

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

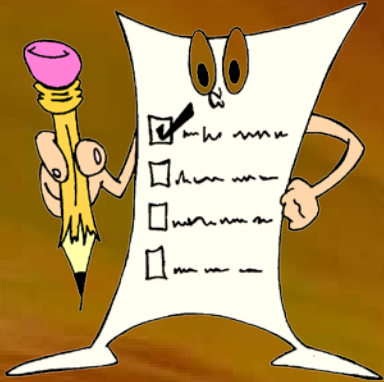
Make a trip plan to leave with others

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.)**

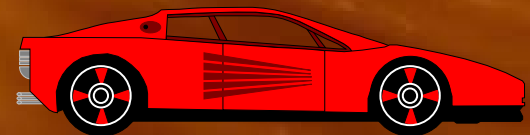
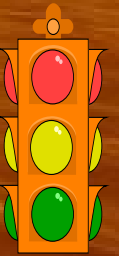
MAP YOUR ROUTE.

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.

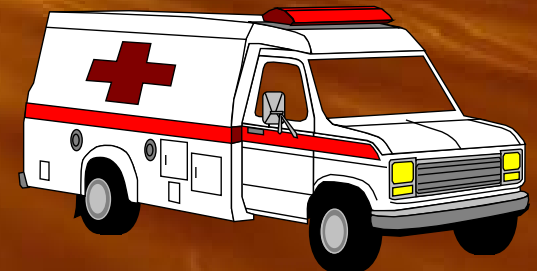
How can we prevent people from driving under the influence?



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.

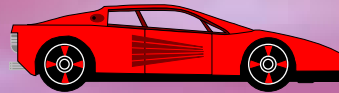
THINK....

