



**Safety is a Frame of Mind:
Get the Picture?**

**Off-Duty Safety Awareness Presentation
Speaker Notes**

17 April 2014

U.S. Army Combat Readiness/Safety Center's
Off-Duty Safety Awareness Presentation Speaker Notes

Included in this packet are the speaker notes for the off-duty safety awareness presentation. Unless otherwise stated, the statistics included in this briefing are as of 5 March 2014. The goal of the presentation is to make all Soldiers aware of the off-duty hazards they may face in the upcoming months so they can become part of the solution in preventing the next accident. Although these notes can be used as is, please feel free to modify them to fit your presentation style or to reflect what's happening in your organization.

Slide 1: Opening

Good morning/afternoon, today we're going to talk about accident prevention. This presentation focuses on off-duty accidents because the Army continues to lose Soldiers to preventable, off-duty accidents.

During today's presentation, we will discuss:

- 1) Where we stand as an Army in terms of accidents.
- 2) The types of accidents that are most prevalent.
- 3) Potential hazards and control measures.
- 4) How we, as a team, can prevent the next accident.

Next Slide

Slide 2: Formation Off-Duty Fatalities

From FY09 through FY13, the Army lost an average of 123 Soldiers each year in off-duty accidents. That's over four times the number of Soldiers lost to on-duty accidents, and it's the equivalent of losing a company per year from our Army. If we continue to take unacceptable risks in our off-duty activities, our cost will be the loss of another company of Soldiers this fiscal year. As an Army team, we can change this outcome through Soldier, Family and Leader engagement and by using some simple proactive measures to mitigate the risks associated with off-duty activities. Every Soldier is a valuable member of our Army team. By making a commitment to safety as a frame of mind and a lifestyle, both on- and off-duty, we strengthen that team.

Take a look at what happens to our formation when we don't embrace safety as a frame of mind.

Next Slide

Slide 3: Off-Duty Fatalities Video

Play

Now let's talk about accident prevention.

Next Slide

Slide 4: Training, Discipline & Standards

Readiness is critical to the success of our Army, and safety is a critical component of that readiness. Preventing accidents allows us to preserve our most precious resource –our Soldiers. Safety, whether you are deployed, working in garrison or off duty is not a standalone entity; it is a readiness imperative and a frame of mind that should be applied to everything you do. Training, discipline, and standards are the foundation on which you build your safety frame of mind.

Getting the picture requires awareness. So throughout this presentation we will talk about the hazards related to various off-duty activities.

We don't have the power to eliminate risk from our lives, but with the right frame of mind, we do have the power to identify hazards, manage risks, and prevent avoidable accidents.

Next Slide

Slide 5: Alcohol

As you will see throughout this presentation, alcohol is often the common denominator in off-duty accidents. Since FY09, there have been nearly 300 off-duty accidents in the Army where alcohol use was confirmed or suspected.

Alcohol consumption slows your reaction time, and as you are all well aware, impairs judgment and causes poor vision. All these factors can lead to an accident.

Most alcohol-related accidents involve private motor vehicles (PMVs), but each year Soldiers also die while handling weapons, boating, swimming, fishing, and participating in other activities.

We are going to take a look at each of the activities that often result in off-duty fatalities. Let's begin with water-related activities.

Next Slide

Slide 6: Water-Related Video

Play

Next Slide

Slide 7: Water-Related Activities

When participating in any type of water-related activity, it is important to identify the hazards and to know your limits. In just minutes, even strong swimmers can tire rapidly in cold water and become unable to help themselves.

From FY09 – FY13, we lost an average of seven Soldiers per year to off-duty, water-related activities.

Remember, rank doesn't make you immune. Nearly half of the water-related fatalities in the last five years involved a Leader.

So let's talk about some prevention strategies. In addition to wearing a life jacket and limiting or avoiding alcohol consumption, make sure you know how deep the water is before you dive in. When swimming in rivers, lakes, and oceans, be aware of swift currents and undertows. In addition to the 37 Soldiers that died in water-related accidents in the last five years, another four Soldiers suffered permanently disabling injuries after diving into shallow waters.

