

The ACCIDENT ZONE

2019 OFF-DUTY SAFETY AWARENESS PRESENTATION



U.S. ARMY

<https://safety.army.mil>



U.S. ARMY COMBAT READINESS CENTER



Each year from FY14-FY18, the Army lost an average of 89 Soldiers in off-duty mishaps.

Projections indicate by the end of FY19, we will lose another 94 Soldiers from our formations due to off-duty mishaps.

MANAGING YOUR RISKS

prevents you from entering the

The
ACCIDENT
ZONE

OFF-DUTY FATALITIES VIDEO

Click the picture to play the video.



ALCOHOL

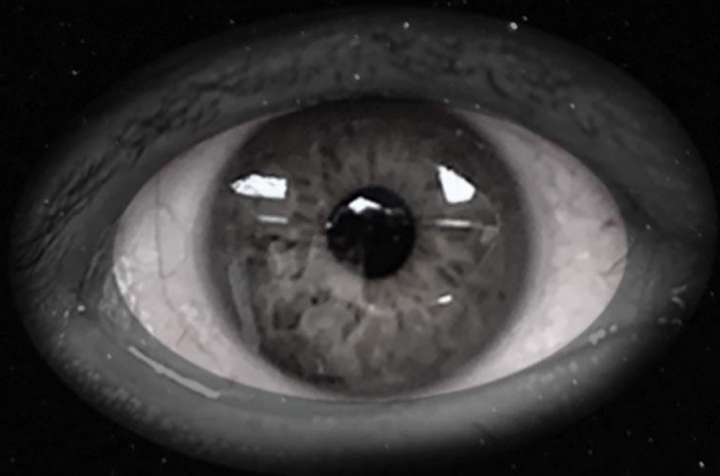
From FY14-FY18, there were nearly 400 off-duty cases where alcohol was a contributing factor to the mishap.

IMPAIRED JUDGMENT

+ Poor Vision

+ Delayed/Slow Reaction Time

= MISHAP



WATER-RELATED VIDEO

Click the picture to play the video.



WATER-RELATED ACTIVITIES

- From FY14-FY18, the Army lost 34 Soldiers in water-related mishaps – 35% were leaders (SGT and above).
- The U.S. Coast Guard reported 4,291 mishaps that involved 658 fatalities, 2,629 injuries, and \$46 million of damage to property as a result of recreational boating mishaps in 2017.

