CHIEFS OF SAFETY INTRODUCTION

1. The “101 Critical Days of Summer" is almost upon us and we face the annual increase in mishap potential. Participation in outdoor recreational activities, water sports, and travel beckons us to the parks, beaches, and roadways, exposing us to the accompanying risks.

2. During the same period last year, a MacDill AFB member sustained a fatality, a motorcycle mishap. The challenge and need to do better than past years is clear--we must make every effort to reduce human suffering and the grief that accompanies each and every serious accident.

3. This brochure is the first in a series planned for distribution throughout the summer. The intent is to highlight the known hazards associated with the period that includes Memorial Day, Independence Day, and Labor Day. Commanders and supervisors are encouraged to include the information provided in their safety awareness programs.

MARIO MASTRANDREA, JR, Lt Col, USAF
Chief of Safety

SUMMER ACTIVITIES GUIDE

THE MILLERS BEAT THE HEAT

The Millers survived yet another blustery Midwestern winter. And although they thoroughly enjoyed all that winter had to offer, summer is still their favorite season. Trips to the beach, picnics, ball games, camping, lazy hammock rides, and cutting the lawn.

Because temperatures can sometimes reach in excess of 90 degrees Fahrenheit, the Millers have to take special precautions when participating in their favorite summer activities. Irving Junior will be playing Little League baseball this year, and running around under the hot sun can take its toll. So can Beverly's sunbathing and Irvs marathon golf games.

Why should they be so careful? Because, during the warm summer months, there are certain heat related hazards which they can encounter -- if they're not prepared.

The most common heat related problems are heat fatigue, heat rash, heat syncope (fainting), heat exhaustion, and heat stroke. These illnesses can occur if the body cannot maintain a proper temperature balance. This balance should not waver more than a few degrees from an oral temperature of 98.6 degrees Fahrenheit or a rectal temperature of 100 degrees Fahrenheit (rectal temperature is a better indicator of body temperature).

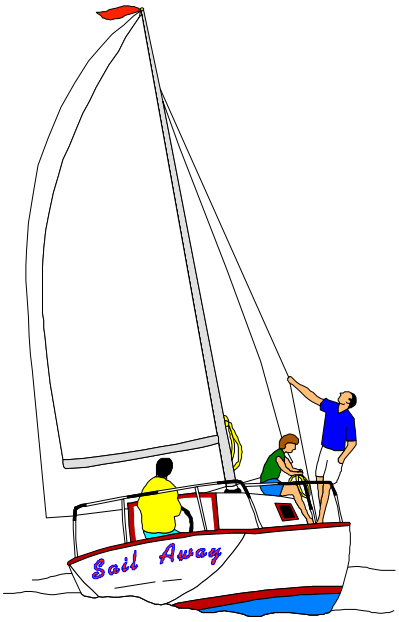
COOLING OFF

In cool environments, the body must store heat to keep warm. But in warmer environments, the body has to get rid of excess heat. Body temperature can increase in two ways -- metabolic heat and externally imposed heat.

Metabolic heat is generated by the body's own processes. As your physical activity level increases so does your energy requirement. Energy production creates metabolic heat. Metabolic heat can be compared to the friction that occurs in an automobile engine. To function properly, both an automobile engine and your body must have excess heat removed.

Externally imposed heat comes from surrounding environments and can add to your body's own heat burden. Factors such as air temperature, air movement or velocity, humidity, and radiant heat (heat from the sun or furnace) determine the rate at which body

heat is exchanged with the environment. This exchange is what actually cools the body. The body can be naturally cooled by conduction, convection, evaporation, and radiation.



Conduction is the transfer of heat between objects which are in contact with each other. For example, your skin will lose heat to cool stationary air or absorb it from warmer air. Conduction occurs faster if the air temperature is very hot or very cold.

Convection occurs when the thin, insulating layer of air next to the skin is replaced by cooler air. Fans and cool winds and breezes continually move warm air away
from the skin and create a cooling effect. The faster the air movement or wind speed, the greater the cooling effect. Air temperature also determines how much cooling is achieved by conduction and convection. The lower the air temperature the greater the amount of conductive heat loss. And the faster the air movement the greater the amount of convective heat loss.

Evaperation cools the body when perspiration or other moisture dries on the skin surface. Humidity, air temperature, and air movement are important factors with evaporation on hot, humid days, evaporative cooling rarely occurs. But when humidity (or the moisture content of air) is low, evaporation will occur -- even though air temperature is high.

Radiation. Sometimes, Irv Miller says of his wife, Beverly, "her smile radiates beauty." The same concept, more or less, applies to heat loss. Radiation is the transfer of heat to heat cooler environments -- not by touching (like conduction) but through space. If your body is warmer than the surrounding environment, it will transfer, or radiate heat. But if the surroundings are hotter than your body temperature, your body will absorb the radiating heat. Remember the last time you warned your cold hands over a steaming cup of coffee/hot chocolate? That's radiation.

THE HEAT IS ON

When the temperature outside rises, your body temperature rises along with it. When this happens, the brain sends signals or initiates heat control mechanisms to deal with the excess heat.

Increased blood flow is one of those mechanisms. Cooling occurs when the heart pumps more blood to vessels in the skin surface. This process causes excess heat to dissipate through conduction, convection, and radiation.

If increased blood flow doesn't control heat build-up, the brain sends a signal to the sweat glands, which are also located in the outer layer of skin, to start producing perspiration. The skin is then cooled by evaporation.

Through conduction, convection, radiation, and evaporation your-skin can shed a lot of excess heat. But if the air temperature is at or above skin temperature, humidity is high, or air velocity is low, your body's natural cooling mechanisms become less effective. When this occurs, the heart sends more blood to the skin and less blood to active muscles and the brain. If body temperature continues to rise without adequate cooling, certain health problems can occur.

HEAT-RELATED ILLNESSES

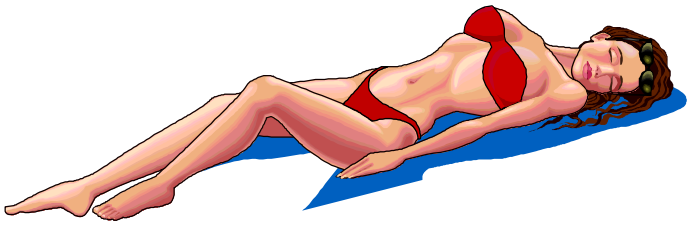
The last time Irv cut his lawn, the temperature was a sweltering 95 degrees. Humidity was high, air movement was virtually nil. The cards were stacked against him right from the start. But he wanted to get the lawn done so he could watch the ball game with Irving Junior. So out he went. The anxiety began with the second or third tug of the mower's pull cord. The humidity was affecting the mower's carburetor and it wouldn't start. By the time

he got it kicking, Irv was sweating buckets. By the third row he was fatigued and couldn't concentrate. By the sixth row he was dizzy and forgot baseball ever existed. The mower's screaming engine was giving him a throbbing headache. On the eighth row the darned thing ran out of gas. Irv stumbled into the garage to get the gas can and banged his shin on a pointy garden tool. He was hot, tired, and aggravated.

Now, Irv's basically an easy-going guy, but when he gets heat fatigue he can become disoriented, irritable, and even depressed. Heat fatigue presents no serious health problems, but it can cause discomfort and all other symptoms Irv had while attempting to manicure his lawn.

He learned his lesson, though. During warm, humid weather he moderates his daily routines, allowing his body to gradually adjust to hot temperatures. He eats moderate, low-fat meals and drinks plenty of decaffeinated, non-alcoholic drinks to avoid dehydration.