Next Slide

Slide 8: Boating Safety

The U.S. Coast Guard ranks operator inattention, improper lookout, operator inexperience, machinery failure, and excessive speed as the top five contributing factors in recreational boating accidents. However, alcohol use is the leading contributing factor in fatal boating accidents. You need to be aware that boating under the influence (BUI) on waterways is just as illegal and dangerous as DUI on a roadway.

Training and personal protective equipment (PPE) play critical roles on waterways. According to 2012 Coast Guard statistics regarding fatal recreational boating accidents, 86% of the boat operators had never taken a safe-boating course and 85% of those who drowned failed to wear a life jacket.

So what are some strategies for a safe trip on the water? Take a Coast Guard-approved boating safety course, review local laws and policies, ensure that you, your buddies, and your Family members use life jackets and make sure the person operating the boat doesn't consume alcohol.

U.S. Army Combat Readiness/Safety Center's
Off-Duty Safety Awareness Presentation Speaker Notes

In addition, be sure to have a float plan. A float plan is an itinerary of when and where you plan to go while on the water. It is to be completed before you go boating and given to a person who can notify the Coast Guard or other rescue organization if you fail to check in according to the plan.

Next Slide

Slide 9: Rip Currents

Rip currents can be killers. The U.S. Lifesaving Association estimates that more than 100 people die annually on our nation's beaches due to rip currents. Rip currents account for over 80% of rescues performed by beach lifeguards.

To avoid and survive rip currents:

- Never swim alone.
- Whenever possible, swim at a lifeguard protected beach.
- Obey all instructions and orders from lifeguards.
- Be cautious at all times, especially when swimming at unguarded beaches. If in doubt, don't go out!
- If caught in a rip current, remain calm to conserve energy and think clearly.
- Don't fight the current. If you are unable to swim out of the rip current, float or calmly tread water.
- Swim out of the current by following the shoreline. When out of the current, swim towards shore.
- If you are still unable to reach shore, draw attention to yourself: face the shore, wave your arms, and yell for help.
- If you see someone in trouble, get help from a lifeguard. If a lifeguard is not available, have someone call 911. Throw the rip current victim something that floats and yell instructions on how to escape. **Remember, many people drown while trying to save someone else from a rip current.**

On to our next topic: pedestrian accidents.

Next Slide

Slide 10: Pedestrian Video

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Next Slide

Slide 11: Pedestrian Accidents

A continuing area of concern is accidents involving Soldiers struck by cars or trains while walking along roads and railways. From FY09 - FY13, 33 Soldiers died in off-duty, pedestrian accidents.

Just because a pedestrian is supposed to have the right of way, doesn't necessarily mean they will be given the right of way. Never assume drivers are paying attention; always make eye contact with the driver before crossing in front of a vehicle. A courtesy wave allows a driver to know you see them and acknowledges they see you.

As we mentioned earlier, alcohol is a common factor in many accidents. You already know you shouldn't drink and drive and that you shouldn't ride in a vehicle with someone who is operating it under the influence. Keep in mind that being alcohol-impaired can be just as dangerous on foot.

Also, remember to take care while assisting others; several Soldiers lost their lives after being struck by vehicles while attempting to assist stranded motorists. Make sure you and your vehicle are moved as far as possible from traffic, and use appropriate warnings such as hazard triangles or flares to alert oncoming traffic. It's a good idea to carry a reflective belt or vest with your emergency equipment. This will increase your visibility to passing motorists in the event that you have a break down or are assisting someone else on a roadway.

The emerging trend of texting and walking has become another major issue and has led to a significant increase in careless, but preventable accidents. Distracted walking can be deadly. Situational awareness is key to preventing pedestrian accidents.

Our next topic of discussion is privately owned weapons.

Next Slide

Slide 12: Privately Owned Weapons (POWs) Video

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Next slide

Slide 13: Unintended Discharges

Negligent discharges are a major concern on duty, but they also happen off duty. In fact, 16 Soldiers have lost their lives to off-duty, negligent discharge accidents with privately owned weapons (POWs) since FY09. Eleven of those 16 fatal accidents occurred in the last two fiscal years, so you can see this is a growing problem.