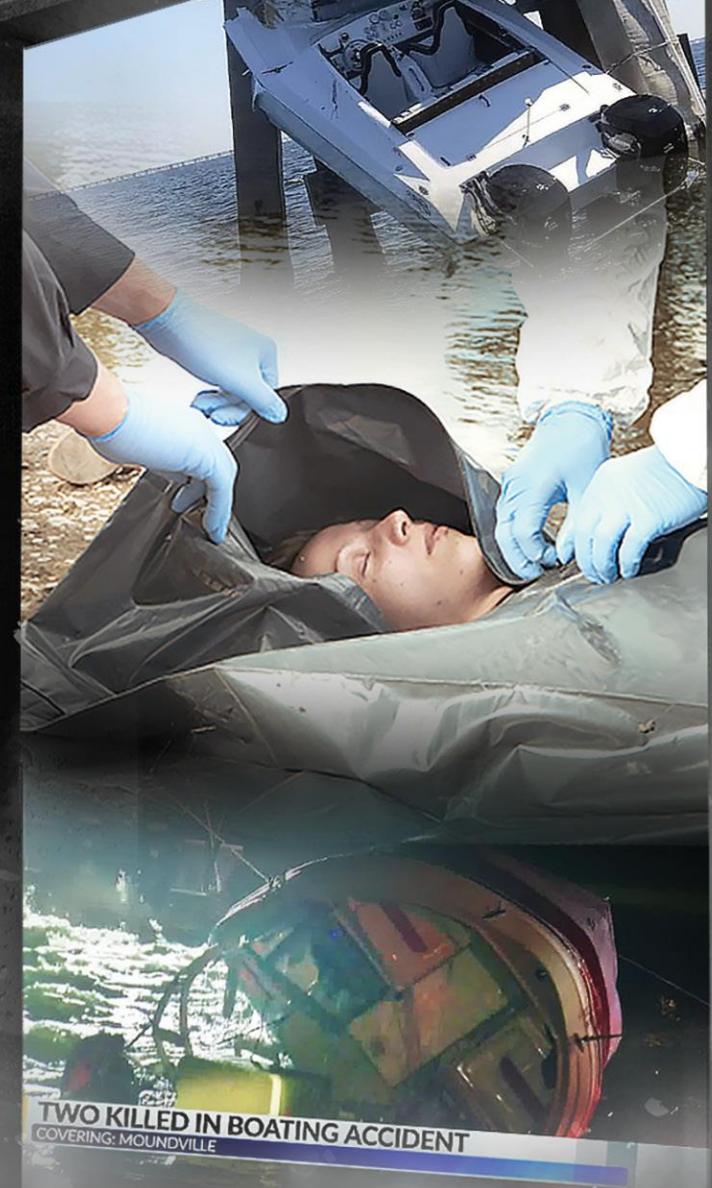


BOATING SAFETY

OPERATOR'S RESPONSIBILITIES:

- Don't drink and boat; boating under the influence (BUI) is dangerous and illegal.
- Make sure the boat is in top operating condition.
- Keep legally mandated safety equipment on board. Maintain the equipment in good condition. Ensure you know how to properly use these devices.
- Maintain a safe speed at all times to avoid a collision.
- Keep an eye out for changing weather conditions and act accordingly.
- Know and obey federal and state regulations and waterway markers.

