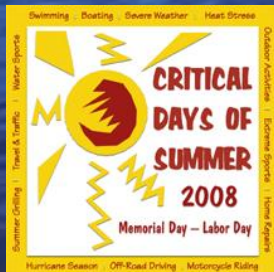


# Summer Off-Duty Safety



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# Swimming

A photograph of a swimmer in a pool, viewed from above, with lane lines visible in the water. The swimmer is in the middle of a stroke, creating a splash. The water is a vibrant blue, and the lane lines are red and yellow. The sky is a clear, bright blue.

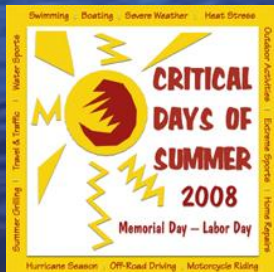
- **Practice Swim Techniques**
- **Always Swim With A Friend**
- **Swim In Areas With Life Guards**
- **Do Not Drink Alcohol**
- **Look Before You Leap**



# Incredible But True



A lieutenant was snorkeling for lobster. He saw a 2-to-3-foot nurse shark and believing that this type of shark was passive, he netted it to show his girlfriend in his boat. Holding the shark by its tail at arms length his friend took pictures. Suddenly, the shark twisted and bit him in his arm. He couldn't get the shark to release by hitting it, and he had to go to a dispensary when a doctor injected the shark with a muscle paralyzer.

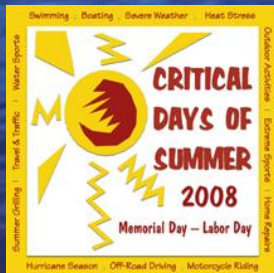


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# Shallow Water Blackout



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# Scuba Diving

A scuba diver with blonde hair, wearing a red and yellow wetsuit, is shown underwater. The diver is holding a flashlight and looking towards a coral reef. The background is a deep blue ocean with some fish visible in the distance.

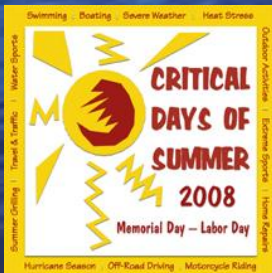
- **Certification**
- **Dive Tables**
- **Dive With A Buddy**
- **Two-thirds Rule**
- **Guidelines For Specialized Diving**
- **Hand Signals**



# Boating

- **Safe Boating Course**
  - **Load Capacity**
  - **Safety Equipment**
  - **Float Plan**
  - **Personal Flotation Devices (PFDs)**
  - **Weather Conditions**
- 
- A small motorboat is shown on a calm, blue body of water. Two people are visible on the boat; one appears to be at the helm. The water is very still, creating a clear reflection of the boat and the people. The background is a vast, open expanse of water under a clear sky.