U.S. Army Combat Readiness/Safety Center's
Off-Duty Safety Awareness Presentation Speaker Notes

In five of the 16 fatal negligent discharge accidents since FY09, an individual deliberately pointed a weapon at themselves or someone else believing the weapon to be unloaded or loaded with dummy rounds. It is imperative that you always follow the basic tenets of safe weapons handling, one of which is NEVER point a weapon at anything you don't intend to shoot.

Alcohol was a known or suspected factor in 69% of the negligent discharge accidents and all but one occurred at night, between the hours of 1900-0330.

Not all weapons operate in the same manner. Proficiency with your assigned military weapon does not make you an expert on all weapons. If you are handling a new weapon, read the owner's manual carefully and take a class.

POW accidents commonly occur in social settings. If you see someone handling a weapon while under the influence of alcohol or handling it in any unsafe manner, take action. You could save the life of a Family member, a friend, or even your own.

Next slide

Slide 14: THINK About it...

The best way to prevent these accidents is to never mix alcohol and weapons and to always **THINK** weapons safety!

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.

Now we'll take a look at non-water sporting activities.

Next Slide

Slide 15: Sports-Related Video

Play

Next Slide

Slide 16: Sports-Related Activities

From FY09 – FY13, 7 Soldiers lost their lives while participating in off-duty, sports-related activities such as hiking, rock climbing, skateboarding, parachuting, and bicycling. Sports and recreational activities commonly lead to injuries, but participants can mitigate the risks associated with these activities by being actively involved in the prevention process.

Regardless of what sport you decide to participate in, make sure you are physically prepared and have the proper training, clothing, and equipment to conduct the activity. Remember to use risk management during planning and throughout the activity. It's also a good idea to take a battle buddy along.

Earlier when we talked about boating, we mentioned filing a float plan. Having something similar when participating in other activities is also a good idea. Let someone know exactly where you're going and a date and time for your return. If something happens to you, they will know where to start looking if you're not back on time.

Now we'll discuss hazards around your home or living quarters.

Next Slide

Slide 17: Home Safety Video

Play

Next Slide

Slide 18: Home Safety

Most people picture their home as a safe haven when, in fact, accidents in the home are extremely common and account for a large percentage of all injuries.

On duty, whether you're in the motor pool, the field, at a range, or are participating in some other mission, you typically apply the risk management process to identify hazards and put controls in place to eliminate the hazards or mitigate the risks. This acts as a combat multiplier and assists you in successfully accomplishing your mission.

When you leave work, continue to use those risk management strategies to identify and mitigate hazards in your home and during off-duty activities.

Let's look at some of the hazards we can find in our homes.

Next Slide

Slide 19: Hazards In/Around the Home

There are multiple hazards in and around the home, from the kitchen to the bathroom and out in the backyard.

The top five leading causes of accidental death in homes are falls, poisoning, fires/burns, choking, and drowning.

According to the National Safety Council, falls result in approximately 8.9 million emergency room visits annually. Everyone is at risk. Slips, trips and falls can happen anywhere, but the most common areas are those prone to wet surfaces, cluttered hallways, ladders, and stairs.

Now let's talk about some less obvious hazards in the home.

Next Slide

Slide 20: Top Five "Hidden" Home Hazards

These "hidden" hazards cited by the U.S. Consumer Product Safety Commission are associated with products you may be using every day, but are unaware of the danger they pose.

Small powerful magnets, if swallowed, can attract inside the body and block, twist or tear the intestines. If you think your child has swallowed a magnet, seek medical attention immediately.

Be aware of the latest safety recalls and get dangerous products out of the home. You can sign up for recall notices on the U.S. Consumer Product Safety Commission website (www.cpsc.gov.)

Kids will climb. Top-heavy furniture, TVs, and stoves can tip over and crush young children. Make them all more stable by installing anchors and brackets.

Never place a crib or playpen near a window blind. To prevent strangulation use cordless blinds or install safety devices on blind cords; and install window guards or stops to prevent falls from open or partially opened windows.

Suction from a pool or spa drain can be powerful enough to trap a child or adult underwater. Inspect pools and spas for missing or broken drain covers.