NATIONAL BOATING SAFETY WEEK: MAY 19-25, 2019

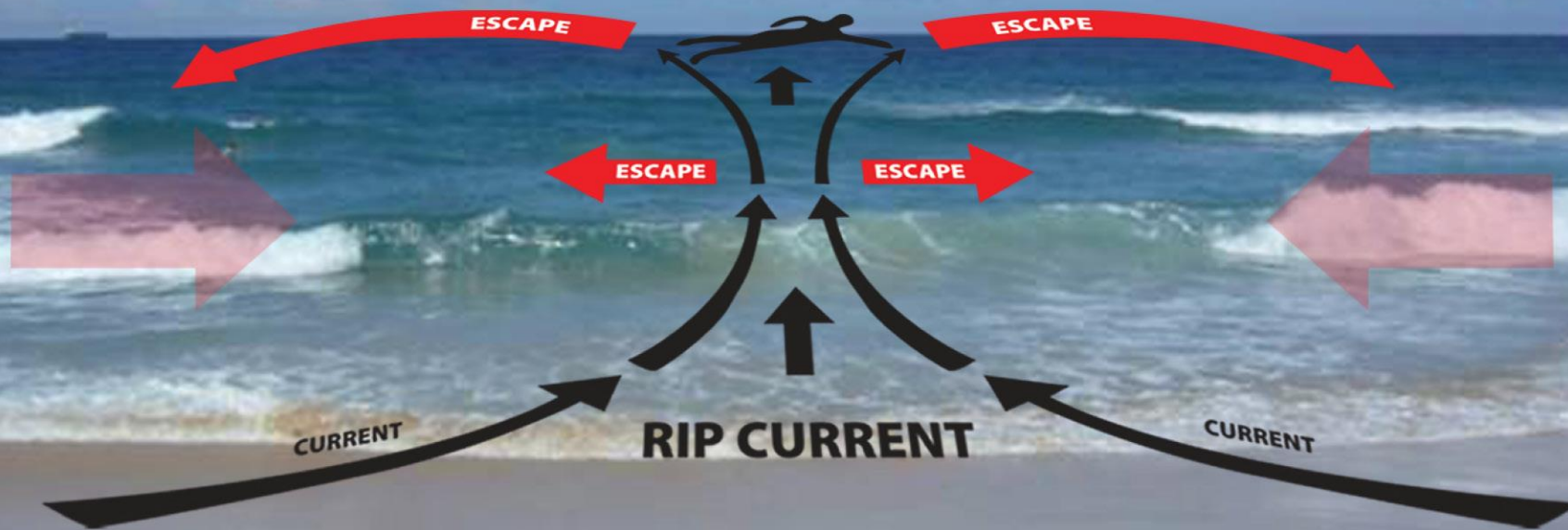


RIP CURRENTS

Rip currents are powerful currents of water moving away from shore.
They can sweep even the strongest swimmer out to sea.



BREAK THE GRIP OF THE RIP!®



PEDESTRIAN VIDEO

Click the picture to play the video.



PEDESTRIAN MISHAPS

35 Soldiers lost their lives in off-duty pedestrian mishaps from FY14-FY18.

- **The vast majority (81%) were enlisted, but officers were also among the dead.**
- **75% of the deaths occurred at night.**
- **Alcohol impairment was confirmed in 22% of the incidences and suspected in several others.**
- **Season of the year wasn't much of a factor.**



WHAT THEY WERE DOING

- 66% were simply crossing a street or walking too near a roadway. Six of them were intoxicated.
- Seven Soldiers (20%) were killed in the vicinity of their own or someone else's fender bender or disabled vehicle.
- Five Soldiers were hit by trains while walking or lying on the tracks.

USE CROSSWALKS.

WAIT FOR THE WALK SIGNAL.

THE PENALTIES FOR JAYWALKING VARY.



5 SOLDIERS KILLED BY TRAINS



THERE IS NO EXCUSE FOR BEING
HIT BY A TRAIN.

- Walking or playing around railroad tracks is trespassing on private property. You could be fined, seriously injured or killed.
- Trestles are not meant to be sidewalks or pedestrian bridges. There is only enough clearance on the tracks for a train to pass.
- Trains overhang the tracks by at least three feet in both directions. Loose straps hanging from railcars can extend even farther.
- Trains do not follow set schedules. Another one can come along at any time.

TRAIN TRACKS ARE OFF LIMITS!

DON'T BE A DEAD PED

- See and be seen.
- Use all your senses when near an area with moving vehicles.
- Look left, right and then left again.
- Avoid walking when impaired by alcohol.
- Stay off train tracks!

IT GOES WITHOUT
SAYING: OBEY ALL
TRAFFIC LAWS.



PRIVATELY OWNED WEAPONS (POWs) VIDEO

$E=MC^2$

Click the picture to play the video.



UNINTENDED DISCHARGES

(NEGLIGENT DISCHARGES)

TRENDS & PREVENTION MEASURES

- **Soldiers intentionally pointing “unloaded” weapons at themselves or others**
Treat every weapon as if it is loaded and NEVER point the muzzle at anything you don't intend to shoot.
- **Alcohol a factor**
Do not handle weapons while or after consuming alcohol.
- **Complacency with privately owned weapons**
Make sure you know how to properly operate a POW; read the owner's manual and take a class.
- **Someone else was present**
Intervene when you see a peer, friend or family member handling a weapon inappropriately.



THINK ABOUT IT...

Treat every weapon as if it is loaded.

Handle every weapon with care.

Identify the target before you fire.

Never point the muzzle at anything you don't intend to shoot.

Keep the weapon on safe and your finger off the trigger until you intend to fire.



