

# LABOR DAY SAFETY BRIEFING



# LABOR DAY SAFETY

Summer will soon be fading into fall, and Labor Day weekend is the time of the year we try to have that last big fling.



# LABOR DAY SAFETY

**Before taking off on any recreational activity, the best idea is to plan ahead. Consider the following:**

**Assess your experience level**

**Know the hazards & how to control them**

**Check your gear BEFORE you leave**

**Plan for the unexpected & emergencies**

**Expect the weather to change**

**Know your limits... don't exceed them**

# LABOR DAY SAFETY

**Warm-up & stretch before physical activities**

**Make a trip plan to leave with others**

**Let someone know where you are going & when you will return**

**Drugs, alcohol and recreation are a dangerous mix**

**This holiday, we're all ready for some fun. Life is a time full of enjoyable, and sometimes dangerous, activities. We'll be taking a look at a few of these seemingly “harmless” endeavors.**

# LABOR DAY SAFETY



**DO A PRE-TRIP CHECK OF YOUR AUTO.  
ALWAYS TAKE EXTRA SUPPLIES ON A TRIP  
(FANBELTS, FOOD, FLASHLIGHT, ETC.)**

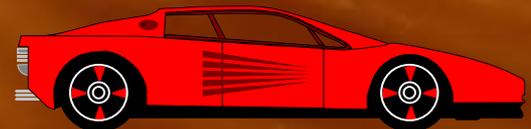
**MAP YOUR ROUTE.**

**TAKE FREQUENT BREAKS ALONG THE WAY.**

**IF YOU'RE DRINKING COFFEE TO KEEP AWAKE IT'S  
TIME TO STOP.**

**NEVER TAKE PILLS TO KEEP ALERT.**

**DOING SO ONLY MAKES A "HYPER-DRIVER."**



# LABOR DAY SAFETY

DON'T DRIVE FURTHER THAN YOUR BODY CAN TOLERATE. 6 TO 8 HRS PER DAY IS ENOUGH.

ALWAYS REMEMBER TO **“MAKE-IT-CLICK.”**  
WEAR YOUR SEAT BELT.



DON'T DRINK ALCOHOLIC BEVERAGES  
AND DRIVE.

**THE LIFE YOU SAVE MAY BE YOUR OWN!**

# DRINKING & DRIVING =

Driving while under the influence of alcohol can cost more than just money.

Drinking and driving under the influence is dangerous. Often the result is the loss of life or physical, as well as emotional, injury. Each time a person climbs behind the wheel intoxicated the hammer on the gun is cocked, just waiting to fire a lethal 4,000 pound projectile called an automobile. A person who drives intoxicated, even if they manage not to kill or hurt someone, faces severe penalties if apprehended.

How can we prevent people from driving under the influence?



1. Use a designated driver.
2. Take the keys from a friend who has had “one too many.”
3. Think of a course of action prior to going out.

THINK....

DON'T DRINK & DRIVE



# TRIP SAFETY

\* DRIVING



\* FLYING



\* HOTEL



\* PERSONAL



# DRIVING

**SITUATIONAL AWARENESS !!**

**DRIVE DEFENSIVELY**

**Other drivers on the road may not be as safe  
as you are**



**ALWAYS !**

**Leave Windows Up/ Doors Locked**

**Leave yourself maneuvering room at  
intersections**

# DRIVING

**Look for tampering**

Under the car

Check the back seat area

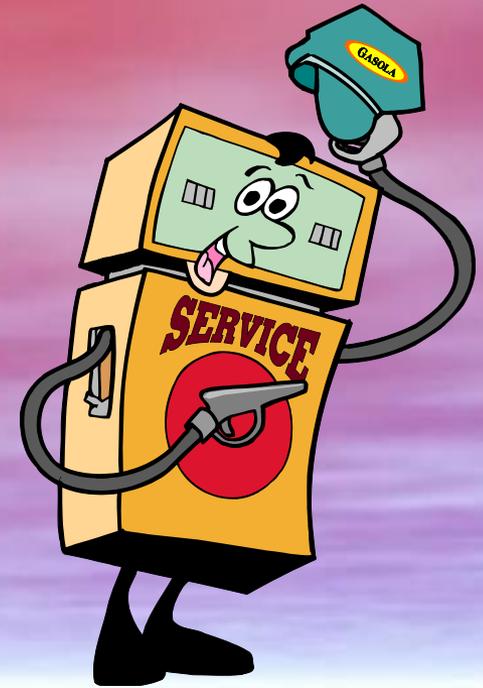
Keep gas tank at least half full

Alter routes and avoid choke points

**Plan “Escape” routes as you drive**

Watch mopeds/cycles

Do not pick up hitchhikers



# DRIVING

- No one is immune from mishaps
  - more and wider variety of activity
  - increased risk



# FLYING

Use concealed baggage tags



## AIRPORTS

- Spend as little time as possible in one
  - Through security quickly
  - Wait in lounge or other open area away from lockers
  - Sit with your back against the wall

Be a “People Watcher”

# HOTELS

**Choose an inside room - if possible**

**Sleep away from street side windows**

**Don't give room number to strangers**

**Close curtains**

**Leave lights on when room is vacant**

**Lock before you exit**

**Keep room key in your possession**

**Alternate parking places**

**Lock your car**

# PERSONAL

**Avoid Patterns**

**Eating Places**

**Shopping**

**Driving to Work**

**Always carry “phone change”**

**Be especially alert leaving restaurants, bars**

**Be suspicious of packages/mail from unknown sources**

# **PERSONAL SAFETY**

## **PROTECT YOURSELF**

**Be aware of stuff happening around you**

**Who**

**What**

**Where**

**Terrorism is not the biggest threat!**

# RECREATION SAFETY



- Swimming
- Boating
- Jogging
- Bicycling
- Camping

# SWIMMING



- ✓ Swim with a buddy!!
- ✓ Know your swimming ability
- ✓ Check water before diving