There are other, more serious heat disorders which can occur if the body fails to provide natural cooling. They are:



Heat Rash. Also known as "prickly heat," heat rash occur mostly in hot, humid environments where sweat isn't easily evaporated from the skin. Sweat glands become plugged and inflamed and a rash appears. If heat rash becomes severe, infection could result. To prevent heat rash, keep your skin as dry as possible and wear fast-drying clothing (cotton is a good choice). The best way to ease discomfort is to rest in a cool place. A simple home remedy for heat rash is corn starch; simply apply it like baby powder.

Heat Syncope, or fainting, usually affects people who are not used to hot environments. It can also affect those who stand or sit for along time. The increased blood flow to the ***skip*** (one of the cooling mechanisms) combined with inactivity may cause blood to pool in the lower body. This reduces blood flow to the brain and may result in fainting.

Although recovery is often prompt, fainting causes falls, and falls cause injuries. If an unconscious victim stops breathing, trained help may be required to provide an open airway. CPR (Cardiopulmonary Resuscitation) may also be needed.

Once recovered, the person should lie flat and rest in a cool place. A doctor should be consulted--just to be sure. To prevent heat syncope, increase circulation by moving around.

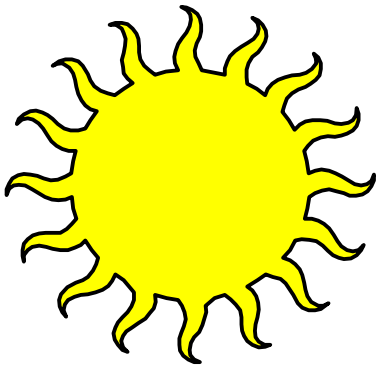
Heat cramps are painful muscle spasms that can happen after or during physical activity in hot and humid weather. Vigorous activity causes a lot of sweating. The loss of body fluids and other electrolytes (body slats) upsets the body's delicate chemical balance, causing cramps.

Treating heat cramps involves drinking plenty of water and massaging the affected muscles. Lightly salted water (.1% per 12 oz glass or 1 teaspoon per 4 quarts) and electrolyte replacement drinks also can be taken when you're sweating heavily. **Salt tablets are definitely not recommended**.

Some doctors believe that we already get enough salt in our diets. So consult your physician before adding salt to water, especially if you're on a restricted diet or have high blood pressure or a heart condition.

Heat Exhaustion is caused by loss of body fluids and salt from sweating and decreased blood flow to the brain and other organs. Although oral temperature may be around 98.6F, the heat control mechanisms are in trouble. Some of the symptoms of heat exhaustion are:

-excessive sweating
-pale, clammy skin
-extreme fatigue or weakness
-nausea
-headache or dizziness



More serious cases of heat exhaustion could include:

-confusion or disorientation
-vomiting
-loss of consciousness

To treat heat exhaustion, move the victim to a cool place, and if the victim is conscious, provide him or her with fluids. Be sure the victim rests with feet slightly elevated. If the victim is unconscious, an open airway should be maintained, and CPR should be administered by a trained individual, if necessary. If recovery is not speedy or the victim loses consciousness, call for emergency medical assistance.

Heat Stroke is a serious medical emergency. It is caused by a complete failure of the body's temperature regulating mechanisms. Heat stroke is a life-threatening condition and must be treated immediately. The symptoms of heat stroke include:

-lack of perspiration
-red, bluish, or mottled skin
-hot and dry skin
-oral temperature may be 105 F or higher mental confusion, anger, or delirium chills, -nausea, dizziness
-unconsciousness, convulsions, and eventually coma

If the victim is not cooled immediately, heat stroke can prove fatal. Here's how to treat a person with heat stroke:

-call for emergency medical
-assistance immediately,
-take measures to cool the
-victim by:
- sponging his or her body with cold water (use cool water on children under four years old)
- immersing the victim in cold water (use cool water on children less than 4 years old)
- covering the body with cold compresses (use cool water on children less than 4 years old) do not give the victim anything to drink
- use a fan to cool the skin through evaporation be prepared to give mouth to mouth resuscitation or CPR, if you're trained monitor the victim's temperature continue these measures until an ambulance arrives

Heat-related illness can affect anyone who is unaccustomed to hot and humid environments. But there are certain persons who are especially vulnerable to these illnesses. See if you are one of them.

- those who work in hot environments, especially if the job involves physical labor
- athletes and exercise enthusiasts, especially beginners those who are physically unfit or obese
- senior citizens and chronically ill
- those with heart or circulatory problems
- those recovering from a heat-related illness

- alcoholics and drug abusers
- those who have just consumed alcohol and/or drugs (including prescription drugs)
- infants and young children

PREVENTING HEAT-RELATED ILLNESSES

It only had to happen to Irv once. One grass cutting fiasco was enough to convince him. Now he makes sure he avoids heat-related illnesses. Do like he does and follow these simple precautions.

Drink plenty of fluids before, during, and after vigorous activity. Being thirsty is not a good indication of your real fluid requirements. Drinking too much fluid after physical activity may cause cramps. Avoid caffeinated and alcoholic drinks.

Get plenty of sleep and eat light, nutritious meals. Avoid fatty foods, and consult your doctor regarding the use of salt--especially if you have high blobd pressure or a heart condition.

Avoid alcohol since it can cause dehydration.

Schedule your more strenuous activities during cooler parts of the day (morning and evening) . Try to take periodic rest breaks throughout the day, in a shaded or cool area, to allow your body to cool off.

Dress in light, loosely-woven cotton clothing. Cotton lets air circulate to your skin and cool it by evaporation. A widebrimmed hat wouldn't be a bad idea, either. Wear light-colored clothing because it will reflect harsh sunlight. Dark clothing absorbs the sun. How many times have you sat in a car with a black leather interior on a hot summer day? Windows closed. No shade. Felt like a third degree burn on your exposed legs, didn't it?

Adjust to hot environments gradually. It takes the average person a couple of days to get used to the hot weather.

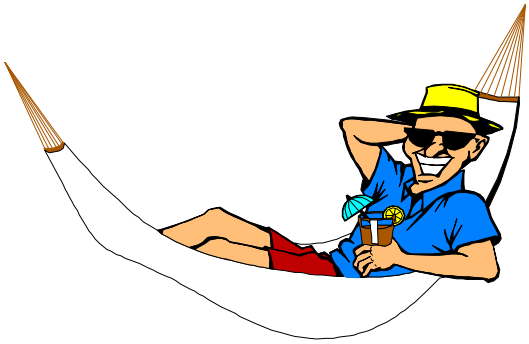
Learn to recognize the symptoms of heat-related illness and take immediate first aid measures.

Pay attention to weather reports, and adjust your daily routines accordingly.

Understand that the physical and mental side effects of heat-related illness can cause accidents. Remember Irvs little mishap? Loss of concentration and coordination, slippery hands due to heavy sweating, and dizziness are some of the more common causes of accidents.

Never leave children or pets in a locked car--even if the windows are left slightly open. Even on mild, sunny days the temperature in an enclosed car can climb rapidly.

If you're on prescriptive medications, such as blood pressure control or water pills, consult your doctor about possible side effects from heat stress. Some medication can interfere with normal brain impulses.

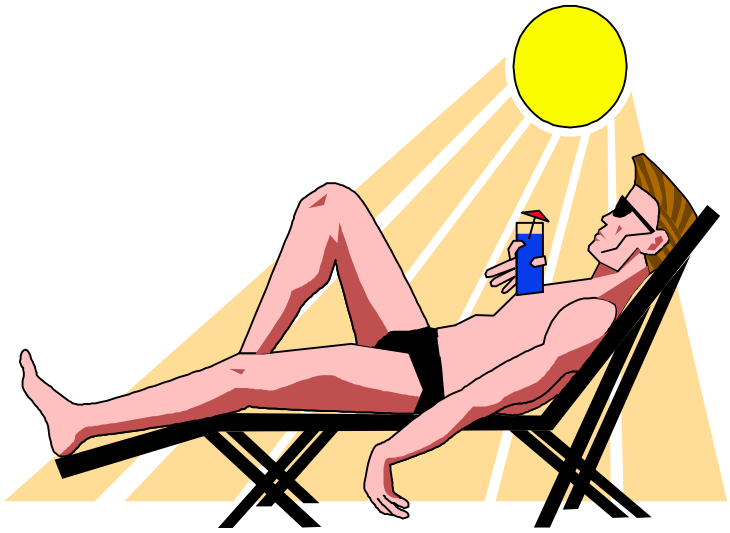


If you're going to be soaking up some rays this summer, use a sun screen with a "Sun Protection Factor" that matches your skin type. Lying out in intense sun, however, is not recommended because ultraviolet rays can cause skin burns, premature aging of the skin, and skin cancers. If you're going to tan, do it gradually. It could take as long as fourteen days to reach your maximum tanning level. If sunburn develops, treat it as you would

any other first degree burn, using cold compress or cool baths.

