

# AUGUST 2015

## “I CAN Save My Own Life”



I am important! My country, my family, my friends... They all:  
Need me; love me; and are counting on me.

### Summer Safety Words For Thought...



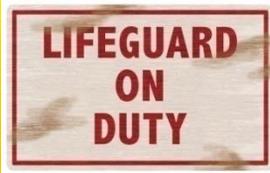
DRIVE Safely....It's not just your  
life your putting in danger  
when you don't...



Boat Safe... Boat  
Smart... Boat Sober...  
Wear the correct PFD



When Barbequing...  
Unattended cooking  
means elevated potential  
for fire.



Pools and Beaches... Swim with a  
lifeguard near; Eating can cause  
cramping...



PPE isn't expensive....  
It's priceless.



Pay attention to the  
Sun...Stay hydrated... Avoid  
overexposure.



Your PT program is important... Don't over exert  
yourself and always remember to stretch!

Mission Objective: ZERO Deaths – “I CAN Save My Own Life!”

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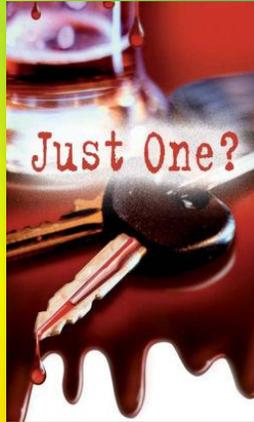


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Need me; love me; and are counting on me.

Safety is on YOU during Off-Duty hours...



Obey the law... this includes  
cell phones, speeding, PPE,  
and drinking...



Always remember... Alcohol  
impairs judgment.



Don't just have a good  
Wingman... BE ONE!



Core Values should  
NEVER Change...



Always be responsible... your choices don't  
just affect you....



Know your Limits...  
Never be afraid to ask  
for help.

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I am important! My country, my family, my friends... They all:  
Need me; love me; and are counting on me.  
We are counting on YOU to make a difference...



Remember Fireworks  
can be deadly if used  
inappropriately...



Have a plan... Don't  
Drink and Drive...



Don't take shortcuts...  
Follow the established  
procedures.



Wear required PPE...  
On and Off – Duty



Listen, Observe, and  
Provide Input... Be a  
good Wingman...

Receive training to save  
not only your life, but  
also the heart-ache of  
those close to you...



When playing recreational sports  
always remember the rules were put  
there for a reason... follow them.

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