Next Slide

Slide 21: Grilling Safety

A fire in a grill cooking hot dogs and burgers is a welcome sight at a cookout, but fire anywhere else can make your barbecue memorable for the wrong reasons.

Here are some safety tips to keep in mind when using your grill:

- Use grills outdoors only. Grilling indoors or in any enclosed space such as a tent, poses both a fire hazard and the risk of exposing occupants to toxic gases and potential asphyxiation.
- Periodically clean the trays below the grill so the heat from the grill cannot ignite them.
- Never add charcoal starter fluid when coals or kindling have already been ignited.
- Check the gas cylinder hose for leaks periodically, especially before using it for the first time each year. A light soap and water solution applied to the hose will quickly reveal escaping propane by releasing bubbles.

Next slide

Slide 22: Fire Safety

Every year, Soldiers and Family members are seriously injured or killed in home fires. From FY09 – FY 13, nine Soldiers along with three Family members lost their lives in residential fires.

Cooking equipment, most often a range or stovetop, is the leading cause of reported home fires and home fire injuries in the United States. According to the National Fire Protection Association, cooking equipment fires account for 43% of all reported home fires, along with 38% of home fire injuries and 16% of home fire deaths.

Remember the old adage: “the cook who leaves the kitchen burns.” Unattended cooking is by far the leading contributing factor in these fires. Don’t be distracted by what is happening in another room in your house or barracks. It isn’t worth the risk of starting a fire that could injure or kill you, your Family or your fellow Soldiers.

According to the National Fire Protection Association, more than half (55%) of reported non-fatal home cooking fire injuries occurred when the victims tried to fight the fire themselves. If you have any doubt about your ability to extinguish the fire, do not attempt to fight it yourself. Call 911, evacuate the home, and allow professionals to handle it.

U.S. Army Combat Readiness/Safety Center's
Off-Duty Safety Awareness Presentation Speaker Notes

One of the most important things you can do to protect yourself and your family is to make an escape plan with two ways out of every room and practice it making sure everyone knows where the rally point is. In addition, remember, a fire can occur at any time of the day or night, so be prepared for both.

Next Slide

Note: Find more info at <http://www.nfpa.org>

Slide 23: Smoke Alarms

In addition to having an escape plan, a great way to buy yourself some extra time in a fire emergency is to install smoke alarms. According to the National Safety Council, deaths from fires and burns are the fifth leading cause of fatal home injuries. Seventy percent of these deaths are from inhaling smoke.

According to the National Fire Protection Association, almost two-thirds of home fire deaths resulted from fires in properties without working smoke alarms. A working smoke alarm is critical for early detection of a fire in your home and significantly increases your chances of surviving a deadly home fire.

Install smoke alarms on every level of your home, including the basement. Many fatal fires begin late at night or early in the morning, so the U.S. Fire Administration recommends installing smoke alarms both inside and outside of sleeping areas. Always follow the manufacturer's installation instructions.

Smoke alarms *must* be maintained! A smoke alarm with a dead or missing battery is the same as having no smoke alarm at all. Test them once a month and replace the batteries twice a year. Your life depends upon it!

Next Slide

Slide 24: Fire Prevention

Here are a few safety tips that will help prevent home fires:

- Never smoke in bed – a lit cigarette dropped on a bed can cause a large fire in seconds.
- Keep your stove and vent hood clean – grease build-up is flammable.
- Place space heaters on level, hard, nonflammable surfaces, such as ceramic tile floors, and keep them at least three feet away from bedding, drapes, furniture, and other flammable materials.
- Inspect wires. If you find any worn or exposed wiring from appliances, discontinue their use immediately - a fire is imminent!
- Do not place cords and wires under rugs, over nails or in high traffic areas.

U.S. Army Combat Readiness/Safety Center's
Off-Duty Safety Awareness Presentation Speaker Notes

- Keep lit candles away from combustible materials and always blow them out when you leave the room.
- Keep a multi-purpose fire extinguisher in your kitchen (one rated for grease fires and electrical fires) and know how to use it.