If you know how to prepare for warm weather, chances are you won't suffer from heat-related illness. All it takes is a little common sense and some preparation. The Millers know how it's done. When the mercury on the thermostat pegs anything over 80F, they take it light and plan their activities carefully--whether it's mowing the lawn or practicing balls and strikes in the back yard.

Summertime brings a lot of enjoyable outdoor activities. But these same activities can cause a lot of discomfort if you're not careful. So take it easy when the heat and humidity seem overbearing. Enjoy yourself... and do it safely.



FISHING

Fishing, one of man's noblest recreations, can easily turn into tragedy. Many anglers apparently fall overboard because fishing often leads to standing and moving about in a boat. Remember, excitement could bring the fishermen to their feet, or unexpected movement by one person could cause other fishermen to be thrown overboard. Even the boat could be swamped. Keep the following precautions in mind and you should have a safe fishing season.

Usually you can land a fish while sitting, but if you must stand to keep a line from fouling, then be sure that your companion stays seated and keeps the boat on an even keel.

Alone in a boat, it's easy to lose your balance while moving forward to drop or hoist the anchor. Step on the boat bottom amidship not on the seat. Keep low, and one hand on the gunwale.

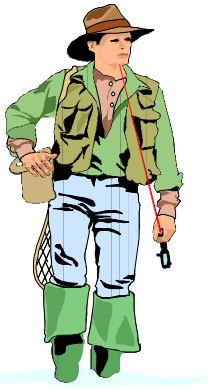
Avoid precarious reaching and balancing to get unhooked after a bad cast. A sudden movement, hard turn, accidentally throwing motor in reverse, hitting a rock or snag -- all make standing **RISKY** anytime.

A stern anchor lets a lone fisherman keep his seat -- sometimes. An anchor fouled in weeds or mud needs a real pull to break it loose. You can take on water in a hurry, especially in rough weather or with cut-out transom.

Stepping into a boat with a motor is a good way to lose your balance -- and your motor. Set the motor on the dock edge, get in and plant your feet crosswise in the boat, then swing the motor in and over the transom.

Sit down to pull the starter rope. If you stand and the expected compression isn't there, over the side you go. A hard starting motor should be tuned by a qualified mechanic.

Never goof off while running at full throttle to a fishing area or heading home at dusk. Keep a sharp watch for rocks, stumps, floating debris and other boats. Fishermen often linger for that last cast, then start home in semi-darkness without running lights.



A hot sun and not catching fish may have you pause for a cold one from the cooler, but leave the booze for the end of the day. Drink the booze after you reach land. Drinking and boating/fishing do not go together because one miscue can be your last.

Always carry spare gas. Do not fill the gas cans completely full because of expansion from the weather. Wipe up gasoline spills right away. Never smoke while fueling the boat.

If a threatening storm comes up -- head for shore. The inexperienced fishermen may make the mistake of staying out a few more minutes, and then they have problems. Always have respect for the weather when out in a boat. Reel in, crank the boat and head for shore.

SCUBA DIVING

Underwater swimming has been employed on a limited basis for many centuries in war, and in commercial harvesting of underwater products such as pearls. However, the years since World War II have seen a rapid growth of interest in scuba diving in the United States, both as a form of recreation and in conjunction with various occupational needs. The ready available equipment for scuba diving at most department stores and dive shops provides strong encouragement for swimmers to try this exciting sport. Florida because of its rapidly expanding population and combination of suitable weather and waterways, has a considerable portion of the divers in the United States.

Over a period of several years there have been 15-30 scuba diving deaths reported annually in Florida. This figure represents only a small proportion of the accidents occurring. In the past years, the Navy was the most important user of scuba equipment and incurred 98 percent of the episodes of bends or caisson disease; in recent years civilian divers have been the victims of 80 percent of the episodes requiring recompression.

It is essential that equipment for scuba diving be well chosen. Personal items of equipment necessary for open circuit scuba include an air cylinder and regulator, depth gauge, underwater watch, snorkel, face mask, fins, kelp knife, flippers, float, flag, weights, inflatable life vest and exposure suit and gloves. Most divers obtain their air supply through compressors maintained by "dive shops." The most important equipment by far is that concerned with the compression of air, its storage and delivery to the diver's lungs.

Your Safety Habits At Home

*Do you know your your neighbors? Do you look out for them? Do they look out for you?

*When the door bell rings, do you check to see who it is before opening the door?

*Do you always ask a sales person, meter reader, repair or delivery person to show an identification card before letting him or her in?

*Do you caution your children and babysitters not to open the door to unexpected visitors and delivery persons?

*Have you and your neighbors cleaned up dirty alleys, litter and broken windows? They all attract crime to your neighborhood.

*Do you hang up immediately on nuisance and obscene calls?

*Have you posted emergency numbers for police, fire and paramedics on every phone in the house?

*If you are at home, working or just relaxing, are your doors locked?

*If you have to leave your children at home alone, do you make sure they know where you can be reached, when you are coming home, and the name and number of a friend or neighbor to call in an emergency?

*Do you and your neighbors have a phone network to alert each other to suspicious activity?

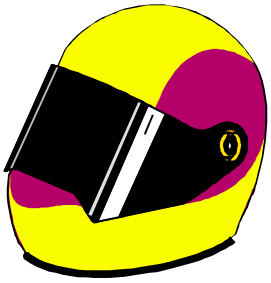
*Do you procrastinate a few days before replacing a burned out lightbulb over your front door, garage, or yard?

*Do you keep blinds, shades, and drapes closed at night?

*Do you test your smoke alarms and, if you have one, the burglar alarm, once a month?

SEATBELTS

IF THE FIRST ONE DOESN'T GET YOU.....



Contrary to popular opinion, people don't die in automobile crashes. They die from a separate event, one that is caused by the automobile crash. It is called "the human collision." This collision is a second crash that takes place (usually) inside the car, as the occupant hits the dashboard, windshield, or other interior car parts. And, just as the car crushes and breaks when it hits a tree, the human body crushes and breaks when it hits a steering wheel.

The problem is: When the car crashes, it stops. But the human body inside continues to move. It keeps going until it hits something that is harder than it is. This is where the injuries and deaths occur.

Nothing can prevent this second collision. The only thing that can be done is to reduce its severity. Fortunately, there is a device designed for just that purpose. IT IS CALLED A SEATBELT.

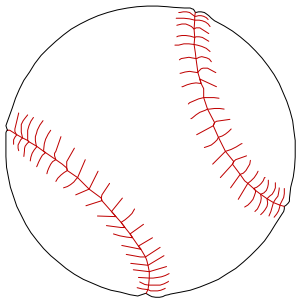
The seatbelt gives the body something softer, more "friendly" to hit than the hard, unyielding surfaces of metal and plastic inside the car.

In a crash into a concrete bridge abutment, a car would suffer severe damage, but it would suffer a lot less if it hit a wooden fence. A person is hurt severely in a human collision against a dashboard (even a padded one), but he or she will remain relatively unharmed in a human collision against a nylon seatbelt.