THIS IS A TOY



THIS IS NOT

SPORTS-RELATED VIDEO

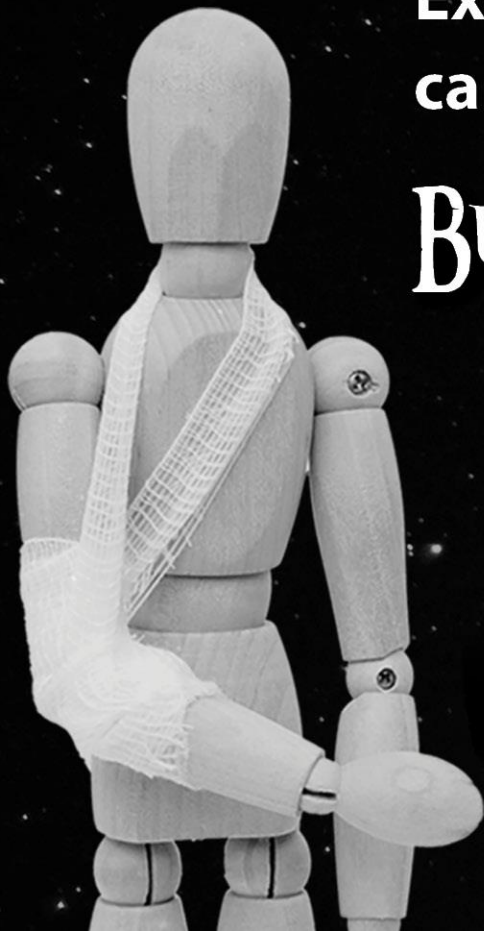
Click the picture to play the video.



SPORTS-RELATED ACTIVITIES

Extreme sports
can be exhilarating

BUT DEADLY



HOME SAFETY VIDEO

Click the picture to play the video.



HOME SAFETY



TOP 5 HAZARDS IN AND AROUND THE HOME

1. Poisoning

2. Falls

3. Choking & Suffocation

4. Drowning

5. Fires/Burns



TOP 5 “HIDDEN” HOME HAZARDS

1. Magnets
2. Recalled Products
3. Furniture Tip-Overs
4. Windows & Coverings
5. Pool & Spa Drains



GRILLING SAFETY

Each year, an average of 9,600 home fires are caused by grilling.

SAFETY TIPS:

- Use grills outside only, away from siding, deck rails and overhanging branches.
- Periodically remove grease buildup.
- Never use gasoline or any flammable liquids other than starter fluid.
- Never add charcoal starter fluid to fire.
- Check the gas cylinder hose for leaks.



FIRE SAFETY

U.S. fire departments responded to an estimated average of 355,400 home structure fires per year during 2012-2016.

Home fires caused an annual average of 2,560 civilian fire deaths and 11,670 fire injuries.

ACROSS THE U.S.:

- **On average, seven people died in U.S. home fires per day.**
- **Cooking was the leading cause of home structure fires and home fire injuries and the second leading cause of home fire deaths.**



SMOKE ALARMS

A properly installed and maintained smoke alarm is the only thing in your home that can alert you and your family to a fire 24 hours a day, seven days a week.



FIRE PREVENTION

- Never smoke in bed.
- Avoid grease build-up in the kitchen.
- Use space heaters properly.
- Inspect wires and never overload circuits or extension cords.
- Use extreme caution when using candles.
- Keep washers and dryers clean, paying particular attention to lint traps and dryer vents.



CARBON MONOXIDE

THE SILENT KILLER

WHAT IS IT?

- Colorless, odorless gas
- Extremely poisonous and can kill within minutes

CAUSED BY POORLY MAINTAINED:

- Heating systems
- Gas stoves
- Gas-powered generators

CONTROLS:

- Maintain your heating system and fuel-burning appliances.
- Install a carbon monoxide (CO) detector.
- Don't use a portable generator indoors.
- Don't run your vehicle inside the garage.
- Don't heat your house with a gas oven.



PRIVATE MOTOR VEHICLES (PMVs)



DRIVING MYTHS

$$E=MC^2$$



- Alcohol is the No. 1 cause of fatal PMV-4 (auto/sedan, SUV, truck, or van) mishaps.
- Texting or talking on a phone and driving is just multitasking. Doing both at the same time is easy ... not distracting.
- The “other guy” is the primary cause of accidents involving motorcycles.
- A motorcycle helmet will not save me in a bad mishap.

HOW DO YOU DEFINE YOURSELF?

UNDISCIPLINED

Untrained Soldier who has not received counseling or mentorship

- is not directly involved with leadership.