Next Slide

Slide 25: Carbon Monoxide

Carbon monoxide (CO) is a colorless, odorless gas; you can't see or smell it and it is extremely poisonous and can kill within minutes. According to the Centers for Disease Control and Prevention, each year in the U.S., nearly 500 people die and as many as 20,000 visit emergency rooms for exposure to carbon monoxide.

Appliances that burn fuel usually produce very small amounts of CO and are not hazardous. However, if appliances are not working properly, or are used incorrectly, dangerous levels of CO can result. So how do you know if carbon monoxide is present? Well, it's not easy. Carbon monoxide poisoning can be confused with flu symptoms, food poisoning, and other illnesses. Some symptoms include shortness of breath, nausea, dizziness, light-headedness and/or headaches. High levels of carbon monoxide can be fatal, causing death within minutes.

You can prevent carbon monoxide poisoning by following some basic guidelines:

- Perform the manufacturer's prescribed maintenance on your heating system and fuel-burning appliances.
- Install a battery-operated CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds, leave your home immediately and call 911.
- Don't use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside your home, basement or garage, or near a window.
- Don't run a car or truck inside a garage attached to your house, even if you leave the door open.
- Don't heat your house with a gas oven.

As noted in the video, a safe home is in your hands and it once again starts with having a safe frame of mind.

Let's move on to our final and most deadly topic, privately owned motor vehicles.

Next Slide

Optional Notes:

There is a carbon monoxide video, The Quiet Killer, available at <http://www.cdc.gov/cdctv/quietkiller/index.html>

Slide 26: Private Motor Vehicles (PMVs)

From FY09 – FY13 the Army lost 486 Soldiers to PMV accidents! Those 486 deaths accounted for nearly 79% of all the fatal off-duty accidents during that time frame. Each year, we lose an average of 97 Soldiers to PMV accidents. Of those 97, forty involve Soldiers on motorcycles. Recreational vehicles can also be killers and we average roughly two fatalities per year.

Some of you have experienced the loss of a Family member, friend or fellow Soldier in an automobile or motorcycle accident. If you have, think about how that loss affected you and the loved ones of the deceased. The next time you get the urge to take an unnecessary risk while operating a vehicle, motorcycle, or recreational vehicle, think about those you would leave behind. The next time you see a fellow Soldier exhibiting risky behavior have the *personal courage* to intervene. That Soldier's life could depend on it.

Next Slide

Slide 27: Army Driving Myths

Here you see some common myths related to driving.

The first statement is a tricky one. While alcohol is a factor in many PMV-4 accidents, it's not the number one factor. In FY13, alcohol was reported in only four (11%) of the 35 PMV-4 fatalities. Speeding was a factor in 10 (29%) and no seat belt use was a factor in 10 (29%) of the accidents.

Now let's discuss the "other guy" as the primary cause of accidents involving motorcycles.

The statement is a myth because speeding and loss of control by the motorcycle operator cause the majority of Army motorcycle accidents. Keep in mind that accidents often have more than one causal factor. There were 39 fatalities due to motorcycle accidents in FY13 and excessive speed was cited in 13 (33%) them. *On average more than 50% of motorcycle accidents are single vehicle.*

The third myth listed addresses an issue that is becoming an extremely common and disturbing picture. According to a Virginia Tech Transportation Institute Study, engaging in visual-manual subtasks such as reaching for a phone, dialing and texting increases the risk of getting into a crash by three times. You are already "multitasking" while you are driving. You are using visual, cognitive and manual skills to drive safely...adding in a distraction takes one of these needed skills away from driving and places you and others at risk. For more information on distracted driving check out www.distraction.gov.

U.S. Army Combat Readiness/Safety Center's
Off-Duty Safety Awareness Presentation Speaker Notes

The final statement is not only a myth for bad accidents; wearing a helmet could make a life or death difference in a minor accident as well. According to the National Highway Traffic Safety Administration (NHTSA), in 2008 helmets saved an estimated 1,829 motorcyclists' lives and 823 more could have been saved if all motorcyclists had worn helmets.

In 6 (15%) of the FY13 motorcycle fatalities, the Soldiers were not wearing a helmet, even though it is mandated by REGULATION.

