball or foot. Apply ice, immobilize, compress with elastic bandage, elevate, and get medical attention.

## Jogging/running

As with any outdoor activity, it is important to be aware. Never jog or run any place where you might feel uncomfortable or unsure of your surroundings. It is always a good idea to run with a friend. Avoid jogging or running at night, since cars cannot see you and it is difficult for you to see the ground. Remember roadways are designed primarily for vehicular traffic. Using sidewalks, bike paths, physical training tracks, and open fields is recommended. Most important—pedestrian traffic rules apply to individual joggers or runners.

DO'S	DON'TS
Be in good physical condition.	Run during peak traffic hours.
Wear proper footwear.	Wear headphones when jogging near traffic.
Face oncoming traffic while running.	Over exercise.
Begin a running program gradually.	Assume right-of-way over vehicles.
Wear reflective clothing if jogging at night.	Use excessive salt.
Wear loose and thin clothing.	Wear plastic or rubber suits.
Do warm-up.	Run with flow of traffic.
Start off slow.	Continue if not feeling well.

## Skateboarding



Skateboarding need not be a dangerous sport. Many of the hazards to your children can be eliminated by following these guidelines.

- **Recognize that skateboarding is a sport:** Supply your child with the proper equipment. You would not allow your child to play hockey without a helmet nor would you purchase skis without proper poles and shoes. The same applies to skateboarding. In addition to a good, sturdy board, a skateboarder needs to wear a helmet, kneepads, elbow pads, and padded gloves with wrist supports.
- **Require that your child wear athletic shoes when skating:** Sturdy tennis shoes are recommended.
- **Know the areas in which your child skates:** Skating on city streets, sidewalks, and in shopping malls is prohibited in some areas.
- **Avoid skateboarding on public streets:** Cross streets on foot (not on the board). Teach your child to obey all traffic signals, signs, and regulations. Caution the child about the dangers of cars backing in and out of driveways.
- **Prohibit** your child from being towed by bicycles, automobiles, or other moving vehicles.
- If **skate parks** are available, encourage their use when there is adequate supervision. Teach your child to take good care of his equipment. A skateboard needs to be continually checked and maintained just like an automobile.
- The **wheels and bearings** must be checked regularly.
- The **trucks** (the metal pieces that connect the wheels to the board) must be securely fastened and properly adjusted.

## Bicycles



Bicycle riding has many benefits including exercise, preventing pollution, and saving money. However, sharing the road with motorized vehicles can be extremely hazardous. Follow these rules and tips for safe bicycle riding.

- Obey all applicable traffic regulations, signs, signals, and markings.
  - Observe all local ordinances pertaining to bicycle operation.
  - Keep right, ride with traffic, not against it. **Ride single file** (even though Italians usually don't!)
  - Watch out for drain grates, soft shoulders, and other road surface hazards.
- Watch out for car doors opening or for cars pulling out into traffic.

One of the striking things about cycling in Italy is not so much the sheer number of cyclists, but the fact that it's still very much a normal mode of transport for people of all ages. In general Italian roads are very good, but in some areas, you'll find that unsurfaced roads have been preserved as part of the landscape: the *strade bianche* (white roads) of Toscana are the best-known examples. Often these roads are at least as well maintained as the asphalt roads. You will find that in the south there are more roads in poor conditions.

## Water safety



### Swimming

Swimming is more than just fun. The ability to swim can save your life. American Red Cross statistics reveal that half of all drowning occur within 20 feet of safety. The frightening fact is that 40 percent of the population cannot swim 20 feet and would probably drown attempting to get to safety. If you or any member of your family does not know how to swim, there is no better time to learn than right now.

Here are just a few of the commonsense swimming rules that can save your life or the life of a loved one:

- Never swim alone, even if you are an experienced swimmer.
- Swim only at supervised areas.
- Never swim when exhausted, overheated, or immediately after eating.
- Before diving, make sure the water is deep enough.
- Don't depend on a tube or inflated toy for buoyancy.
- Whenever a storm approaches, get out of the water.
- Don't swim in extremely cold water.
- Don't consume alcohol and swim.