What's the choice? Without the belt -- skull fracture, facial lacerations and broken teeth, broken ribs and internal injuries... and on and on; possibly death. With a belt and shoulder harness-- some bruises, perhaps, but probably not very severe ones.

Make your own choice. If the first one doesn't get you .....

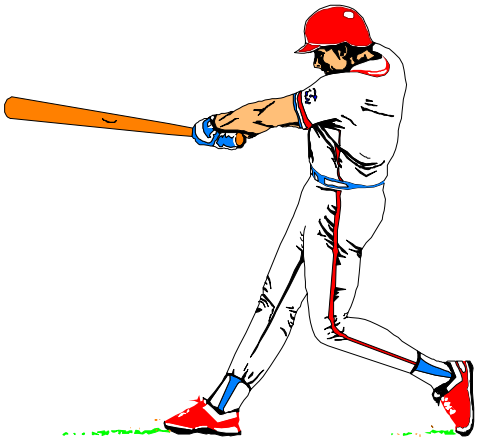
IT'S A LINE DRIVE!



Baseball - the "Favorite American Pastime" - and softball are related sports with many of the same characteristics, especially in the injury category.

We play these games at family church, and office get-togethers, as well as intramural events, and (normally) the results are aches and pains from unused muscles. Unfortunately there are injuries-some resulting from improper warm-up and others because the people playing are out of shape, haven't played for years (or not at all), get in the way of players or balls or bats, or run into immovable objects.

Injuries from line drives and sliding into base account for the majority of injuries to Air Force personnel. You may be on the receiving end of a line drive and arrive at the hospital with a broken jaw, lacerated or contused eye, broken cheekbone, or a concussion. Even if you're only a spectator, you can't breathe easy because line drives don't respect baselines. If a slide doesn't go right, you may be bruised and scraped or you may break bones or end up with a concussion.



When the ball hits other parts of the body, the injuries are usually less serious (such as deep bruising), but are still painful.

Injuries from line drives may be the result of inattention (a spectator or player who doesn't pay attention to what's happening on the field) or slow reaction times (such as a line drive back to the pitcher). The person hurt may even be on the same team as the person hitting the ball and just happened to be in the right (wrong) place at the wrong (right) time (depending upon how you look at it). Most often, action is too fast and a line drive is hit too hard for any preventive measures to be effective. So, how can injuries be prevented?

Leave your temper at home

In the heat of the game, common sense sometimes flies out the window and a quick temper can be trouble for all players.

Don't over-extend

Energetic players cause many of their own injuries by overextending themselves. The terms "aggressively" and "over-exerted" appear frequently in the medical files of these players.

Pregame checks

Before the game starts, check the field for holes, bumps, glass, rocks, bare spots in the grass, or any other unusual characteristics that may cause an accident. Example: Bumpy bare spots are worn in the grass where the outfielders stand and ground balls may take bad hops when they hit this portion of the field. If you don't know this, you may be hit in the face if the ball bounces over your glove.

Check where light poles, fences, dugouts, bleachers, walls, and trees are located. In some instances a foul fly may be playable in an area where those obstacles are located. If you haven't performed a check of the area, you may run blindly into such obstacles, which may not only change the result of the game but may be the cause of a serious injury. If playing on a field at night, check for low lights placed in your line of sight. Lights can cause you to momentarily lose sight of low line drives. If the lights cannot be turned off or shaded, shade your eyes.

Batting warm-up drill

To give yourself a better chance to check field conditions, ask the person hitting balls to the outfield during the warm-up drill to hit ground balls as well as fly balls.

Standard warm-up

Most strains and sprains can be prevented by carefully warming up before playing. In the book The Education of a Baseball Player, Mickey Mantle says "Some fellows think that if the day is warm, there is no need to get any warmer. But you can pull a muscle just as quickly in August as you can in March," Therefore, before you play, go through the standard warm-up, toss the ball back and forth, stretch your legs at an easy pace, swing a bat, and bend your knees and back.

Fly balls and line driven

Judging a fly ball is a skill obtained by practice and hard work. During a day game where there's a "high sky" (clear day and bright sun), and you're trying to catch a fly ball, you may be temporarily blinded and lose the ball. (This can also happen at night if you look directly into bright lights.)

Watch the ball from the time it comes off the bat until it hits the glove. If you lose it for a moment because of the SUN, don't give up. Shade your eyes until you again pick up the flight of the ball--practice this play by intentionally looking away from a pop fly and then looking up again to see if you can still follow the ball. (Practice watching a fly ball that will be caught by someone else.)

As you turn in the direction of the ball, rotate the lower portion of your body in the same direction. By doing so you won't have to crossover step and won't tangle your feet and trip.

Sliding techniques

Learn to slide properly. It's important for two reasons: it gives you a much better chance of being safe on a tag play and a proper slide prevents possible injuries.

Know when to slide as well as when NOT to slide. Because a last minute slide is usually ineffective and frequently ends up with the runner or fielder being hurt, a key factor in making a good slide is making up your mind that you are going to slide several strides ahead of the base. Check with your local base gym personnel for information on the proper ways to slide. In addition, consider Mickey Mantle's advice, "Practice sliding on grass (especially wet grass) because you slide easily and won't end up with skin scrapes . . . "

Sound off

On fly balls, call for the ball so you don't run into another player.

Hard to judge

A low line drive that's hit directly at a fielder is difficult to catch because it's hard to judge the speed of the ball. Be careful with the low line drive because it often starts low but continues to rise as it approaches and the speeding ball may strike you.

No baubles and bangles

To reduce the possibility of injury, don't wear exposed jewelry, such as wristwatches, bracelets, and neck chains during a game.

Watch the bat

Be careful swinging the bat; make sure no one is too close.

After you hit the ball, don't throw or sling the bat; drop it as you run to base.

Prior injuries

If you're recovering from a previous injury, don't put strain on the injured part. You may put a small injury into a "major" category if you re-injure it.

Finally

Know your capabilities and what's appropriate for the game at hand. Leave the "grandstand" plays for the professionals.

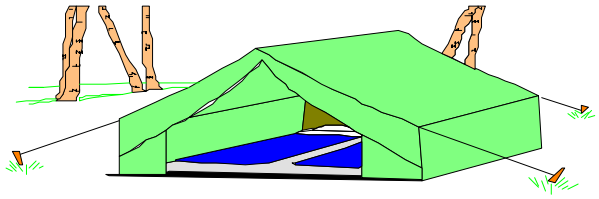
If you have questions about the rules of baseball or softball or what equipment to use, check with your local base gym personnel.

Have fun and enjoy yourself while participating in the "Favorite American Pastime," but do it smartly--PLEASE!

SAFETY OUTDOORS . . . CAMPING AND HIKING

PITCH YOUR TENT

Each year thousands of families head for the great outdoors to enjoy camping and hiking trips. Follow these precautions:

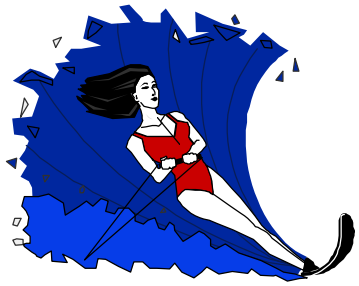


- Buy a tent made only of flame-retardant fabric.
- Do not choose a campsite in a low-lying area that might be susceptible to flash floods.
- Set the tent upwind at a safe distance from the campfire.
- Use only flashlights or other battery-powered lights for lighting.
- When you select a campfire site, avoid areas near buildings, fallen trees, tree trunks, or low, overhanging branches.
- Scrape away all leaves and litter down to the bare earth for at least five feet on all sides of the fire.
- Dig a pit in the center of the circle and surround it with stones. Keep a bucket of water and a shovel beside the fire at all times.
- Before you leave your campsite, make sure the fire is completely out. Drench it with water and smother it with dirt.
- Store food in coolers or in your vehicle, out of reach of animals. Don't encourage wild animals into your campsite by offering food.
- Follow instructions when you use a portable stove. Practice using the stove before going camping.
- Obey all local regulations.
- Do not use propane heaters when inside a tent.