Now let's look at some driving trends.

Next Slide

Slide 28: FY13 Fatal Driving Accident Trends

As we look at this slide, please note that in FY13, the majority of Soldiers that died in accidents involving automobiles (PMV-4) were junior enlisted (E1-E4) Soldiers. However, when we look at motorcycles (PMV-2), the majority of the fatalities involved Leaders (E5–O5).

Take a look at the violations and you'll notice all the vehicle accidents have something in common. Excessive speed is one of the leading contributing factors in all types of private motor vehicle accidents.

No one is immune to vehicle accidents. To significantly reduce your risk, use these simple controls:

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

Leaders, ensure you are engaging your Soldiers who ride recreational vehicles. As you can see, 80% of the fatalities incurred in FY 13 were for Soldiers in the rank of E-4 and below. Communicating the hazards of riding while drinking, without proper PPE, and in unfamiliar terrain with too much speed could have prevented any one of these fatalities....if not all of them.

In addition to risking your life, failure to comply with Army rules and regulations may result in a finding that an accident was not in line of duty. The end result of a line of duty no finding could be the loss of substantial benefits for yourself and your family. That doesn't present a pretty picture.

Next Slide

Slide 29: Speeding

This slide tells the tale of speed. Excessive speed was reported as a contributing factor in 10 (29%) of the 35 PMV-4 fatalities and in 13 (33%) of the 39 PMV-2 fatalities in FY 13.

Over a quarter of all fatal, off-duty accidents involving automobiles and motorcycles list speeding as a cause. 23 Soldiers lost their lives due to speeding last fiscal year alone.

In addition to the risk of injury or death from speeding, there are other consequences you may face. Depending on the state, a driver caught speeding may have to pay a large fine, be charged with reckless driving, lose or have points assessed on their license, or spend time in jail. Do you really want your family and friends left with a picture of you in a coffin or a mug shot?

"Reckless" is a term used by law enforcement to indicate that a driver's speed was beyond excessive, bordering on a wanton disregard for the safety of others on the road. That's why a charge of reckless driving is subject to a substantially greater penalty than lesser speeding. A driver who is ticketed for excessive or reckless speed can also expect to pay higher insurance rates in addition to any court costs associated with their fine.

Next Slide

Slide 30: How do you Define Yourself?

Fatal private motor vehicle accidents caused by acts of indiscipline (e.g. drinking and driving, excessively speeding, and not wearing seat belts) are on the rise. Over the last year, 61% of all fatal private motor vehicle accidents Army wide involved an act of indiscipline. Many involved more than one.

It is a privilege to operate a private motor vehicle, and safe operation of a vehicle is an individual responsibility. Most Soldiers are **disciplined** and comply with requirements and operate their vehicle in a safe manner at all times. The **undisciplined** Soldier simply may not know the requirements. The **indisciplined** Soldier willfully disregards rules and regulations and has a greater chance of becoming a fatality.

Ask yourself the following questions:

Would a Soldier/Leader/friend be here today if they had just stayed disciplined?

Would they be here today, if a friend had stepped in and stopped the act of indiscipline?

Now let's take a look at a comparison of the right and wrong frames of mind when it comes to motorcycle safety.

Next Slide

Slide 31: Motorcycle Video

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Next Slide

Slide 32: Motorcycles

Here is a significant fact about motorcycles. The Army estimates only about 12-15% of all Soldiers ride motorcycles, yet last fiscal year (FY13), nearly half (49%) of all Soldiers who died in an off-duty PMV accident died in a motorcycle crash.

Next Slide

Slide 33: Proper Protective Equipment

From head to toe, good quality personal protective equipment (PPE) is an essential part of a motorcycle rider's gear.

Many Soldiers believe they don't have to wear a helmet if riding in a no helmet state. This is NOT true. An approved helmet along with other PPE is required at all times (on & off duty and on & off an installation) for all Army military personnel operating or riding on a motorcycle, moped or ATV. Additionally, Army civilian personnel are required to wear the same PPE when:

- On a military installation
- In a duty status (on & off an installation)
- Operating a DoD-owned motorcycle

Wearing your helmet is an obvious way to reduce the severity of a head injury, or prevent it altogether, **and a full-face helmet provides the most protection.**

Motorcycle jackets and pants constructed of abrasion-resistant materials such as leather, Kevlar®, or Cordura®, and those that contain impact-absorbing padding are strongly encouraged. Riders are also encouraged to select PPE that incorporates fluorescent colors and retro-reflective material.