DISCIPLINED

Fully trained, counseled and mentored Soldier

- is directly involved with leadership.

INDISCIPLINED

Fully trained, counseled and mentored Soldier

- is directly involved with leadership BUT operates vehicle in an unsafe manner and disregards requirements, often resulting in mishaps or fatalities.



SPEEDING IS INDISCIPLINED BEHAVIOR!

FY18 PMV MISHAPS

- Speeding contributed to 14% of the PMV-4 fatalities.
- Speeding contributed to 23% of the PMV-2 fatalities.
- 10 Soldiers are dead because of speeding.



MOTORCYCLE VIDEO

Click the picture to play the video.



MOTORCYCLES

36%
OF ALL PMV
ACCIDENTS
IN FY18



PERSONAL PROTECTIVE EQUIPMENT



PPE IT'S WORTH EVERY
DIME, EVERY TIME!

For additional information, ref AR 385-10, Chapter 11, para 11-9 d.

WHAT'S REQUIRED?

1. Helmets, certified to meet DOT standards.
2. Impact- or shatter-resistant goggles, wraparound glasses or a full-face shield.
3. Sturdy footwear, leather boots or over-the-ankle shoes.
4. A long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens designed for use on a motorcycle.

Riders are highly encouraged to select PPE that incorporates protective padding, fluorescent colors and retro-reflective material.

MOTORCYCLE TRAINING

PROGRESSIVE MOTORCYCLE PROGRAM (PMP):

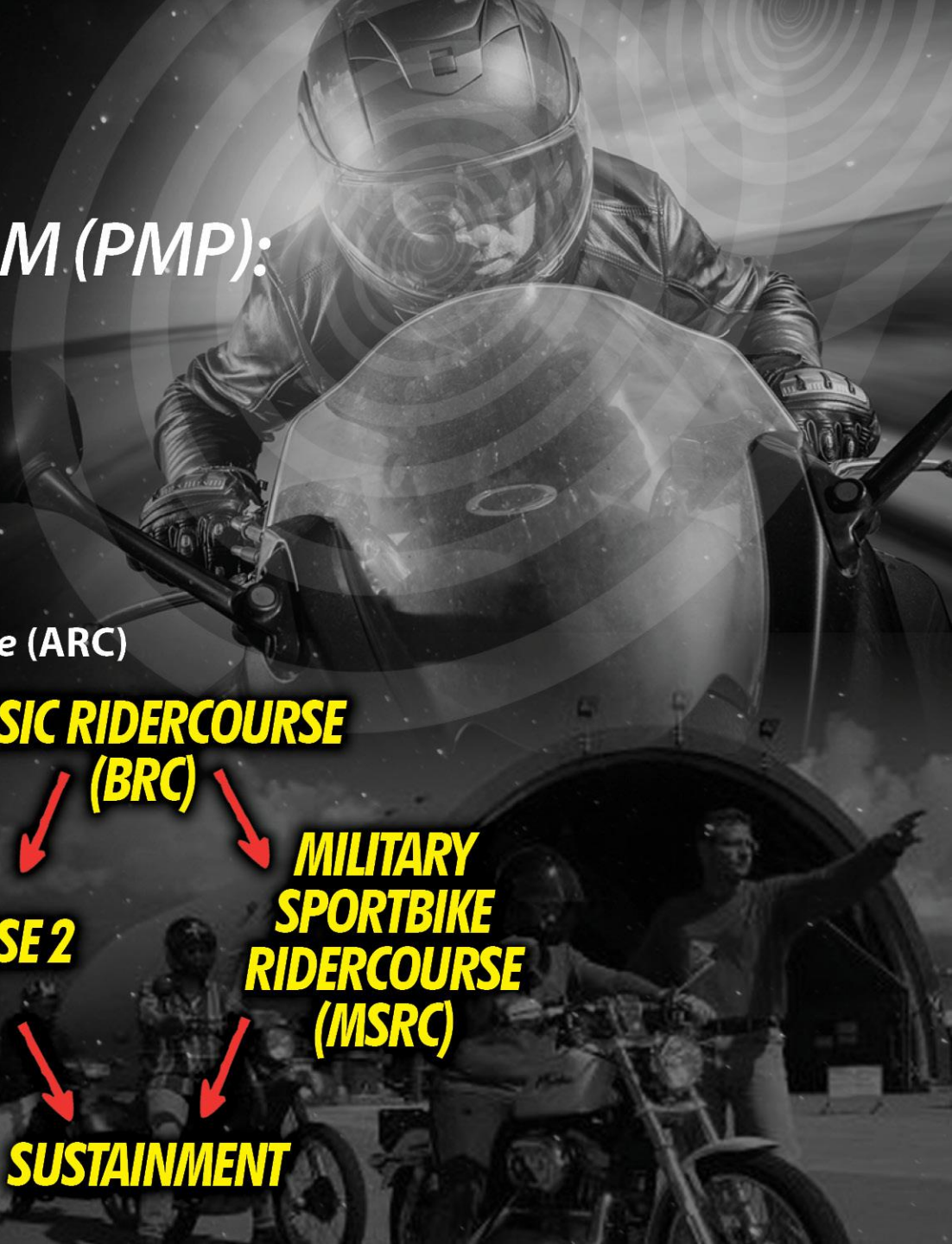
- **Basic RiderCourse (BRC)**
- **Basic RiderCourse 2 (BRC2)**
 - Required within one year after completing the BRC for cruiser and standard motorcycle riders
- **Military SportBike RiderCourse (MSRC) / Advanced RiderCourse (ARC)**
 - Required within one year after completing the BRC for sportbike riders
- **Motorcycle Refresher Training (MRT) for Soldiers deployed for more than 180 days**
- **Sustainment training**