TAKE A HIKE

- Hike on well-marked trails.
- Wear proper hiking boots/shoes and long pants for protection from bugs, scrapes, scratches, and poison ivy.
- Tell someone at the camp where you are hiking and when you expect to return.
- Know your limits.

Safe Water Tips for the Great Outdoors



Recreational boating fatalities are currently the third largest category of transportation-related deaths in the nation (behind automobiles and airplanes). According to U.S. Coast Guard statistics, the Memorial Day weekend death toll is 77 percent higher than the average number of boating fatalities reported for non-holiday weekends in May. Alcohol is a factor in about 50 percent of all boating deaths, and improper operation of the boat is a factor in about one-third.

Boarding and Loading

Find your boat's capacity by looking at the capacity plate. Don't overload the boat or put an oversized motor in it. Be sure the dock lines are tied securely before you put gear aboard or go aboard yourself. Do not straddle dock and boat. If the boat is small, step as near the centerline as possible, and stay low in the boat. As you load, note the distance between the water and the top edge of the boat (freeboard). Waves or wakes from passing boats can easily swamp boats with low freeboards. Do not overload. Also, don't load heavy gear to one side.

Life Jackets

Get and wear a Coast Guard-approved personal flotation device (PFD) that fits well; make sure it is the proper type and approved for your specific usage. Actually put it on, adjust it, and test it in the water so you'll know how it will feel.

Four out of every five people who die in boating accidents aren't wearing their life jackets!

Do the same for all family members, especially children. Knowing what to expect in the water can prevent panic. Non-swimmers should wear a PFD on any small boat. Never leave PFDs sealed in plastic wrapping. They must be ready to put on fast. When water conditions or weather cause concern, have everybody aboard immediately put on a PFD. And if you fall in the water, stay with the boat.

Safety Tips

The Boat Owner Association of the United States suggests that boaters keep these safety tips in mind:

*Know before you go - get a weather forecast. While underway, observe current conditions and be aware of changing weather patterns.

*****Bring extra gear. Items you may need include a flashlight, extra batteries, matches, a map of where you are, flares, suntan lotion, first-aid kit, extra glasses/ sunglasses. Put those things that need to be protected in a watertight pouch or a container that floats.

*****Keep a sharp lookout while the boat is moving. Most accidents are collisions. Avoid close encounters with other boats, swimmers, skiers, jet skis or other objects in the water.

*Ventilate after fueling. Open hatches, run the blower and, most important, sniff for gasoline vapors in the fuel and engine areas before starting your engine.

* Stay dry and warm. Wear layers of light clothing; bring rainproof clothing. Never wear hip waders in a small boat.

*Keep gear clean and well packed. A loose fish hook can cause a lot of pain. Bring an extra length of line to secure boat or equipment.

* Take care during seat changes. When changing seats, stay low and near the center line in a small boat.

* Exercise caution in passing. Be ready for trouble when a powerboat passes you in a narrow channel. As the lead boat (which always has the right of way), stay on your side of the channel and maintain a steady speed to allow the overtaking vessel to pass you safely. Use your radio to discuss this with the passing boat.

* Anchor from the bow, not the stem. Use an anchor line length at least five times the water depth.

* Never let an intoxicated or impaired person take the helm.

* If you are not sure about boating safety and regulations, the base outdoor recreation center offers a boating safety course.

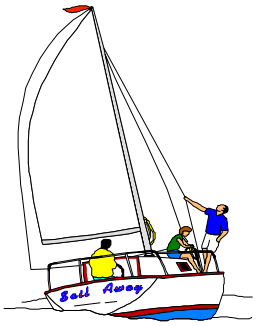
Jet Ski Safety Tips

The roar of jet skis is being heard on lakes and waterways across the country. Despite the expensive price tag, sales of jet-propelled water scooters are on the rise. Jet skis are class A inboard vessels propelled by a water jet pump and operated by a person sitting, standing or kneeling on the craft. They weigh up to 800 pounds and can travel at speeds over 40 mph. They are quick and highly maneuverable. Most fatalities from jet skis involve children younger than 15 years old. Rider error is blamed in the majority of the cases. About half of the injuries are swimmers or water skiers hit by jet skis. Some accidents are due to dangerous games such as wake jumping and playing chicken.

Learning the skills necessary to safely operate a jet ski takes time and practice.

+ Never allow a child under age 16 to operate a jet ski alone.
+ Always wear a U.S. Coast Guard-approved personal flotation device and other protective gear.
+ Know where every control is and how to use each.
+ Practice riding skills in an open, calm area with no swimmers or boat traffic.
+ Make sure you are able to mount the jet ski in deep water after falling off.
+ Before you attempt any maneuver, look around and behind you for traffic.
+ Never operate a jet ski near beaches or swimmers.
+ Never operate a jet ski at night.
+ Never operate a jet ski after consuming alcohol or drugs.

Alcohol and Boating Don't Mix



Over 1,000 people die in boating accidents every year. Nine out of ten of them drown. About half those deaths involve alcohol.

Four hours of exposure to power boat noise, vibration, sun, glare, wind and motion produce a kind of "boater's hypnosis." This slows reactions almost as much as being drunk. Alcohol added to this sun exposure intensifies the effects.

When you're "tipsy," you're much more likely to fall overboard. Alcohol also reduces your body's ability to protect against cold water. So within minutes you may not be able to call for help or swim to safety. Actually, an intoxicated person whose head is immersed can be confused and swim down to death instead of up to safety.

ASPHALT JUNGLE

The newest rolling challenge is the in-line skates that are a cross between roller skates and ice skates. They are called in-line because they have three to five donut-shaped wheels in a single row. They are sometimes called Rollerblades, but that's the trade name of the leading manufacturer of these skates.

Blading is a good form of aerobic exercise. An hour on skates consumes almost as many calories as an hour of running or cycling but without the pavement pounding that running entails.

You can go faster with in-line skates since their smooth, narrow, polyurethane wheels create less friction against the ground than the regular wide wheels. They are also easier to maneuver. As with roller skates and skateboards, the injury rate is highest for people skating for the first time.

Protective gear is essential because "everyone falls; it's just a matter of when." Broken wrists are the most common injuries among in-line skaters. Others include sprains, torn ligaments, and even serious head injuries. Some 37,000 people suffered injuries from in-line skating in 1993. The number is expected to double this year.

You must be aware of the "war zone" between your body and the pavement. Rolling over even a small bump, crack or pebble can cause even the best skaters to crash to the ground. You must keep your eyes and ears open at all times.

You should wear crew socks to cushion your feet and to absorb sweat. All gear should be snug, yet comfortable. Buy your skates at a reputable sporting goods store. A knowledgeable salesperson can suggest the right type of skate for your ability and can make sure the skates properly support your ankles.

Here's a few tips on the proper techniques.
A 'Right' Way to Fall?

You must learn to fall before you learn how to skate. Yes, I did say fall, believe me you will fall. Most people panic and stiffen up when they're about to fall, which is how people get hurt. To fall forward, go down on your knees and "roll" with the fall onto your wrist guards. Also, keep your hands and fingers up. With backward falls, your should turn and fall on one side. That way, you can use the entire side of your body to absorb the impact, rather than the vulnerable tailbone.

To get up after a fall, leave one knee on the ground and put your other knee up. Put both hands (and body weight) on the upright knee to keep your balance.

Stand Without Rolling

To stand without rolling, use the T stance: Put one foot behind and perpendicular to the other in a T formation. That way, you can stand and wait at a stoplight without rolling dangerously off a curb. The proper in-line skating stance is bent knees and body weight over the wheels. This lowers your center of gravity and keeps you from falling forward. You might practice turning by maneuvering around cones or any obstacles you can set up.

