



## June is Summer Safety Month



<http://www.navy.mil/management/photodb/photos/060628-N-7130B-050.jpg>

The summer months are often a high point of the year as service members head to the beach or the backyard for well-deserved relaxation with family and friends. However, many warm weather activities, such as grilling, boating, or off-roading can put Sailors and Marines at risk for accidents that have potentially serious consequences. During the summer of 2014, 64 service members lost their lives due to accidents.<sup>1</sup> Of those service members, 13 Sailors and nine Marines died between Memorial Day and Labor Day in accidents involving motor vehicles or recreational activities.<sup>2</sup>

The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department offers Sailors and Marines, beneficiaries, retirees, DoD civilians, health promotion coordinators, and health information disseminators the resources to exercise safety precautions so that they can enjoy all the activities summer has to offer.

### NMCPHC Wounded, Ill, and Injured Program

#### FY 2014 Annual Report

NMCPHC developed the Wounded, Ill, and Injured (WII) Project Fiscal Year 2014 Annual Report to detail the breadth and depth of services provided by NMCPHC for the WII population. The four WII projects, collectively called the NMCPHC WII Program, develop innovative resources that promote healthy lifestyle choices, prevent disease and illness, facilitate treatment and recovery, and evaluate the effectiveness of Navy Medicine services for WII service members. This report presents an overview of the WII program and showcases the products and services of each WII project, including the HPW WII resources.

For more information on the Health Promotion and Wellness initiatives in the WII Program, visit our HPW WII website!





## Resources You Can Use

Please consider distributing the following resources to your audiences throughout the month of June. If you reuse or reproduce any of these materials, we request you please include the following attribution: "Content courtesy of the Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department" and [email](#) to let us know so that we may track the reach of our materials.

### Fact Sheets: Summer Safety Fact Sheet Series

This series features 13 fact sheets on a variety of summer activities such as boating, driving, and grilling. Each fact sheet identifies the risks associated with the activity and offers simple risk management tips. [Click here](#) for evidenced-based guidance that will help ensure everyone enjoys a safe, injury-free summer.

### Fact Sheet: Stay Safe, Stay Active

Summer sports are a great way to have fun and get some exercise. Proper planning and common sense can help keep you safe while you play. Whether you participate in team sports or individual outdoor activities, [click here](#) to find out what you should know before you head outside.

### Fact Sheet: Summer Driving Safety

With many people planning trips, it is not surprising that routes to popular travel destinations can become congested during the summer. [Click here](#) to learn how to keep you and your fellow travelers safe while on the road.

### Fact Sheet: Staying Safe During a Storm: What You Need to Know

Summer is known for fun and sun, but it can also be a time of severe and dangerous storms. [Click here](#) for tips on how to prepare for and stay safe during a weather situation.

### Infographic: Don't Get Wrecked

Summer is cause for celebration. But, backyard barbeques and beach parties can create environments that increase the risk of engaging in unhealthy behaviors that impair driving, especially drinking and driving. [Click here](#) for a visual presentation of how impaired driving can hurt your life, your family, and your career.

### Additional HPW Resources

Check out the additional resources available to you! These innovative and evidence-based health promotion and wellness resources and services were developed to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles for Sailors and Marines.

- [HPW Homepage](#)
- [HPW Partnership Factsheet](#)
- [HP Toolbox](#)
- [Archived Webinars](#)
- [Reproducible Materials](#)

To learn how our programs can help Sailors, Marines, beneficiaries, retirees, and DoD civilians safely enjoy all the activities that summer has to offer visit our [June Health Promotion toolbox](#).



## Social Media Messages

The following social media messages will direct you to resources for Sailors and Marines. Please feel free to use the messages below to post to your local social media channels and share with your audiences. Like us on [Facebook](#) and follow us on [Twitter](#) and [Pinterest](#)!

### Social media message 1:



Thinking about taking out your kayak or canoe this weekend? Make sure you're prepared with these #SummerSafety tips! <http://go.usa.gov/3PQhF>

### Social media message 2:



Summer is a great time to visit amusement parks, just make sure to follow these tips so everyone returns home safely. #SummerSafety <http://go.usa.gov/3PU3Q>

### Social media message 3:



Hitting up the beach or pool this weekend? Make sure you apply sunscreen 20 minutes before you are out in the sun. And don't forget to reapply AT LEAST every 2 hours! #SummerSafety <http://go.usa.gov/3PUc5>

### Social media message 4:



Plan your trip with TRiPS. The Travel Risk Planning System can help you recognize and reduce your travel risks. #BeSafe <http://go.usa.gov/3PUch>

### Social media message 5:



It's Safety Month, make sure your Marines know how to live injury and violence free! #USMC #BeSafe <http://go.usa.gov/3PUxG>

### Social media message 6:



A 15-20 minute nap in a safe, well lit area can help refresh you when you are driving. Drowsy driving is dangerous driving. #SummerSafety <http://go.usa.gov/3PmHT>

*[Contact us](#) if your organization would like to collaborate with us on social media messages or if you would like us to share your messages on our [Facebook page](#).*



## Partnership News

Preventing injuries and staying safe this summer requires an all hands on deck approach. That is why NMCPHC HPW partners with other military and civilian organizations to support Sailors and Marines, beneficiaries, retirees, and DoD civilians.

### Naval Safety Center (NSC)

NSC's mission is to prevent mishaps, save lives, and preserve resources. Through the "101 Critical Days of Summer" initiative, NSC aims to increase safety awareness, manage risk, and safeguard the mission. Check out the resources below to learn more:

- [Summer 2015 Presentations](#)
- [Travel Risk Planning System – TriPS](#)
- [Motorcycle Safety](#)
- [Safety Tips for Work and Play](#)

### Navy Alcohol Drug Abuse and Prevention (NADAP)

NADAP's Keep What You've Earned campaign has launched its third annual "Play to Live Pledge" which asks Sailors to commit to at least one responsible drinking habit over the summer. [Click here](#) to take the pledge to drink responsibly this season.

## References

<sup>1</sup> Defense Secretary Ashton Carter. *Are You Ready for the "Critical Days of Summer"?* [Memorandum]. Washington, DC: Department of Defense. Published 11 May 2015.

<sup>2</sup> Naval Safety Center. Summer 2014 Off-Duty Fatalities.

<http://www.public.navy.mil/comnavsafecen/Documents/statistics/SeasonalFatalities/Summer.pdf>. Published September 2014. Accessed March 2015.

### Upcoming Training

Our education and training courses equip Navy and Marine Corps command personnel with the tools, programs, and interventions to implement at the local command level. To learn more, visit our [Health Promotion training page](#).

### Contact Us

Please let us know how we can help highlight your resources for service members, veterans, families, and health professionals. We welcome your [feedback and suggestions](#), and look forward to continued collaboration with your organization.