U.S. Army Combat Readiness/Safety Center's
Off-Duty Safety Awareness Presentation Speaker Notes

If you think the cost of buying PPE is too high, consider the cost of not wearing it. As the slide says, it truly is worth every dime, every time!

Next Slide

Note: A poster depicting PPE requirements is available for download on the USACR/Safety Center website (<https://safety.army.mil>) or you can request hard copies through the multi-media department.

Slide 34: Motorcycle Training

You must, and I say again, YOU MUST successfully complete a Basic Rider Course before operating a motorcycle. You must be properly trained, licensed, and wear the PPE prescribed in AR 385-10, The Army Safety Program, every time, every ride. This applies to riding off post, as well as on post, regardless of state or host nation laws, or whether you register your motorcycle on the installation.

The Army Progressive Motorcycle Program is designed to consistently keep motorcycle operator training current and to sustain or enrich skills. The program consists of four courses.

In addition to the mandatory Basic Rider Course, the following training is required:

- The Basic Rider Course 2 (BRC 2), formerly known as the Experienced Riders Course (ERC), or the Military Sport Bike Rider Course (MSRC) will be completed NLT 12 months after completion of the BRC (course option is based on the type of motorcycle the individual rides).
- Sustainment training in the form of the BRC 2 or MSRC will occur every five years after initial completion. This enables riders to refresh their skills and receive new and innovative accident avoidance skills to help ensure a safe riding experience.
- Motorcycle Refresher Training (MRT) is required after a deployment lasting 180 days or longer. This course can be taught at the local level without a certified rider coach. The goal of this course is to refresh skills and encourage interaction between Leaders and Soldiers.

Please note that these classes are free to Soldiers and you may receive one-hour of college credit for the BRC.

Motorcycle skills are perishable and need refreshing and constant practice to maintain proficiency. It looks easy, but it takes a great deal of practice, coordination, and mental attention to ride a motorcycle. The proper training will provide you with a clear picture of what right looks like.

Next Slide

Slide 35: Riding Tip

The acronym **SEE** stands for Search, Evaluate & Execute:

Search around you for potential hazards. Searching provides a rider with information needed to make good decisions and take proper action.

Evaluate any possible hazards such as turning cars. Evaluation includes anticipating potential problems and developing a course of action in your mind to deal with those problems if they occur.

Execute the proper action to avoid the hazard. A skilled rider is a decisive rider. Resist the urge to pause or second guess your decision. Time and space are at a premium. Act decisively and immediately to maximize your response time and to keep your safety cushion as large as possible.

SEEing will allow you to get the proper picture to take ownership of your riding safety by identifying hazards and implementing controls to avoid becoming a statistic.

Next Slide

Slide 36: Private Motor Vehicle - 4 (PMV- 4) Video

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Next Slide

Slide 37: Autos/Sedans, SUVs, Trucks and Vans

Wearing seatbelts, and not speeding or drinking and driving are extremely important factors in preventing vehicle accidents and injuries.

State and host nation seat belt use laws vary, however, AR 385-10, The Army Safety Program, **does not** vary: occupant protective devices (which includes seat belts) will be worn by all Soldiers driving or riding in a PMV whether on or off the installation. Additionally, the vehicle operator is responsible for informing passengers of the occupant protective device requirement and the senior occupant is responsible for ensuring enforcement.

In 10 of the FY13 off-duty fatalities in automobiles, Soldiers were listed as not wearing their seat belts.

According to the National Highway Traffic Safety Administration (NHSTA), buckling up is the single most effective thing you can do to protect yourself in a crash. Seat belts save over 13,000 lives every year!