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## Water Skiing

Nearly 17 million Americans water ski each year. Twelve percent of water ski fatalities are by drowning. Many of those could be prevented by skiing with effective flotation devices and knowing how to swim. Safe skiing precautions include the following:

- Ski in a familiar area.
- Know the locations of standing timber, sandbars, and shallow water obstacles so you can avoid them.
- Ski in water that is at least five feet deep.
- Just as a towline connects the skier to the boat, the line of communication joins the boat driver and skier. Know water-skiing hand signals.
- Use a rear-view mirror and an observer to spot the skier.
- Don't consume alcohol or use medications, which can adversely affect your balance, judgment, and reaction time.
- Ski with a snug-fitting Type III Coast Guard approved life jacket.



## Recreational Boating

Power boating and sail boating can be very enjoyable spring and summer activities. Follow these guidelines to ensure safe boating.

**Float plan:** Tell someone where you are going and when you will be back, what your boat looks like, and other identifying information that will make finding your boat much easier should the need arise.

**Weather:** Always check the weather and water conditions before leaving shore. Take a radio with you and listen to updated weather reports.

**Fuel:** Check to make sure you have enough gas. Use the “one-third rule” in fuel management. Use one-third of the fuel to go, one-third to get back, and one-third in reserve.

**Tools and spare parts:** Carry a few tools and some spare parts, such as a spark plug, and learn how to make minor emergency repairs. A great many rescue cases are caused by minor breakdowns, which the operator should have been able to repair.

**Life jackets:** Make sure you have one on board for everyone in the boat. Make sure they are accessible. Encourage everyone to wear a lifejacket. Set an example by wearing yours.

**Safety equipment:** In addition to having a lifejacket for each person, you should also carry flares, a horn or whistle, a strong flashlight, a first-aid kit, and a bailing bucket or pump. Check state and Coast Guard requirements for what your size and type of vessel requires.

**Loading the boat:** Check the capacity plate to determine the load limits. Although there might be seats enough for four people, many small boats will only carry two or three people. The load makes a critical difference in the stability of a small boat. Overloaded boats can capsize.

**Alcohol and drugs:** Operating a boat while intoxicated is illegal and dangerous. Alcohol and drugs reduce judgment and the ability to react. The sun, wind, vibration, and noise increase the debilitating effects of alcohol and drugs.

## Early Spring Boaters

Early spring boaters and anglers are reminded that cold waters at this season of the year can be especially dangerous to those who fall overboard, even though they may be expert swimmers. Many spring drowning deaths can be attributed to “hypothermia” - the numbing effect cold water has on the limbs and body. No matter how good the swimmer is, he can drown if the cold water immobilizes his arms and legs and prevents him from swimming or otherwise getting out of the water. Loss of body heat in cold water occurs two to four times faster than in air.

## Safety Pointers to Springtime Boaters and Fishermen

During springtime, wear one or two suits of thermal underwear and other suitable clothing. The type of wet suits worn by scuba divers is also excellent protection against cold water.

If you should suddenly find yourself in cold water from capsizing or a fall from a boat, do not try to remove your clothing. While rapid wetting decreases the insulating properties of clothing, it will help retain some body heat by reducing the flow of water over your body. Clothing can also trap and hold air, which will add to your natural buoyancy.

Get out of cold water as fast as possible. Normally the Red Cross advises staying with a swamped or capsized boat, but exceptions to this rule are:

- when the water is very cold; or
- the accident occurs near a hazard such as rapids or falls.

Swim to the nearest point of safety - shore or another boat - with or at right angles to the current.

A victim taken from cold water should be brought into a warm room as quickly as possible. Remove wet or frozen clothing, and anything that is constricting. Warm the victim rapidly by wrapping in warm blankets or placing in a tub of water that is warm but not hot to the rescuer's hand or forearm. If the victim is conscious, he should be given hot liquids, but nothing containing alcohol.

## Coast Guard Personal Flotation Device (PFD)



Boaters enjoy the feel of sun and spray. So, it's tempting to boat without wearing a lifejacket especially on nice days. But most boating related drownings happen on nice days. Lifejackets are available in a wide variety of shapes, colors, and sizes. Many are thin and flexible. Some are built right into fishing vests or hunter coats. Others are inflatable as compact as a scarf or fanny pack until they hit water, when they automatically fill with air.