**BASIC RIDERCOURSE
(BRC)**

**BASIC
RIDERCOURSE 2
(BRC2)**

**MILITARY
SPORTBIKE
RIDERCOURSE
(MSRC)**

SUSTAINMENT



RIDING TIP

SEEING is the best way to avoid dangerous situations.

S - **SEARCH**
around you for potential hazards.

E - **EVALUATE**
any possible hazards such as
turning vehicles.

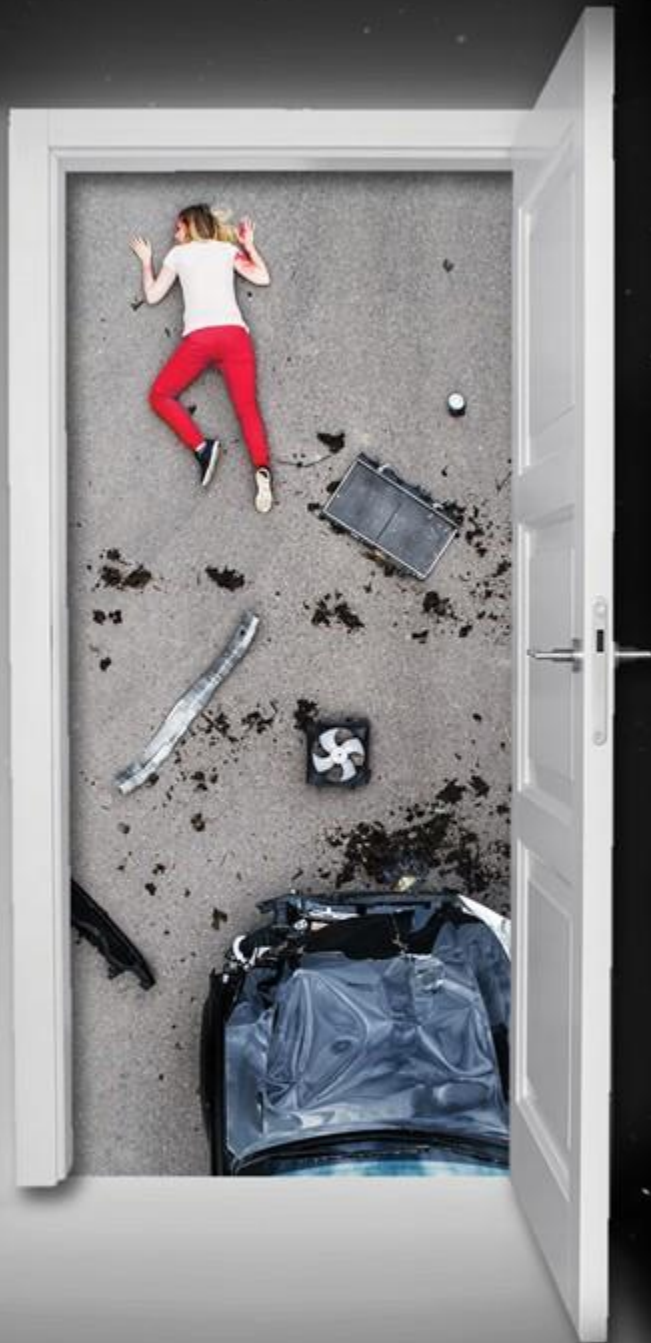
E - **EXECUTE**
the proper action to avoid the
hazard.