Some Juicy Tips For Barbecuing

Molly and the girls had been hiking the Wisconsin hillside all day. Now they were tired and hungry. Steve had left the barbecue grill and charcoal beside the travel trailer with instructions to light the charcoal at six. He would cook the ribs when he returned from fishing at seven. A summer thunderstorm put a damper on the evening meal plans until Molly realized she could bring the open grill into the trailer to get the coals started. Good fortune was shining on the family even if Mother Nature wasn't. Steve returned in time to rush his wife and daughters to the hospital just as they were beginning to succumb to carbon monoxide (CO) poisoning.

Molly did not know the Consumer Product Safety Commission reports about 25 people die and hundreds suffer from CO poisoning each year when they burn charcoal in enclosed areas.

A Variety Of Barbecuing Hazards To barbecue safely:

- Read and follow the manufacturer's instructions for your grill.
- Place the grill in an open area out of doors. Keep it away from buildings, shrubbery and dry vegetation. Ten feet is a good measure. Set it away from the flow of pedestrian traffic.
- Close nearby windows and doors.
- Do not use a grill on top of or under any surface that will burn, such as a porch or carport. The wooden deck attached to your house is not a good place to barbecue.

- This bears repeating. Never move a lighted grill indoors, regardless of the weather outside or your appetite for thick, juicy hamburgers. Opening a window or garage door or using a fan may not reduce carbon monoxide to safe levels.
- Do not build a charcoal fire in an indoor fireplace. The fire produced by the briquets is not hot enough to cause the chimney to suck the combustion products upward and poisonous carbon monoxide will stay in the room.
- Use the starter fluids designated for your grill. Place the can and matches away from the grill. Never use gasoline.
- Never leave a lighted grill unattended.
- Keep children and pets away from a hot grill.
- If the coals start to flag or are slow to catch, fan them or use dry kindling and rolled-up newspaper to give a boost. Adding liquid fuel could result in a flash fire.

Odds And Ends

- Wear a heavy apron, long pants and an oven mitt. Cover your forearms with a mitt that extends over your elbow, or wear a long-sleeved, close-fitting shirt.
- All your barbecue tools should have long handles to keep your hands and clothing away from the heat and flames.
- Reduce grease flare-ups by trimming excess fat.
- Keep a spray bottle of water handy.

As soon as possible, clear away all your cooking equipment such as fire starters, charcoal, forks, tongs and dishes. This will assure children don't get into them. Cover the grill, close the vents and allow the coals to cool overnight. If you're in a hurry, douse the fire with water.

- Discard ashes into a metal container. Be careful. Seemingly "dead" charcoal can reignite hours later. Spray with water for added safety.
- Observe all precautions to avoid food poisoning.

Gas Grills

- Have your igniter ready when the gas is turned on to prevent a flash burn or explosion.
- If the burner doesn't ignite quickly, shut the valves, leave the lid open, and allow the grill to air out for several minutes before you try to light it again. That avoids a buildup of explosive gases.
- Store the gas cylinder outside and be sure the gas is turned off at the tank to prevent accidental ignitions. Check the connections frequently for leaks using a soap- and water mixture. Escaping gas will appear as bubbles. Tighten the connections or call a professional to repair the grill.
- Clean the metal venturi tubes annually.
- Have your tank filled by a qualified dealer. Over-filling can be dangerous.

It’s Time For Your Swimming Lesson

Ron had just completed the deal of a lifetime. He sold his business for a huge profit, and he was in a mood to celebrate. He gathered his wife and several couples onto his houseboat and headed into the lake. Several hours later, he'd had much too much to drink, and it was dark. As he staggered to the back of the boat, he slipped on a rope and fell in. The water was dangerously cold, and he never came up. In a moment of his greatest euphoria, Ron died at the age of 34.

According to the National Safety Council, drowning is the fifth leading cause of accidental death in the United States, killing nearly 4,000 people annually. The majority of drownings occur in natural water environments such as lakes, rivers, and oceans. And most are the result of sudden, unintentional entry into the water, like Ron.

What Goes Wrong Around Water

Statistics show most drownings or "near drownings" (in which the victim is revived but suffers permanent disability) occur when people:

- Use alcohol and drugs while participating in water recreation.
- Dive into unfamiliar waters, which are often too shallow or have hidden obstructions.
- Swim *too long*, *too* far away, stay *too* long in cold water, or play *too* hard.
- Fall from docks, boats, bridges, and the shore. Most drowning victims were doing something other than swimming or playing in the water at the time of the accident.
- Were careless in small boats. Many victims were untrained and inexperienced and most were not wearing personal flotation devices (PFDs).
- Experience medical emergencies, such as seizures or heart attacks.

How You Can Make Things Right

- Take swimming instruction from a qualified instructor.
- Make safety a top priority when choosing a place for water recreation.
- Never swim alone. Whenever possible, confine your water activity to areas supervised by lifeguards or qualified adults.
- Know and obey the safety rules posted in the area you are swimming. Learn where the lifeguards are posted, and where to find rescue equipment and a telephone.
- Don't engage in horseplay.
- Never leave children alone near water. Swimming lessons don't make your child "drownproof".
- Do not rely on inflatable objects like rafts or toys to keep you afloat if you are a poor swimmer. The only reliable flotation device is a properly-fitting U.S. Coast Guard approved PFD. Here's a tip for the kids: Check for snug fit by picking the child up by the shoulders of the PFD. If the vest fits correctly, the child's chin and ears will not slip through.
- When boating, playing in a river, or fishing near deep water, children and nonswimmers should always wear PFDs. Swimmers should wear or have immediate access to PFDs.
- Wade or slowly enter feet first into unfamiliar waters (or familiar waters the first time each trip).
- Don't swim or wade in swift moving water. If you are swept into a current, swim with it and angle toward the shore or the edge of the current until you reach safety.
- Stay out of water that seems too cold. The shock of cold water to the system can cause hypothermia and render a swimmer unconscious in minutes.
- Check the weather before you start swimming. Do not swim in severe weather. If you see lightning, get out of the water immediately.
- Before you enter the water, have an emergency plan for responding to water accidents. If you own a cellular phone, keep it handy.
- Know your limitations. Unless you are trained as a lifeguard, you are putting yourself and the swimmer in trouble at risk by attempting to swim to their rescue. Instead, stay out of the water and avoid making physical contact if possible. Throw them a rope or buoy, or extend a paddle or limb that they can grab.

How To Use a Fire Extinguisher

A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives. Portable extinguishers for home use, however, are not intended to fight large or spreading fires. They aren't big enough; most portable extinguishers discharge completely in as few as eight seconds.

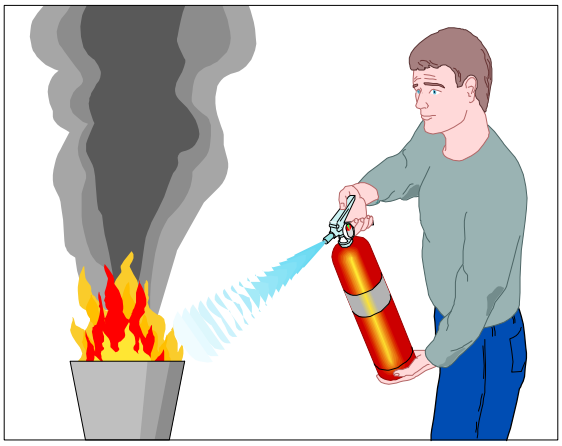
Even against small fires, they are useful under only certain conditions:

»The operator must know how to use the extinguisher. There is no time to read directions during an emergency.

»The extinguisher must be within easy reach, in working order, and fully charged.

»The extinguisher must be kept near an exit, so the user has an escape route that will not be blocked by fire.

» The extinguisher must match the type of fire you are fighting. Extinguishers that contain water are unsuitable and dangerous on grease or electrical fires.