U.S. Army Combat Readiness/Safety Center's
Off-Duty Safety Awareness Presentation Speaker Notes

It is also important to understand that air bags are designed to work with seat belts, not replace them. If your air bag deploys and you aren't wearing a seat belt you could be thrown into it and that movement could injure or kill you. Do you really want to be in that picture?

Next Slide

Slide 38: Distracted Driving

Now let's talk a bit more about a disturbing picture we mentioned earlier. According to the Centers for Disease Control and Prevention, each *day* nearly 10 *people are killed* and more than *1,000 people are injured* in crashes that involve a distracted driver.

According to the U.S. Department of Transportation, at any given daylight moment across America, approximately 660,000 people are using cell phones or manipulating electronic devices while driving. From 2011 through 2012, more than 6,500 people were killed in distracted driving related accidents.

When you drive a car or ride a motorcycle, you are multitasking. Your brain, your hands, and your eyes are all working together to keep you on the road, in your lane, and safe from other drivers. Doing another activity that takes your attention away from driving can leave you distracted and vulnerable to an accident.

Staying disciplined and focused while driving is a necessity! Allowing yourself to become indisciplined by distracted driving activities endangers you, your passengers, and others you share the road with.

Distracted driving activities include:

- Texting
- Using a cell phone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading - including maps
- Using a navigation system
- Watching a video
- Adjusting an audio system

These activities can increase the chance of a motor vehicle crash.

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Off-Duty Safety Awareness Presentation Speaker Notes

AR 385-10 prohibits texting and driving, as well as, cell phone use while driving. Use of a cell phone is restricted to hands free devices only. This applies to *ALL* Soldiers at *ALL* times.

Next Slide

Slide 39: Driving Fatigued

Fatigue slows reaction time and leads to higher incidents of traffic accidents. In fact, did you know fatigued and drowsy drivers cause an estimated 100,000 police-reported crashes each year and these types of crashes are more likely to result in a fatality? Why, you ask – because 24 hours with no sleep makes you just as dangerous on the road as someone with a .08 BAC.

Like a drunk driver, the drowsy driver's judgment, reaction time, and memory are impaired. Moreover, doctors point out that drowsiness is not a warning sign; it's the last thing that happens before you fall asleep.

Do you really want to accept the risk of driving fatigued? Wouldn't it be better to take a nap and arrive a few hours later rather than not arriving at all?

The next time you hit the road for a long weekend or a long trip, make sure you're rested.

Next Slide

Slide 40: ATV/ROV Safety Tips

ATVs vs. ROVs

Not all off-road vehicles are the same. All too often, the all-terrain vehicle (ATV) is confused with the recreational off-highway vehicle (ROV) but there are actually some very significant differences between the two, even if both types of off-roaders are four-wheeled and used for similar types of recreation.

If you are operating an all-terrain vehicle or recreational off-highway vehicle, it is extremely important to get the proper training for the type of vehicle you are operating. Training is normally available through the dealer with the purchase of a new ATV or ROV. If you acquire a used ATV or ROV, training information is available from ATV Safety.gov, the Specialty Vehicle Institute of America or the Recreational Off-Highway Vehicle Association at <http://www.rohva.org/>.

You can also access these websites and other ATV and ROV information through the Recreational Vehicles section of the U.S. Army Combat Readiness/Safety Center's website.

U.S. Army Combat Readiness/Safety Center's
Off-Duty Safety Awareness Presentation Speaker Notes

Remember, online training is a great tool, but hands on is always the preferred method.

All the Gear, All the Time (ATGATT) cannot be stressed enough! Wear appropriate riding gear, including an approved helmet, goggles, gloves, over-the-ankle boots, long-sleeve shirt, and long pants. According to AR 385-10, during off-road operations, operators and riders must use additional PPE, such as knee and shin guards and padded full-fingered gloves.

In addition to getting training and wearing the right gear, you need to check your local laws. Some states require off-road vehicle decals and have designated riding areas. Many ATV accidents occur at places other than approved riding areas.

Now let's take a look at what happens when you have fully adopted safety as a frame of mind.

Next Slide

Slide 41: Getting the Picture

Play

Next Slide

Slide 41: Safety is a Frame of Mind: Get the Picture?

This concludes today's briefing.