**A SOUND STREET STRATEGY CAN
PREVENT A DANGEROUS SITUATION**



PRIVATE MOTOR VEHICLE - 4 (PMV-4) VIDEO

Click the picture to play the video.



AUTOS / SEDANS, SUVs, TRUCKS AND VANS

- Seat belts will be worn by all Soldiers driving or riding in an automobile whether on or off the installation.
- In FY18, four Soldiers died when involved in a mishap where they were NOT wearing seat belts.

INDISCIPLINED
DECISIONS
COST THEM
THEIR LIVES!

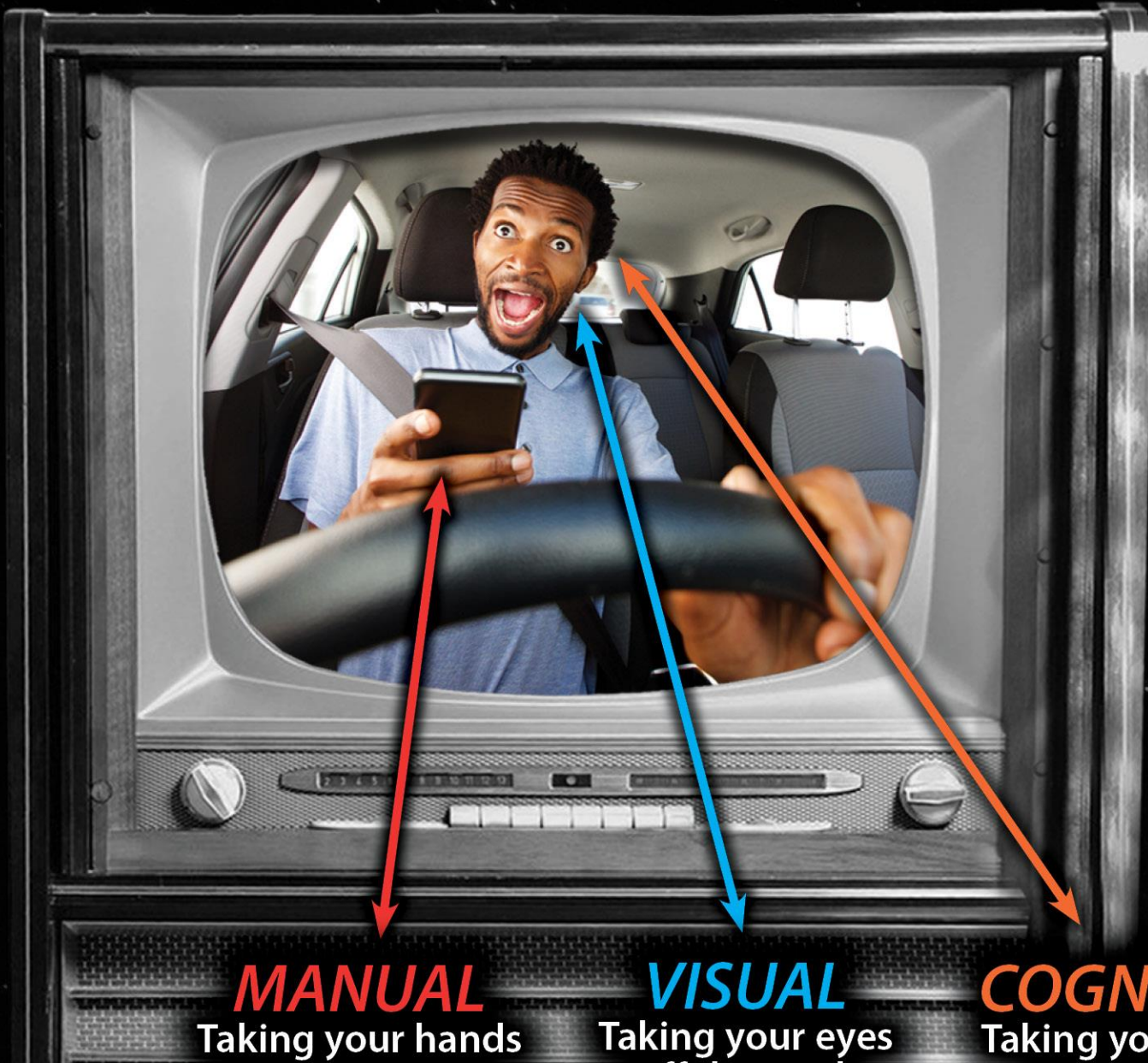


DISTRACTED DRIVING

DRIVING = MULTITASKING

At any given daylight moment across America, approximately 660,000 drivers are using cellphones or manipulating electronic devices while driving.

DISTRACTED DRIVING KILLS!



MANUAL

Taking your hands
off the wheel.

VISUAL

Taking your eyes
off the road.

COGNITIVE

Taking your mind
off driving.

DRIVING FATIGUED

There are several warning signs of fatigue; however, individuals often don't understand them or, worse yet, choose to ignore them.

WHO IS MOST AT RISK?

- Sleep-deprived.
- Driving long distances after working a full shift.
- Driving through the night, the early afternoon, or at other times when normally asleep.
- Drinking alcohol or taking medication that increases drowsiness.
- Driving alone for long distances without rest breaks or much change in scenery.

WARNING SIGNS!

- Can't remember the last few miles driven.