# Waves Can Crack You Up!

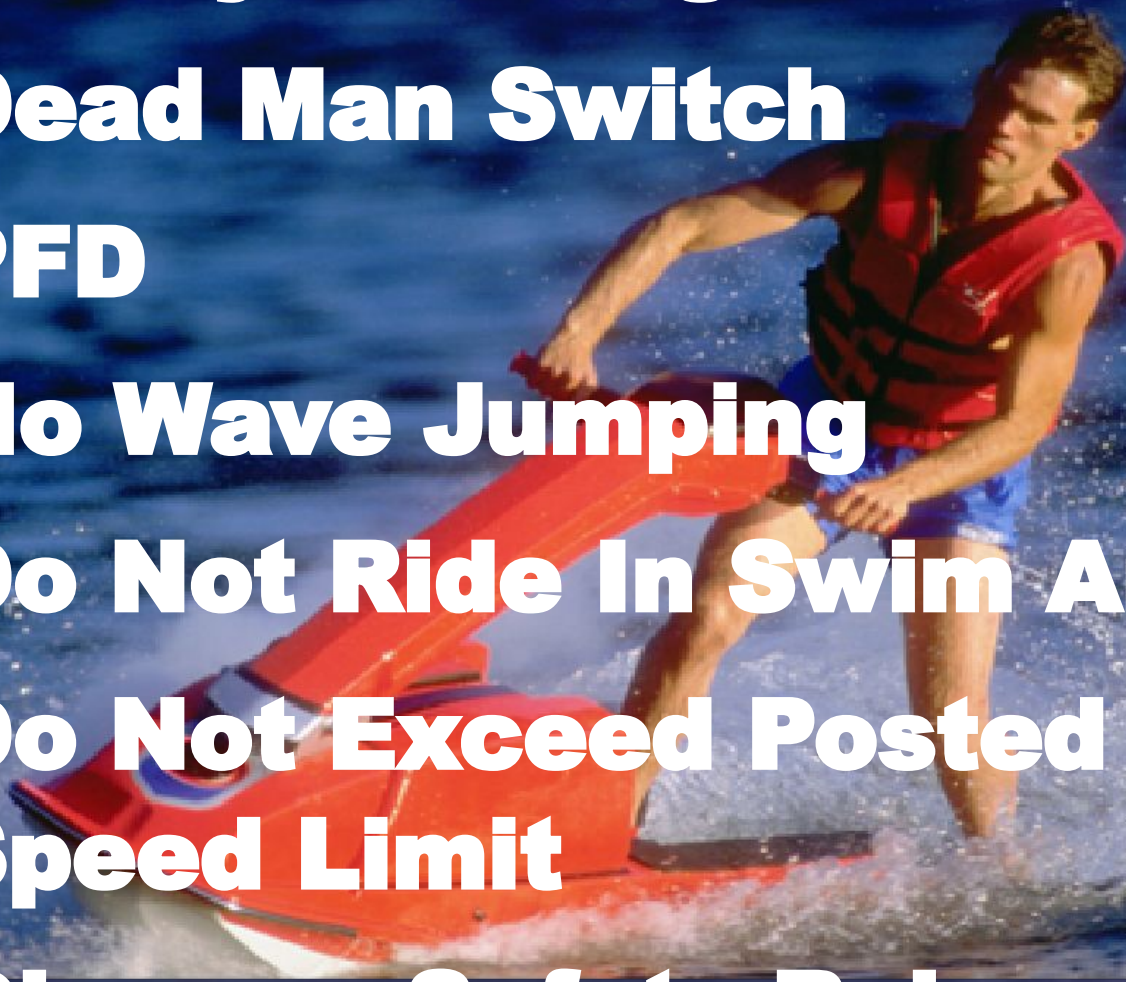


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# Personal Watercraft (PWC)

- **Safety Training**
- **Dead Man Switch**
- **PFD**
- **No Wave Jumping**
- **Do Not Ride In Swim Areas**
- **Do Not Exceed Posted Speed Limit**



# Personal Flotation Devices (PFDs)





# **White Water Rafting Toll 2 Military Fatalities**

**3 MWR Rafts 24 People**

**Rafting In River**

**PPE/PFDS, Helmets, Wet Suits**

**Experienced Guides**

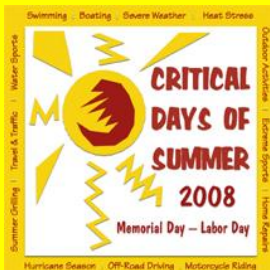
**Conditions**

**Class IV-V**

**Known Obstructions**

**Avg. Rate @ 1,500 Cfs**

**Actual Rate @ 3,000 Cfs**



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# **White Water Rafting Operational Risk Management**

- Identify Hazards**
- Assess Risks**
- Make Risk Decisions**
- Develop Controls**
- Implement Controls**

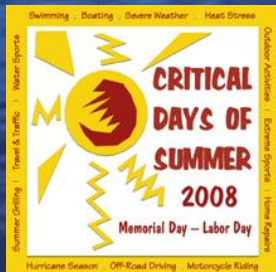




# White Water Rapids

## What Are The Hazards?

- **Fast Moving Water**
- **High Water**
- **Dangerous Rapids**
- **Debris**
- **Cold Water**
- **Poor Swimmer**
- **Inexperience**



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# White Water Rapids What Are The Risks?