**To meet Italian Coast Guard requirements, a recreational vessel must have an Italian Coast Guard Approved lifejacket for each person aboard.**

### Lifejackets must be:

- the appropriate size for the intended user,
- appropriate for the intended activity,
- in good and serviceable condition, and
- Coast Guard approved to meet carriage requirements.

### Size and Fit:

- Check the label for user weight and chest size.
- Different body types float differently.
- Try your lifejacket on in the water to ensure your airway is clear.
- A good fit is secure, comfortable, and adjustable.

### Child Lifejacket Requirements:

- Italian law requires that when a vessel is underway, children under 13 years of age must wear their lifejacket.
- Exceptions for when below deck or within an enclosed cabin.
- Laws may vary depending on boat size and weather conditions. Always check the boating safety news on <https://www.guardiacostiera.gov.it/en/Pages/safety-of-navigation.aspx>.

## Fishing



Follow these simple rules to make your fishing trips safe and enjoyable.

- Fishhooks can catch anglers as well as fish, so anglers should carry needle nose pliers, wire cutters, and a pocketknife in tackle boxes. Always keep hooks in covered containers.
- When casting, anglers should make certain there is room to do so without hooking someone else. Always look before casting and use an overhead cast while in a boat with others.
- If you go on a fishing trip alone, leave word where you will be and when you plan to return. However, it is much safer to fish with a companion.

- If you go on a fishing trip alone, leave word where you will be and when you plan to return. However, it is much safer to fish with a companion.

- Stay away from water where there are swimmers, water skiers, and skin and scuba divers.
- Along the shore, wade cautiously to avoid slipping on hidden rocks or stepping unexpectedly into deep water.
- Learn how to hold a fish properly while extracting a hook. Many species of fish have sharp teeth or fins that can cause painful hand wounds.
- If you snag yourself deeply with a hook, cut off the line, bandage the wound, and go immediately to the nearest doctor or hospital. Do not risk further injury trying to remove a deeply imbedded hook.
- When fishing in channels or rivers, never tie your boat to channel buoys, they are traffic markers and must be kept clear.
- Never stand up in a boat while fishing, and always have an approved PFD for every person.

# Camping



Prepare for your outing in the wild with a few simple preparations.

**Clothing:** Cotton is a light, comfortable fabric that is cool, durable, and suitable for warm weather wear. Wool is a snug, rugged material that is appropriate for cooler weather. Unlike cotton, wool will keep you warm even if it becomes wet.

**Footwear:** The shoes you wear should match the conditions you expect. For easy walking over short distances, athletic shoes may be fine. Hiking boots (combat boots are a good substitute) that are strong enough to give your ankles support, sturdy enough to withstand miles of wear, and light enough to be worn all day are essential.

**Food:** Pack dried, canned, or fresh food. With fresh food, be sure you have the capability of storing it so it will not spoil. Never depend on “living off the land” by hunting or fishing. Bring food in case the fish are not biting, or game is scarce.

**Essential survival gear:** Pack a pocketknife, flashlight, matches in a waterproof case, a compass, a “space” blanket, rain gear, bug spray, flares, whistle, and a canteen of water.

**First aid kit:** The kit should include bandages, splints, aspirin, disinfectant, soap, and calamine lotion.



# **Travel safety**

## **Trip planning checklist**

Planning your trip will make for a pleasant experience and give you peace of mind. Failure to do so could ruin your entire outing.

## **Automobiles:**

The car should have a thorough safety and mechanical inspection by a mechanic. Items to be checked include:

- Transmission fluid
- Coolant fluid exchange
- Spark plugs
- Front and/or rear differential
- Battery performance check
- Check coolant levels
- Inspect shocks and struts
  - Transfer case fluid
- Serpentine belt
- Replace windshield wipers
- Change tires
- Check lights

## **Never leave home without....**

- Driver's license
- Duplicate car keys
- Vehicle registration
- Insurance cards (medical and vehicle)
- Medical contacts and information
- Names, addresses, and phone numbers of close neighbors and relatives.