- Drifting from lane or hitting a rumble strip.
- Yawning repeatedly.
- Difficulty focusing or keeping eyes open.
- Tailgating or missing traffic signs.
- Trouble keeping head up.




ATV/ROV SAFETY TIPS

- ATVs are not toys; get training.
- Never ride alone and always tell someone where you are going and when you will return.
- Read the owner's manual carefully.
- Check local laws.
- Be careful when operating ATVs and ROVs with added attachments; these affect the stability, braking and operation of the vehicle.
- Always supervise young operators.
- Never carry extra riders.
- Never operate ATVs or ROVs on streets, highways or paved roads, except to cross at safe, designated areas.
- Always make sure the ATV or ROV is in good condition.

REMEMBER ATGATT:
“ALL THE GEAR, ALL THE TIME.”





INDIVIDUAL / LEADER RESPONSIBILITIES

Operator indiscipline remains one of the leading causal factors in PMV fatalities and includes:

- Speeding
- Training
- Alcohol
- Seat belts
- Lack of PPE

To significantly reduce your risk, use these simple controls:

- 1) Slow down.
- 2) Buckle up.
- 3) Don't consume alcohol.
- 4) Get the proper license and training.
- 5) Wear the right PPE.



AVOIDING ... THE ACCIDENT ZONE

Click the picture to play the video.

ON & OFF DUTY:
MANAGE
YOUR RISKS
TO AVOID...



The ACCIDENT ZONE



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