**Fast Moving Water - Very Dangerous**

**High Water - Very Dangerous**

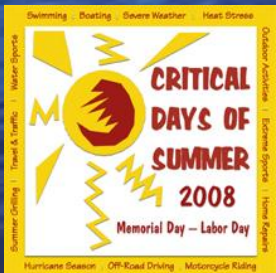
**Class V Rapids - Extremely Dangerous**

**Large Debris In Water - Extremely Dangerous**

**Cold Water - Moderately Dangerous**

**Poor Swimmer - Moderately Dangerous**

**Inexperienced Paddlers - Moderately Dangerous**



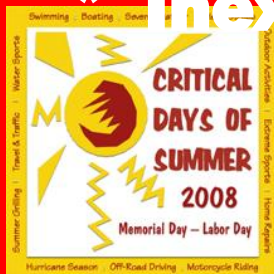
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# White Water Rafting

## What Are The Risk Decisions & Controls?

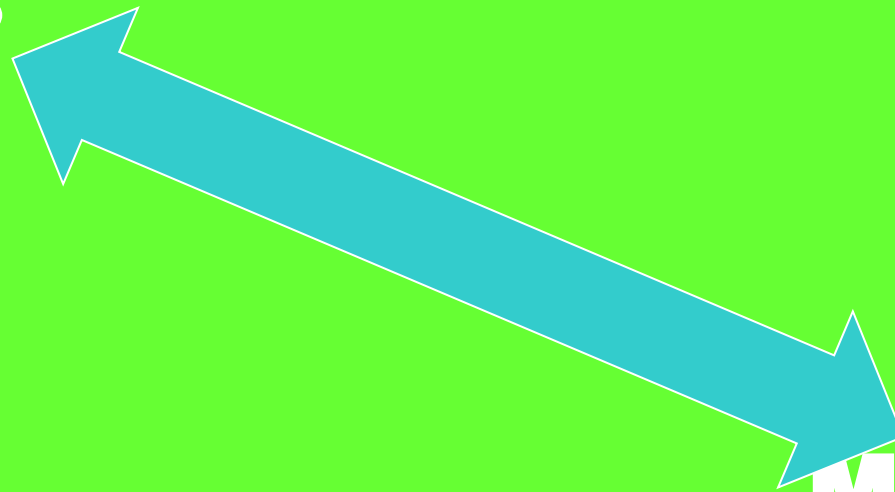
- \* **Fast Moving Water**
- \* **High Water**
- \* **Dangerous Rapids**
- \* **Debris**
- \* **Cold Water**
- \* **Poor Swimmer**
- \* **Inexperience**
- \* **Scout Area**
- \* **Scout Area**
- \* **Bigger Boats**
- \* **Different Route**
- \* **Wet Suit**
- \* **PFD/Helmet**
- \* **Briefing/Practice**



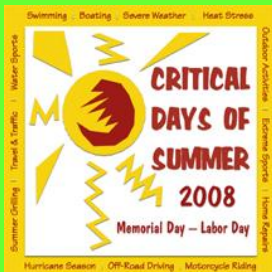
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# White Water Rafting: How To Survive?

**Implement  
Controls**



**Monitor  
Outcome**



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# NON-POWERED SCOOTERS

- **Helmet**
- **Personal Protective Equipment**
- **Learn How to Stop**
- **Smooth Surface**
- **Not During Peak Traffic**
- **No Portable Listening Devices**



# Lightning Kills

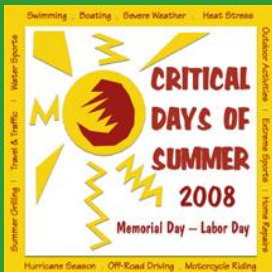


- **Stay Inside Away From Windows**
- **If Outdoors Stay Away From Water Metal Objects And Under Trees**
- **When Outdoors Put Your Feet Together, Duck Your Head, Crouch Down And Put Your Hands Over Ears**



# Barbecuing Safety

- Well Ventilated Areas Outdoors
- Approved Lighter Fluids, No Gasoline
- Stand Upwind When Lighting Grill
- For Propane Grills, Open Grill Cover Before Lighting
- After Cooking, Shut The Propane Bottle Valve Off & Let The Gas In The Lines Burn Out



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# Risk Management

- **Hazard Identification**
- **Risk Assessment**
- **Risk Decisions**
- **Control Implementation**
- **Monitoring**