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

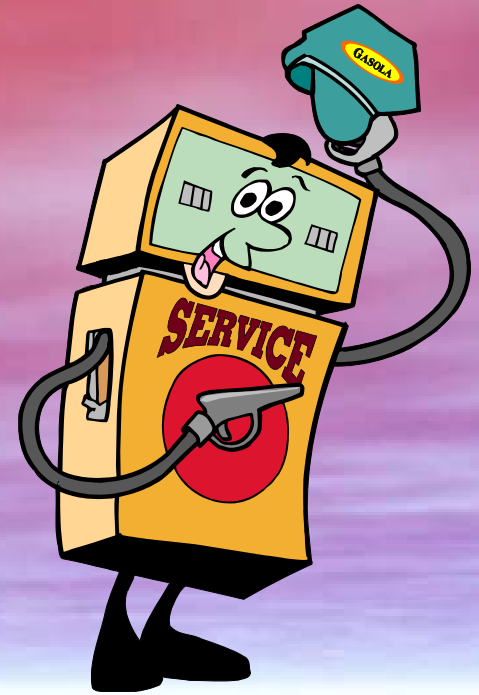
Keep gas tank at least half full

Alter routes and avoid choke points

Plan “Escape” routes as you drive

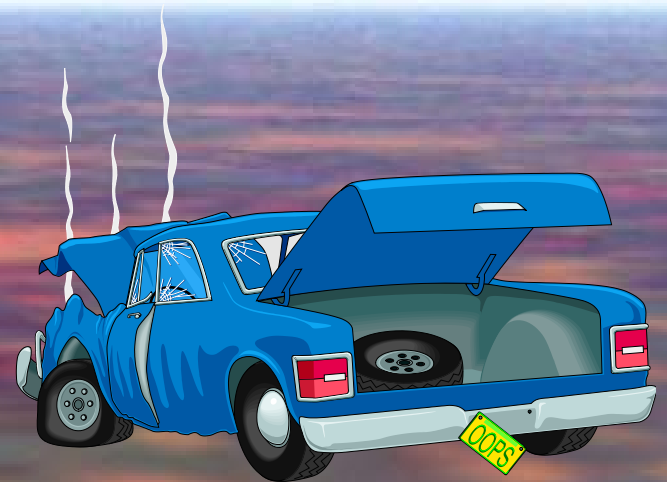
Watch mopeds/cycles

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

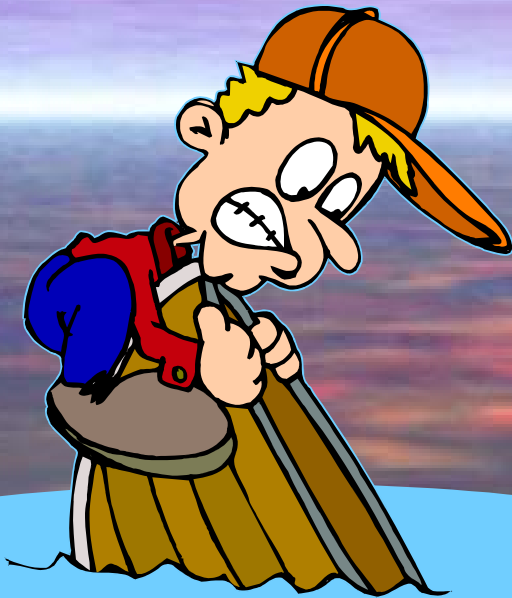
BOATING



Know the rules



Use life vests



Don't overload



Check weather

JOGGING

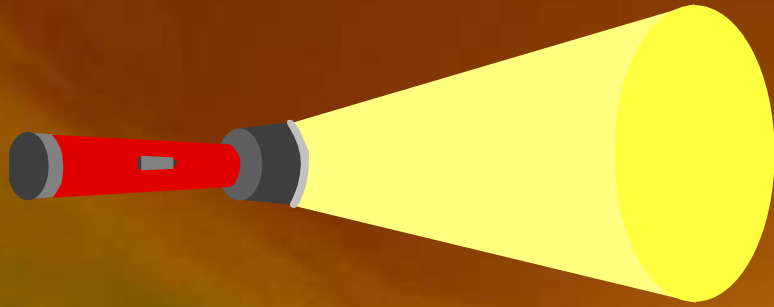
- Warm-up
- Be visible day and night
 - light colored clothes
 - reflective belt/vest
- Use sidewalk/path or jog facing traffic



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





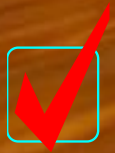
CAMPING



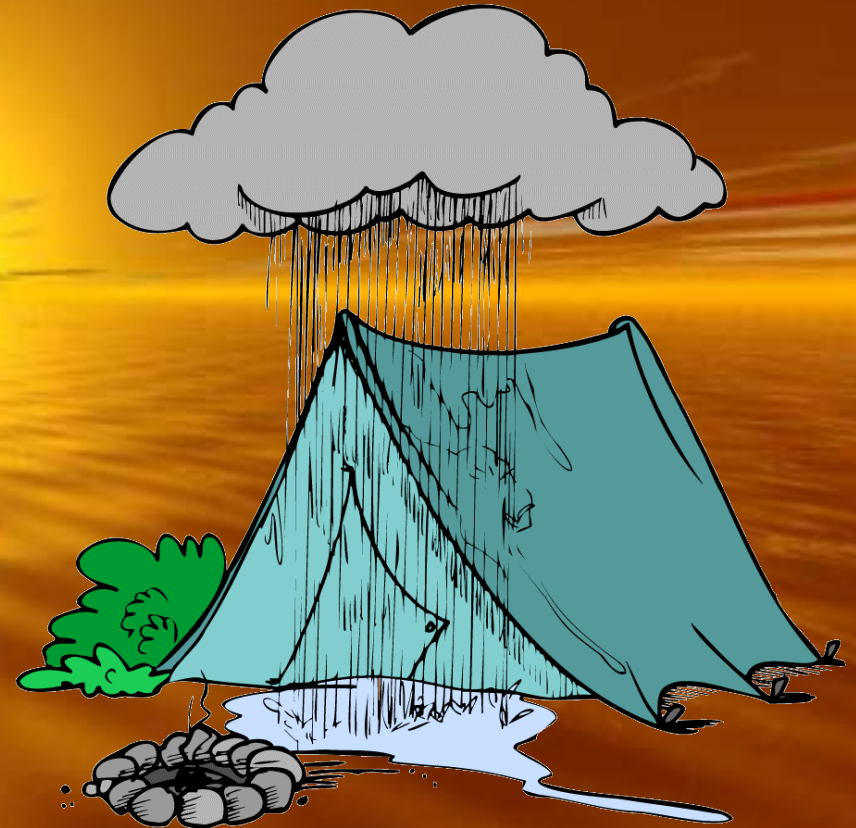
Check equipment



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