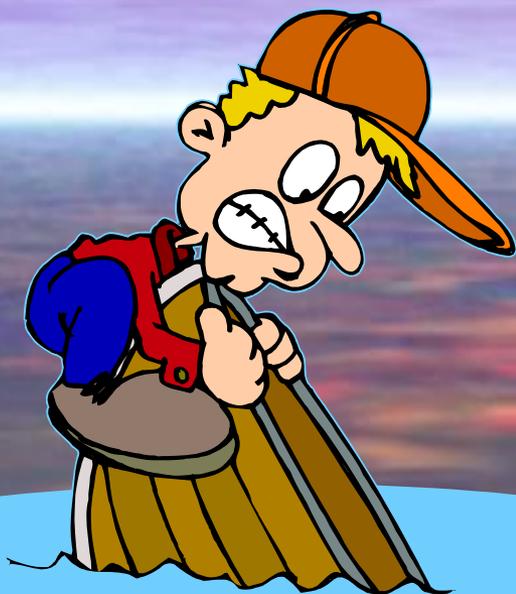
# BOATING



*Know the rules*



*Use life vests*



*Don't overload*



*Check weather*

# JOGGING

- Warm-up
- Be visible day and night
  - light colored clothes
  - reflective belt/vest

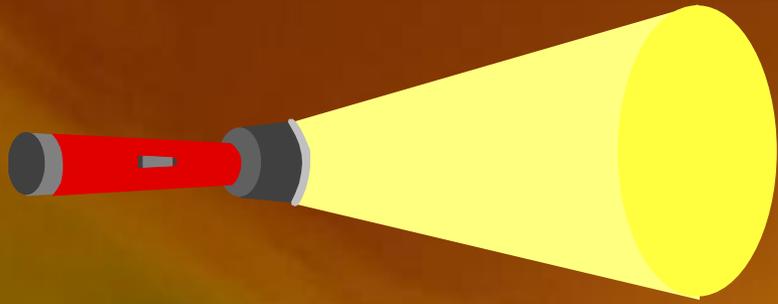
- Use sidewalk/path or jog facing traffic



# BICYCLING

- Obey traffic signs
- Use hand signals
- Ride single file
- Ride on right side of road
- Be visible day and night
  - light colored clothes
  - reflective belt/vest





# CAMPING



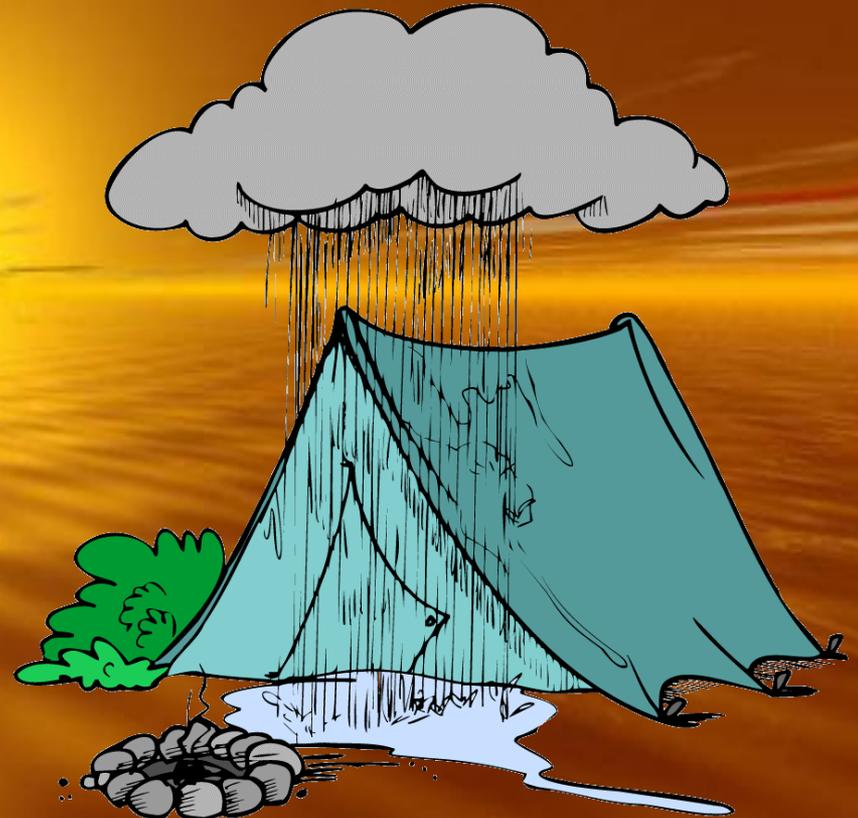
*Check equipment*



*Camp in  
approved areas*



*Use caution when  
starting **fires!***



# HOME SAFETY

- Home Maintenance
- Cooking Outdoors



# HOME MAINTENANCE



*Use caution when  
operating electrical  
tools and other  
equipment*



*Follow  
the manufacturer's  
safety recommendations*

# COOKING OUTDOORS



- Use lighter fluid, not gas
- Move away from house and overhangs
- Always monitor grill
- Let coals cool before disposal

# CONCLUSION

*This summer, be careful, be risk wise,  
and most of all, be back after the  
Labor Day holiday!*



# The End