Choosing Your Extinguisher

Fire extinguishers are tested by independent testing laboratories and labeled for the type of fire they are intended to extinguish.

Classes of fires: There are three classes of fires. All fire extinguishers are labeled using standard symbols for the classes of fires they can put out. A red slash through any of the symbols tells you the extinguisher cannot be used on that class of fire. A missing symbol tells you only that the extinguisher has not been tested for a given class of fire.

Class A: Ordinary combustibles, such as wood, cloth, paper, rubber, and many plastics.

Class B: Flammable liquids such as gasoline, oil 'I, grease, tar, oil-based paint**,** lacquer, and flammable gas.

Class C: Energized electrical equipment, including wiring, fuse boxes, circuit breakers, machinery, and appliances.

Many household fire extinguishers are multipurpose models, labeled "A:B:C" for use on all three classes of fires. If you are ever faced with a Class A fire and don't have an extinguisher with an "A" symbol, don't hesitate to use one with the "B:C" symbol.

Extinguisher sizes: Portable extinguishers are also rated for the size of fire they can handle. Normally, an extinguisher that has a rating of 2-A:10B:C on its label is recommended for each floor of your home. The larger the number, the larger the fire that the extinguisher can put out. Before you go out and buy a higher-rated model to take care of a larger fire, remember that the higher the rating, the heavier the extinguisher. Make sure you can hold and operate the extinguisher before you buy it.

Installation and Maintenance

Install extinguishers in plain view, above the reach of small children, near an escape route and away from stoves and heaters. Fire-prevention units at your local fire department can advise you where to put it.

Extinguishers require routine care. Read your operator's manual and ask your dealer how to inspect and service your extinguisher. Rechargeable models must be serviced after every use. Disposable fire extinguishers can be used only once and then must be replaced. Following manufacturer's instructions, check the pressure in your extinguishers every month.

Remember the PASS-word

When using your extinguisher, keep your back to an exit, and stand 6 to 8 feet away from the fire. Follow the four-step PASS procedure. If the fire does not begin to go out immediately, leave the area at once.

Pull the pin: This unlocks the operating lever and allows you to discharge the extinguisher. Some extinguishers may have seals or tamper indicators you have to remove to use the extinguisher,

Aim low: Point the extinguisher nozzle (or hose) at the base of the fire.

Squeeze the lever above the handle: This discharges the extinguishing agent. Releasing the lever will stop the discharge. (Some extinguishers have a button instead of a lever.)

Sweep from side to side: Moving carefully toward the fire, keep the extinguisher aimed at the base of the fire, and sweep back and forth until the flames appear to be out. If the fire reignites, repeat the process.

Always be sure a fire department inspects the fire cite, even if you think you've extinguished the fire.

Before you begin to fight a fire, take the following steps:

»Make sure everyone has left, or 's leaving, the building.

»Make sure someone called the fire department.

»Make sure the fire is confined to a small area and is not spreading.

»Be sure you have an unobstructed escape route.

Be sure you have read the instructions and that you know how to use the extinguisher.
It is reckless to fight a fire if you haven't taken these steps. Instead. leave immediately, and close off the area.

THE LONG DRIVE

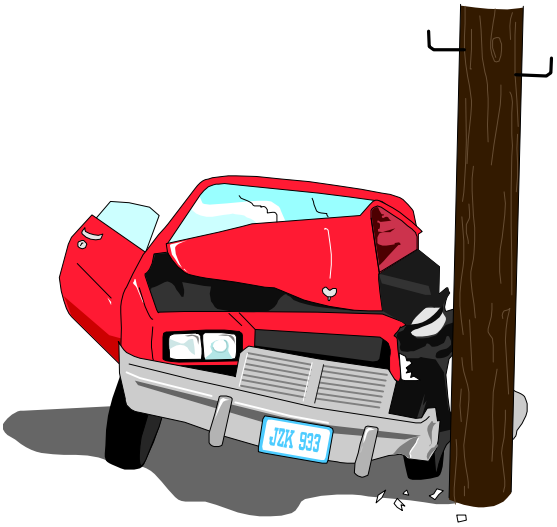
Everyone who has been on an air-wing weapons det at NAS Fallon has their Reno story. Here's mine.

After the last strike and debrief on Friday afternoon, the crew decided that a night in Reno might be a good antidote to the previous two weeks of strike planning and flying. So, we added five more to our original crew of five, piled into a rental van at sunset and headed for Reno. When we got there, the conversation went something like this:

"OK, who's going to drive home? Let's decide now so we don't get into trouble later."

"Yeah, that's a great idea ... but I'm not going to do it!"

Everyone else said there was no way they were going to drive back, either. "Well, I'll drive home, I guess," I concluded.



"Thanks, man," sang out the chorus as we headed for the strip.

"We should meet at 4 a.m. for the drive back to Fallon," someone said as he turned into the first casino. We all agreed, and went our separate ways.

All but two of us showed up at the van promptly at 4 a.m. We went s ' searching for them. Three casinos and several hundred tables later, we found them trying to get money through their ATM cards. After some brisk discussion about how to accurately read a digital watch, we piled into the van.

I hadn't thought back about what my day had been like. I had been up since 6 a.m. After a morning run, I had two hours of strike planning, followed by a 9 a.m. brief, a three-hour flight, and a two-hour debrief. As I watched the neon of Reno in the rearview mirror, thoughts of rest began to loom large in my mind. However, after polling the rest of the "crew" about their state of sobriety and alertness, I decided I had to make the drive.

The drive from Reno to NAS Fallon takes about an hour and 15 minutes. For the first 20 minutes, you are in the suburbs of Reno but after that, your headlights are the only light except the occasional glow in the distance. The first half of the drive was great - I was awake, and everyone was telling how much money they were out and how they lost it. The next half of the trip was where we ran into trouble. As people started to doze off one by one, I asked the guy riding shotgun to help me stay awake. He said, "Sure," but started snoring less than two minutes later. I did my best to stay awake, but soon dozed off. I (along with most of my passengers) woke up when the van's tires hit the gravel on the side of the two-lane highway. Fortunately, I was able to gain control and was soon back on the road. After that "wake-up" call, I was wide awake for the last 15 minutes of the trip. I thought a lot about how I could have killed all 10 of us - not by driving drunk, but by driving with no rest. We got back to our BOQ without any other incidents. However, once I was in my room, I was so shaken that I couldn't get to sleep for several hours. I kept thinking, "What if?"

Heating Without Getting Burned

Fireplaces and heating equipment are major causes of home fires. Before buying heating equipment, check with your fire department (if you live in government quarters, check also with housing officials) to make sure that what you select complies with your area building and fire codes and housing policies. just because your home has a fireplace, that doesn't mean you can stick an insert into it. Some of the new, prefab units can't tolerate the intense heat caused by wood-burning stoves.

All portable heating equipment should bear the label of an independent testing laboratory, indicating that the heater meets basic safety standards.

Vents and chimneys

All fueled heaters must be vented in accordance with local building and fire codes to prevent dangerous carbon-monoxide build-up inside your home. Creosote and carbon deposits in a chimney can cause a fire. Have your chimney inspected before each heating season and cleaned if needed. If you use a wood stove, have the flues and chimney connections inspected and cleaned regularly. Unusually high concentrations of chimney deposits could mean your fireplace or wood stove is not burning efficiently and should be inspected. Consider installing a spark arrester on top of any chimney that vents a wood- or coal-burning stove or fireplace. An arrester prevents large sparks from escaping from the chimney when you add logs or stir fires.

Space heaters

Place all space heaters at least 3 feet away from furniture, walls, curtains, or anything that burns. Turn off space heaters when you leave home or go to bed. *(Note: Room heaters are prohibited in government owned housing according to Military Handbook 1035, dated June 15, 1989. The rules on space heaters in bachelor quarters and offices vary with each base.)*

Electrical heaters

Inspect the cords on electric heaters. Have an electrician replace frayed, cracked or damaged cords. If cords overheat when the heater is In use, have the unit inspected and serviced.