## Hotel fire safety

As a member of the military community, you are sure to find yourself traveling often. Because PCS and TDY travel frequently places you in unfamiliar cities and hotels, awareness of fire safety rules may save your life. These rules apply to people in individual hotel rooms and to those attending meetings and seminars in conference rooms.

- Always check the location of the closest exit to the room. You should know exactly how many doors are between your room and the exit. You might have to crawl to this exit in a dark or smoke-filled corridor.
- If there is a fire alarm or warning call from hotel management, do not stop to gather personal belongings or work papers. Just get out as quickly as possible. Take your room key. You may find it necessary to retreat to your room.
- Before you open the door to the corridor, put your palm against it and touch the knob. If cool, open the door slowly with your foot braced against it. (This helps you slam the door shut if you discover fire or smoke).
- If the door is hot, do not open it. Soak blankets or towels in water and pack them around the door.
- If you must crawl to an exit door, stay close to the wall to avoid being trampled by others who may have panicked.
- Wait by the window to be rescued. Stay close to the floor to avoid breathing smoke. To increase ventilation, open or break the window (if you do not see smoke or flames rising past the window).
- Don't jump from the upper floors of a burning building. Wait for the fire fighters to rescue you. Let them know you are there by waving towels or coats out of the windows.

## Night driving

Most driving is done during the day. Most accidents happen at night. In fact, more than half of all traffic fatalities occur at night. The death rate based on vehicle miles is nearly three times as great as during the day.

We must recognize that night driving presents special hazards. The chief danger of course is reduced visibility, but the condition of the vehicle and driver may also create potential problems. Dirty windshields, worn windshield wipers, and dirty, inoperative, or misaligned headlights reduce your visibility and can make your vehicle less visible to others.

Driving when you are tired can be just as dangerous as drinking and driving. Fatigue from lack of sleep, over exertion, or too many hours of steady driving can be disastrous. Because more accidents happen at night, additional precautions should be taken when driving at night. Night driving precautions include the following.

- Prepare your car for night driving. Clean headlights, taillights, signal lights and windows (inside and out) once a week, more often if necessary.

- Have your headlights properly aimed. Misaimed headlights blind other drivers and reduce your ability to see the road.
- Don't drink and drive. Not only does alcohol severely impair your driving ability, it also acts as a depressant. Just one drink can induce fatigue.
- Avoid smoking when you drive. Nicotine and carbon monoxide in cigarette smoke hamper night vision.
- If you have any doubt, turn your headlights on. Lights will not help you see better in early twilight, but they will make it easier for other drivers to see you. Being seen is as important as the ability to see.
- Reduce your speed and increase following distances. It is more difficult to judge other vehicle's speeds and distances at night.
- Don't overdrive your headlights. You should be able to stop inside the illuminated area.
- When following another vehicle, keep your headlights on low beams so you do not blind the driver ahead of you.
- If an oncoming vehicle does not lower beams from high to low, avoid glare by watching the right edge of the road and using it as a steering guide.
- Make frequent stops for light snacks and exercise. If you are too tired to drive, stop and get some rest.
- If you have car trouble, pull off the road as far as possible. Warn approaching traffic at once by setting up reflecting triangles near your vehicle and 300 feet behind it. Turn on flashers and the dome light. Stay off the roadway and get passengers away from the roadway.

## Seat belt safety



In 2013, the overall safety belt use rate was **84 percent**, compared to **58 percent** in 1994. Experts say safety belts have helped save an additional **11,949 lives** over in 2013 and more than 250,000 lives since 1975.

However, **51 percent** of fatalities which restraint use were known were reported to be unrestrained. Passengers and pickup drivers are less likely to buckle up than other motorists, and men are less likely to use safety belts than women.

## U.S. Army Requirement

All drivers and passengers in vehicles are required to wear seat belts while traveling on or through military installations. **Military members are required to always wear safety belts in a moving motor vehicle.**

## Italian Road Code Requirement

Seat belts are mandatory for the driver and all occupants of the vehicle, including light quadricycles and micro cars. Italian Road Code requires children to be secured in an appropriate car seat up until 12 years of age. Children who reach 1.5 meters (approximately 4 feet, 9 inches) in height before the

age of 12, can be secured in a vehicle using only a seat belt. All car seats used in Europe must conform to ECE R44. The regulation specifies five categories of car seats, based upon weight and not age.

