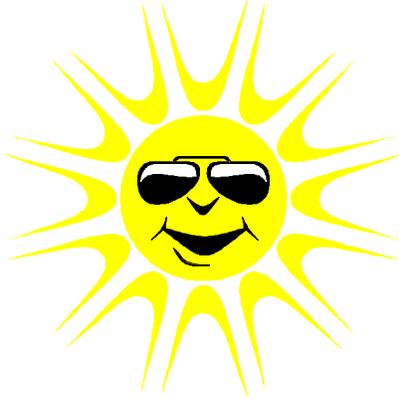




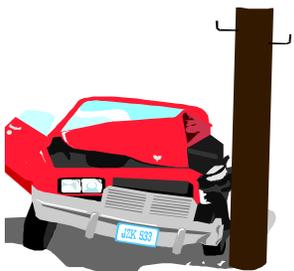
3rd Wing Safety



Summer



Risk Assessments



1.1. FISHING

1.2. IDENTIFY THE HAZARDS: Lets look at the hazards associated with fishing:

- Weather (rain, cold temps, and wind).
- Location (near water, on the water, mud, forest, urban).
- Wildlife (Bears, Moose, Wolves, mosquitoes, and other friendly critters).
- Activities (travel, combat fishing, filleting fish, tackle preparation).
- Attendees (military, family members, children, the public).

1.3. ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Injuries due to severe weather, hypothermia from a wet and cold environment. Don't forget the sunblock, the sun reflecting off the water will at times cause severe sunburn.
- Incidents involving water. POV mishaps potentially from traveling long distances.
- Animals protective instincts, animal bites, insect-borne diseases, skin irritations, and other bothersome pests.
- Drowning, stuck in mud flats, sprains, broken bones, overexertion, slips, trips & falls, flying hooks in close proximity, cuts and punctures from knives and hooks.
- Relative health of attendees.

1.4. ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls, which can be employed to reduce or mitigate the hazards:

- Begin the day with a discussion of the proposed events for the day. Be sure you let someone else know where you are going, when you expect to arrive and when you expect to return.
- If your fishing trip includes a long drive, schedule rest stops before departing.
- Check the weather forecast and plan accordingly.
- Make sure people don't wander off alone.
- Use insect repellent. Get familiar with the type of local critters you may encounter and what you should do if one shows up.
- If alcoholic beverages are present (and they usually are), watch drinkers for signs of overindulgence.
- Watch your children closely.
- Consider the needs of the elderly or anyone with known pre-existing medical conditions.
- Know the written rules of fishing and the unwritten rules of combat fishing.

- Be sure and wear a pair of protective eyeglasses. There are a lot of errant hooks flying around when combat fishing.
- Stay off the mud flats. It is easy to get stuck and in many areas the tides rise and fall 30 feet twice a day.

1.5. MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

1.6. RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

1.7. SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. The fishing in Alaska is second to none. Have fun but from now on, use risk management to make your summer fun, memorable, and safe. No one wants a fishing trip to turn into a tragedy!

2.1. ATV OPERATIONS

2.2. IDENTIFY THE HAZARDS: Lets look at the hazards associated with ATV operation:

- Inexperience
- Accidents (falls, rollovers, collisions, drowning).
- Weather (wind, cold, and heat)
- Location (river, stream, forest, hilly and rocky terrain).
- Wildlife (moose, bears, wolves, and insects).
- Exceeding Limitations (people, ATV).
- Fueling (spills, vapors, and explosions).
- Lost or Stranded
- Alcohol

2.3. ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Injuries associated with accidents and collisions: sprains, fractures, lacerations, head injuries, contusions, burns, etc.
- Incidents related to the weather and water: dehydration, hypothermia, exposure, and drowning.
- Animal attacks, maulings, insect-borne diseases, and skin irritations.
- Loss or damaged ATV.
- Fire or explosions.

- Physical and psychological affects of being lost or disoriented.
- Intoxication, impaired judgment and reaction time.

2.4. ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls, which can be employed to reduce or mitigate the hazards:

- Training. Take an ATV training course. TSgt Chris Lawrence, ATV Instructor, 552-6850. Be thoroughly familiar with the machine and how to operate it properly. Read and comply with manufacturer's instructions for safe operations.
- Start with a good plan. Always plan in advance to avoid costly errors. Consider all the possibilities of something of going wrong and have a plan for it.
- Check the weather. Depending on duration and location of travel, get a forecast of the weather and plan accordingly. Remember the weather can change abruptly, so always prepare for the worst.
- Inspect the ATV. Ensure it is mechanically sound. Get a checklist.
- Familiarize yourself with the area and respect the terrain. Travel in areas where ATV's are permitted. Avoid streams, rivers, muddy trails and steep hillsides. Never operate an ATV on paved surfaces. They are designed for off road use only.
- Don't travel alone in remote, unpopulated areas and avoid splitting up. Let someone know where you're going and when to expect you return. Have a map and/or GPS.
- Never ride with passengers and don't attempt wheelies, jumps or stunts.
- Ensure Personal Protective Equipment is worn. (helmet, goggles, boots, gloves, long sleeve shirt or jacket, and long pants.)
- Know your physical limitation and the limitations on the ATV and don't exceed them. Don't operate an ATV at excessive speeds. Operate at speeds, which are proper for the terrain.
- Use extreme care when fueling. Fuel in well-ventilated areas and take precautions against static discharge.
- Be familiar with the kinds of wildlife around you; their behavior and the actions to take if you encounter them.
- Never consume alcohol or drugs before or while operating an ATV.

2.5. MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

2.6. RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

2.7. SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Summer is a great time to have fun and we all deserve a break every now and then. From now on, use risk management to make your summer fun memorable, and safe. No one wants a summer outing to turn into a tragedy!