Fireplaces

When you use your fireplace, always protect your home from sparks by using a fire screen made of sturdy metal or heat-tempered glass. Burn only wood in your fireplace. Be sure that dampers are working, and never leave fires unattended - especially if you have children or pets.

Wood or coal stoves

Place a stone board under any wood or coal stove to protect the floor from heat and stray embers. Install wood and coal stoves at least 3 feet away from walls, and keep combustible materials away from the stove and its chimney connection.

Liquid fuel

If your space heater runs on liquid fuel, such as kerosene, let the heater cool down before refueling it. Adding fuel to a hot heater can cause the fuel to ignite. Refuel your heaters outside, where spills won't present a fire hazard. Use only the fuel recommended by your heater's manufacturer. Never use substitutes or a lower-grade fuel. Never put gasoline in any space heater.

Natural-gas-fueled heaters

Check vents periodically to make sure they are not blocked. Never install unvented gas heaters in bedrooms or bathrooms; carbon-monoxide can build-up rapidly in such small rooms.

DISTRACTING THOUGHTS

DRIVING AWARENESS - The decisive factor in avoiding driving mishaps is the simple matter of concentrating on the task at hand. In fact, this is true in avoiding most mishaps. The concept of totally concentrating on your driving is characterized by two simple rules:

Don't try to do two or more things at one time (tuning the radio, reading a map, eating.) Nothing can compare with the urgency of keeping your eyes on the road.

Don't try to drive when you are incapable of concentrating (intoxicated, angry, preoccupied, tired, sleepy.) Start your journey with a clear head if you want to arrive safely.

If you're driving and find that you cannot totally concentrate on the task of driving, at least slow down to minimize the dangers. You must cut your speed in half in order to cut the distance you would veer in half. Annual automobile statistics should be adequate notice to you that concentrating on your driving cannot be overemphasized.

Remember when you climb behind the wheel, forget everything else, and if you feel your concentration slipping, do whatever is necessary to regain it.

SPIN ON SKATING

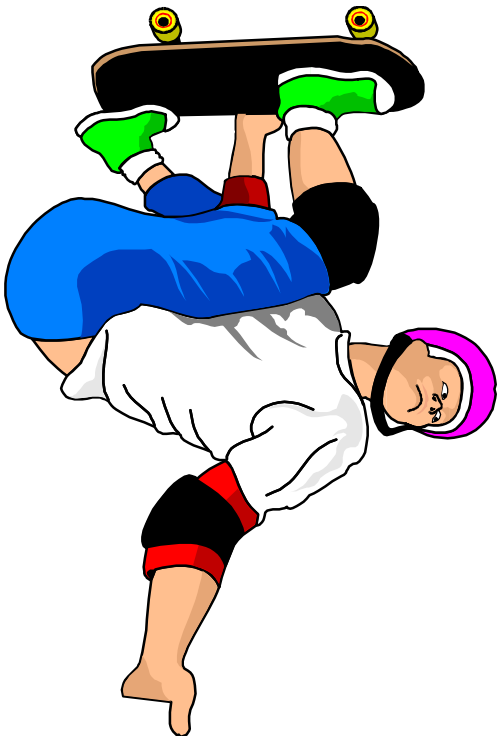
The rolling challenge is the in-line skates that are a cross between roller skates and ice skates. They are called in-line because they have three to five donut-shaped wheels in a single row. They are sometimes called roller blades, but that's the trade name of the leading manufacturer of these skates.

Blading is a good form of aerobic exercise. An hour on skates consumes almost as many calories as an hour of running or cycling, but without the pavement-pounding that running entails.

You can go faster with in-line skates wince their smooth, narrow polyurethane wheels create less friction against the ground than the regular wide wheels. They are also easier to maneuver. As with roller skates and skateboards, the injury rate is highest for people skating for the first time. Take a few lessons to learn the proper technique and how to fall safely.

To help prevent injuries:

· Wear a helmet, along with knee and elbow pads, wrist guards and gloves.
· Skate in an area free of traffic, crowds, debris and surface irregularities.
· Learn to stop safely using the brake pads at the heel of most in-line roller skates.
· Do not skate at night because of difficulty being seen and difficulty seeing obstacles.

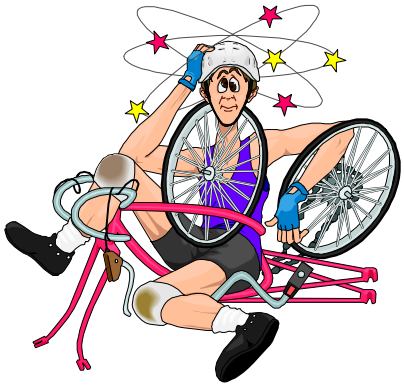


Bicycle Safety

Cycling can be a wonderful form of exercise and a quick means of transportation. But it can also be life-endangering if you fail to cycle safely. Use these tips to help make the time you spend cycling the time of your life.

- Make sure your bike has the required safety equipment. Besides a clear-lense headlight and reflectors, a bicycle should have a horn or bell and rearview mirror. Reflective equipment should include: a red rear, a white front, and a red or colorless spoke reflector on the rear wheel, an amber or colorless reflector on the front wheel, and pedal reflectors.

- Obey all traffic rules, signs, signals, and pavement markings, with the traffic, not against it; and keep a safe distance from the vehicle ahead.



- Always be seen, during the day, cyclists should wear bright clothing. At night, cyclist should wear reflective clothing designed to bounce back motorists' headlight beams. Safety flags, attached to the rear or your bike, also help approaching motorists see you more clearly.

- Ride in single file. Bicycling two abreast can be dangerous when trying to pass.

- Make safe turns. Riders should signal turns well before the Intersection using correct hand signals, left arm straight out for left turns, left forearm extended up for right turn.

- Never wear clothing that blocks your vision.

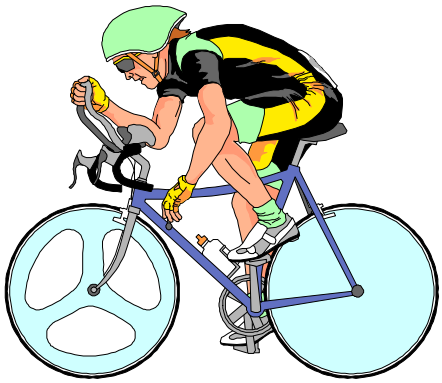
- Never ride while listening to headphones.

- Wear a helmet. Hardshell helmets bearing stickers indicating approval of the Snell Memorial Foundation or the American National Standards Institute offer proven protection.

BICYCLE TIPS

- Single file is the safe way to ride on streets or highways.

- Tricks and stunts are not for streets. Never/ let others influence you into doing something foolish.



- Sidewalks were made for walking on. Not for people to ride bikes on.

- Slow down when you get to an intersection; you may have to stop suddenly.

- Watch for cars which are starting out from a curb or a driveway.

- Beware of dogs; they like to chase bikes, and snap at your feet or tires.

- Do not ride on the handle bars-you can easily lose control of the bike.

- Hitching rides by holding on to vehicles is very dangerous. The driver can't see you and they may do something which will cause you to get hurt.

- Watch for people getting out of parked cars.

- Ride your bike on the ht side of the road, along with the flow of motor vehicles. Keep to the right edge of the road but leave space for pedestrians.

- Obey traffic lights and stop signs just as motor vehicle drivers are required to do. A “stop" sign or "red" light means stop and then proceed only after you are sure the way is clear.

- Yield right-of-way to pedestrians at crosswalks.

- Ride your bicycle at a safe, prudent speed.

- During hours of darkness, use lights.

- Keep your bicycle in safe mechanical condition.