## Seat Belt Facts:

- Seat belts spread impact forces over the entire body.
- Seat belts stop you gradually, rather than abruptly.
- Lap and shoulder belts reduce moderate to fatal injuries by 57%.
- Most injuries and fatal crashes occur at speeds under 40 mph and within 25 miles of home.

## Wet roads

Summer showers can be tricky. They cause wet roads, soft shoulders, reduced visibility, and mud splattered lights and windshields. Slippery roads lengthen stopping distances. The first change to make in your driving when it starts to rain is to **SLOW DOWN**.

Even just a little rain creates considerable hazard. The rainwater mixes with the oil and grease residue and creates a slippery film on the road. The more it rains the more this film is going to be washed away, but do not wait for this to happen. Slow down as soon as it starts to rain.

Be wary of centerlines and lane markings. They can be much slicker than the rest of the road when wet. Take extra care when crossing railroad tracks. They are very slippery when wet. You cannot drive if you cannot see. So make sure your windshield wipers are in good working order. Keep the blades clean and replace worn blades immediately. A combination of safe driving procedures and properly maintained equipment is your best insurance against rainy driving hazards.

## Motorcycle safety



The first concern of every motorcyclist, especially inexperienced ones, should be safety. According to a study conducted in California, motorcyclists involved in accidents took no evasive action, or in the few cases where something was done, it was the wrong action. That is why attending a training class is so important. Follow these rules for safe motorcycle operation.

- If you are a beginner motorcyclist, enroll in a motorcycle-training course. Many of the accidents occurring today involve novice riders. If you are not properly trained to correctly react to hazardous or emergency situations, you may never get a second chance.

- Ride your motorcycle as though you were invisible to other highway users. Chances are the motorist really does not see you. **50% of all accidents involving motorcycles are the result of an automobile making a left turn directly into the path of an oncoming motorcycle.** In addition, in most instances, the automobile driver said that he never saw the motorcycle.

- Take positive steps to increase your visibility to other motorists. **Keep your headlight on at all times;** and have your bike, riding clothes, and helmet marked with light colored fluorescent or reflective materials. Maintain the proper lane position and use your directional signals.

- Maintain a safe following distance. Traffic accidents caused by motorcyclists are usually the result of following too closely. The greater the distance between you and the car ahead, the more time you must react to hazards or obstructions in the road.

- Carry passengers only after you become a thoroughly experienced rider.

- Be sure the motorcycle is legally equipped and maintained in safe operating condition.

- Ride in the left track, that is, to the left of the grease strip in your lane of traffic unless you intend to turn right. The left track position assures better visibility, more evasive escape room and encourages the motorist to pass properly. A motorcycle is not permitted to share lane position with any other vehicle, including another motorcycle.

- Be in top mental condition before operating a motorcycle. Coordination and concentration are essential to safe operation.

- Do not lend your bike to a friend. Many motorcycle accidents occur on borrowed machines. Due to manufacturers having different methods of mounting controls and inconsistencies in control location between name brands, not every rider will be familiar with every motorcycle. In addition, will your insurance cover possible claims arising from your borrowed motorcycle's accident, or could you be held criminally liable in case of a serious accident or injury?

- Observe all traffic laws. The motorcyclist must look for and be prepared to evade other vehicles. Always anticipate the unexpected so you are alert to control any situation that may arise.

**Remember, almost 70% of the stopping power is in the front brake.** This is because front brake shoes are larger and the front wheel does not have to overcome inertia caused by the chain, drive sprocket or transmission. General rules for braking are as follows:

### **Rule #1: use the front brake!**

This brake does most of the work. Braking confidently, progressively, and hard on the front wheel is a critical skill and should be practiced on a regular basis and under safe conditions. Do this on your own and with a passenger as the extra weight affects your stopping distance.

As you brake, do not stiffen your arms—instead grip the bike with your legs leaving your arms free and relaxed.

