



SEMPER SAFE



“101 Critical Days of Summer”

It's that time of year again! Spring is here in full force and summer is right around the corner. Many of us are already planning our summer fun – vacations, campouts, boating, swimming, fishing, baseball, cook outs and parties. The 101 Critical Days of Summer is that time of year from the beginning of the Memorial Day Weekend to the end of Labor Day Weekend. This period has traditionally been a period of increased risk, especially on off-duty. Some reasons for the increased risk are that we spend more time participating in outdoor activities and less attentive to the surrounding hazards. We may exceed our physical capabilities and fail to give our bodies the time required to rest and re-energize. Fatigue and the lack of mental awareness are common factors in many mishaps. It is important to be aware of the risks and never assume that “It won't happen to you.”

The number one cause of serious injuries and fatalities to Marines and Sailors during the 101 Critical Days of Summer is personal owned vehicle mishaps. Some of the factors that are involved in these mishaps are:

Driving Fatigued

Driving under the influence of drugs or alcohol

Speeding

Not wearing your seat belt

Failing to recognize and react to road hazards

Driving at night



Marines and Sailors work hard, and when some hear “Libo” they take off as soon as they can shift their vehicles into drive. They head out of town for well-deserved recreation and vacations without proper planning and preparation. Remember the 5 P's. Proper Planning Prevents Poor Performance.

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Another major concern during these summer months is water safety. Boating, swimming, scuba diving, jet skiing, and river rafting have cost many lives in the past. A good portion of drownings occurs after “unintentional entries” – when people fall, get pushed or knocked into the water. Here are some water safety tips to keep you and your crew safe on the water this summer.

Wear Coast Guard approved life preservers on boats and docks

Learn to swim

Know your limits and do not swim beyond your capabilities

Swim where lifeguards are present

Obey signs about water conditions

Never swim alone

Never dive into shallow water or water of unknown depth

Always supervise children around water, including backyard wading and swimming pools.



We all have the responsibility to pass the word, to inform others of the hazards that come with summer activities. But here’s the deal: We can only do so much educating. **YOU** will be the only one there to make the right decisions when the critical moments occur. Your CO will not be sitting in the passenger seat when you’ve had a few too many and are about to drive home. Your 1stSgt will not be at the boat launch, passing out life preservers to you and your kids. **The only one who can make the decisions critical to your survival on “Libo” is YOU!** The decision is simple – Think about the worst-case scenario and then decide whether you’ve done everything you could to eliminate or at least minimize the risk. If you decide you can’t live with the consequences, chances are it’s time for a new plan.

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As Marines, Sailors and Civil Servants we live by our core values. So think before you jeopardize the safety of yourself, your fellow Marines, Sailors, civilian employees or family members, and remember SEMPER SAFE!

