



157th ARW Safety Savvy

101 Critical Days of Summer



Memorial Day and Labor Day are bookend holidays, marking the beginning and end of the summer holidays in the United States. The Air Force wide campaign known as 101 Critical Days of Summer has run annually since the late 1960's and was developed to counter the traditional increase in AF mishaps and fatalities that occur during the summer months.

This is the period when dreams, promises and good intentions sometime go awry. Vacations, moves and other high-risk activities expose us to conditions we're not accustomed to. Campaign efforts attempt to increase personal awareness of risk and thereby reduce the number of summer mishaps and fatalities.

Plan and anticipate where things can go wrong and be prepared to handle emergencies or crises.

Sometimes good things come from accidents, such as Edison's "light bulb" and Columbus' "New World," but they are the exceptions. Most often we are guaranteed to discover tragedy.

Summer doesn't have to end in chaos. Never hesitate to intervene in a potentially "bad" situation.

Safety is a state of mind, not a separate action. Its common sense and good judgment exercised continually.

Living for the weekend should mean just that. Crashing and burning isn't mandatory. Enjoy your summer, you've earned it. Just remember to take care of yourself; **we're counting on you to have a safe and enjoyable 101 days.**

Summer? No Sweat. Here are a couple of sites to surf through for tips on surviving the summer...

<http://women.webmd.com/features/surviving-summer>

http://ehstoday.com/ar/ehs_imp_34550/

<http://www.aap.org/advocacy/releases/summertips.cfm>

And now that **Vacation** time is here, you can keep it fun-filled and relaxed with a little forethought to **safety**. By thinking ahead, you can avoid potential **minor emergencies**. Check out these sites while you are in the **planning** phase:

<http://www.weather.com/activities/travel/vacationplanner/?from=secondarynav>

<http://www.usroadconditions.com/>

<http://www.fhwa.dot.gov/trafficinfo/index.htm>

<http://www.byways.org/>



Hopefully the following travel tips to help you avoid serious difficulties during your **Travel**:

http://www.kevincoffee.com/safety_tips_index.htm

http://kidshealth.org/teen/safety/safebasics/travel_tips.html

Pets need extra care in the summer too....

<http://www.aspca.org/pressroom/press-releases/052108.html>



No matter how much boating experience you have there's always more to learn. Here are a few sites to get **Boating Safety Tips**:

<http://www.uscgboating.org/>

<http://www.boatsafe.com/nauticalknowhow/safetips.htm>

<http://www.boatingsidekicks.com/07ty-index1024.htm>



Jet Skis are a popular item on waterways. Racing up and down the river with the driver or passenger waving to people on the shore is a lot of fun. Here are a few places to go to get some tips on making your fun safer:

http://www.associatedcontent.com/article/28533/how_to_ride_a_jet_ski_safely.html

http://www.boat-ed.com/nh/course/p4-3_whomayoperate.htm

Each year, approximately 500,000 people are non-fatally injured while riding a **Bicycle**. The head or neck is the most seriously injured part of the body in most fatally injured cyclists. Children should wear a helmet even if they are still riding along the sidewalk on training wheels. Some states have helmet laws that apply to young children. Please look through these sites for some safety tips:

http://www.kidshealth.org/kid/watch/out/bike_safety.html

<http://bicyclesafe.com/>

<http://www.helmets.org/>

<http://www.state.il.us/kids/isp/bikes/default.htm>



For those who will be digging in your yard, you should look at this site first:

http://www.digsafe.com/company_whatisdigsafe.htm

There's nothing like waking up to the fresh mountain air, the smell of pine trees, and a roaring campfire. However, weather conditions, poor planning or fire dangers can put a damper on your **Camping Trip**. Here are a few simple tips to help make your camping trip fun and safe!

http://www.kidshealth.org/parent/firstaid_safe/outdoor/woods.html

<http://www.fs.fed.us/r8/boone/safety/camp/camp.shtml>

http://www.fsis.usda.gov/Fact_Sheets/Food_Safety_While_Hiking_Camping_&_Boating/index.asp

Swimming and wading can be fun, active, and healthy ways to spend time in the summer. Keep yourself and your loved ones safe and healthy as you head for the water. Here are some tips to wade through:

<http://www.kidshealth.org/kid/watch/out/water.html>

<http://www.cpsc.gov/cpsc/pub/pubs/5101.pdf>

http://www.keepkidshealthy.com/welcome/summer/swimming_safety.html



Many people love cooking outdoors with their **Gas Grills and Charcoal Barbecues**. In order to enjoy your summer of outdoor cookouts, remember to always inspect your grills before using them and follow a few simple safety tips to avoid accidents and injuries.

<http://life.familyeducation.com/safety/foods/36346.html>

<http://www.homeownernet.com/articles/bbqsafety.html>

**Have A Great Summer, Stay Safe, But
Have Fun – Your Risk Management Staff**

**This document was derived
from multiple sources. Sources
are available upon request in
the 157 ARW/SE Office.**