### **Rule #2:**

**Hard, heavy braking should always be done when the motorcycle is upright and traveling in a straight line!**

### **Rule #3: avoid locking up the wheels!**

**Remember, when it is two wheels versus four, your skill and expertise are your best—and maybe your only—protection. Shouldn't you take whatever measures possible to increase your survivability?**



# Army Traffic Safety Training Program (ATSTP) 2022

USAG Italy Safety Office is monitoring and scheduling the training for the motorcycle riders in Camp Darby. The training will be at TMP Training Room/Range Bldg #703, Camp Darby. The MSF Courses & IDC will be conducted as per following calendar:

## FY22 ATSTP SCHEDULE

	MAY	JUNE	JULY	AUGUST	SEPTEMBER
<b>IDC</b>	No schedule	No schedule	No schedule	No schedule	No schedule
<b>BRC</b>	20-21	31May-1	28-29	Upon request	Upon request
<b>ERC</b>	No schedule	No schedule	Upon request	Upon request	Upon request

## All-terrain vehicle (ATV) safety

An ATV is a motorized off-highway vehicle designed to travel on three or more low-pressure tires. ATVs are used for both recreational and work vehicles. ATVs are fun to drive but can be very dangerous. Follow these rules for safe ATV operation.

**Who should drive it:** Typically, children under 12 are unable to safely operate an ATV, as they have not developed the necessary size, strength, logic, motor skills, and perception.

**Stability:** Although the stability of all ATV's is low, 4-wheeled ATVs have better stability than 3-wheeled.



**What to wear:** Wear protective gear: helmet; eyewear; long sleeve shirts, long pants; gloves; and boots.

**Where to ride:** ATV's are difficult to control on pavement. They are best suited for trails and off-road riding.

**How to ride:** A passenger seriously impairs the driver's ability to shift weight; steer and control the vehicle. Most fatal accidents occur after dark and before dawn. Check your lights, slow down, and avoid unfamiliar terrain. Maintain a safe speed and ample distance between vehicles. Use hand signals for stopping, slowing down, and turning. Do not drive the ATV so fast that you are compromising control. Stunt driving should be left to professionals, not everyday ATV operators.

# **Holiday Safety**

## **Fireworks safety**



To help you celebrate the fourth of July and other holidays safely, the Consumer Product Safety Commission (CPSC) and the National Council on Fireworks Safety offers these safety tips.

- Always read and follow label directions.
  - Have an adult present.
  - Ignite fireworks outdoors.
  - Have water handy.
  - Never experiment or attempt to make your own fireworks.
  - Light one at a time.
- Never re-ignite malfunctioning fireworks.
  - Never give to small children.
  - Never throw fireworks at another person.
  - Never carry fireworks in your pocket.
  - Never shoot them from metal or glass containers.
  - Store in a cool, dry place.
  - Comply with local laws and ordinances.

## **Injuries and Fatalities**

- In 2013, 8,800 fireworks-related injuries were treated in U.S. hospital emergency rooms.
- About 57% of emergency room-treated fireworks injuries occur in July, according to CPSC data.
- More than half the injuries occur at home.
- About 93% are treated or examined and released without treatment.
- The most common injury associated with fireworks is thermal burns, accounting for about 53%.
- Other injury types are contusions and abrasions (16%), lacerations (8%), foreign body (5%), and puncture (3%).
- About 40 cases annually result in amputation.



## **CAMP DARBY** **Emergency Contact Numbers**

**PMO Desk 24/7**

**DSN: 633-7510**

**Commercial: 050 – 547510**

**Off-Post Emergencies:**

**English-speaking Italian Operator: 112**

**Other Contact Numbers:**

- |                               |  |
|-------------------------------|--|
| • Carabinieri on post (24/7): | <b>DSN: 633-8711; Comm: 050-548711</b>   |
| • Fire Department:            | <b>DSN: 633-7575; Comm: 050-547575</b>   |
| • Safety Office (DMC):        | <b>DSN: 645-8155; Comm: 050-965-8155</b> |
| • DPW (Work Order):           | <b>DSN: 633-7581; Comm: 050-547581</b>   |