3.1. SAFE BOATING

3.2. IDENTIFY THE HAZARDS: Lets look at the hazards associated with boating:

- Weather (storms, wind, swells, tides)
- Location (lakes, rivers, oceans)
- Boat condition/Drain plug open (cracks/holes in hull, leaks)
- Motor condition (old, broken, unreliable)
- Fueling (vapors, spills, explosion)
- Exceeding people/equipment limit
- Slippery/wet surfaces
- Lost (no GPS/compass)
- Stranded (sandbar, reef, rocks, submerged trees)
- Speed
- Alcohol

3.3. ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Injuries, damage, and loss equipment due to severe weather and water conditions.
- Mishaps on lakes, dangerous currents in rivers, and rapid tidal changes for inlets, etc.
- Boat sinking due to taking on water from damaged hull or open drain plug.
- Drifting due to motor breaking down/flooding out.
- Illness due to fuel vapors, injuries/death caused by fuel vapors exploding and fuel burning.
- Capsizing due to exceeding the load limit of people and or equipment.
- Falling overboard, hypothermia, or drowning.
- Traveling in the wrong direction.
- Starving, hypothermia, dehydration, sunburns, drowning or possible shark bait.
- Loss of control, collisions, capsizing or running aground due to excessive speeds.
- Intoxication, impaired judgment, unnecessary boat maneuvering

3.4. ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls, which can be employed to reduce or mitigate the hazards:

- Start with a good safety briefing.
- Listen to the National Weather Service for the day's forecast and plan accordingly. Cancel boating trip if inclement weather is expected. Ensure all safety equipment is ready and available.
- Familiarize yourself with lakes, river and inlets before attempting to navigate on your own.

- Ensure to inspect equipment. Have boat motor and any other equipment serviced routinely and before use.
- Use extreme care when fueling. Clean up any spilled fuel. Don't let anyone smoke or have open flames near gas tanks. Try to keep gas tank area well ventilated.
- Travel at speeds safe enough for water conditions.
- Don't overload the boat with people or equipment.
- Ensure all occupants wear properly fitting US Coast Guard approved floatation vest.
- Keep an emergency kit onboard that contains food, blankets, sunblock, fresh water and flares.

3.5. MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

3.6. RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

3.7. SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Summer is a great time to have fun and we all deserve a break every now and then. From now on, use risk management to make your summer fun memorable, and safe. No one wants a summer outing to turn into a tragedy!

4.1. LAWN CARE AND GARDENING

4.2. IDENTIFY THE HAZARDS: Lets look at the hazards associated with Lawn and Gardening:

- Lawn Mower (blade and chute)
- Loose objects
- Weedeater
- Lawn Edger
- Hedge Trimmer
- Insecticides/Fertilizers

4.3. ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Foot injury from contact with mower blade.
- Leg injury from flying debris.
- Eye injury from flying debris.
- Injuries from weedeater cord and thrown objects.
- Poisoning from insecticides or fertilizers.

4.4. ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls, which can be employed to reduce or mitigate the hazards:

- Wear safety toe shoes, long pants, goggles, and gloves.
- Inspect all lawn and gardening equipment prior to use.
- Inspect lawn, remove all loose objects prior to mowing.
- Use insecticides and fertilizers as directed. **DO NOT MIX INSECTICIDES!**
- Let wet lawns dry before mowing.
- Unclog chute with a stick not your hand. Note: Disconnect spark plug first.

4.5. MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

4.6. RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it's followed.

4.7. SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Summer is a great time to have fun and we all deserve a break every now and then. From now on, use risk management to make your summer fun memorable, and safe. No one wants a summer outing to turn into a tragedy!

5.1. ELECTRICITY

5.2. IDENTIFY THE HAZARDS: Lets look at the hazards associated with electricity:

- Electric Shock
- Electrical Fires
- Electrical Shortages
- Heat

5.3. ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Injuries/death from electrical shock.
- Damage, injuries and/or death due to electrical fires.
- Damage/injuries due to electrical shortages.
- Damage to wires and equipment due to heat buildup.

5.4. ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls, which can be employed to reduce or mitigate the hazards:

- Inspect all outlets, switches, and light fixtures to ensure proper installation.

- Don't overload circuits and outlets.
- Don't put metal object in outlets.
- Use extension cords sparingly.
- Disconnect all electrical devices after use.
- Don't remove grounding prongs; if removed don't use.

5.5 MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

5.6. RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it's followed.

5.7. SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Summer is a great time to have fun and we all deserve a break every now and then. From now on, use risk management to make your summer fun memorable, and safe. No one wants a summer outing to turn into a tragedy!

6.1 LADDERS

6.2. IDENTIFY THE HAZARDS: Lets look at the hazards associated with ladders:

- Falls
- Splinters
- Metal Spurs
- Loose Rungs
- Location

6.3. ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Injuries and/or damage from falling off ladders.
- Injuries from splinters and metal spurs on wood and aluminum ladders.
- Injuries from loose rungs
- Falls, injuries, damage due to improper placement of ladders.

6.4. ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls, which can be employed to reduce or mitigate the hazards:

- Inspect ladders prior to use. If in poor condition don't use.
- Ensure all splinters and/or metal spurs are removed.
- Tighten loose rungs or replace ladder.
- Ensure ladders are positioned on level ground away from any obstructions. Ensure ladders with moveable feet are in place and facing the correct position.

- Keep ladder away from power lines, tree branches and anything else that will make for unsafe conditions.

6.5. MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

6.6. RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it's followed.

6.7. SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Summer is a great time to have fun and we all deserve a break every now and then. From now on, use risk management to make your summer fun memorable, and safe. No one wants a summer outing to turn into a tragedy!

7.1. POWER TOOLS

7.2. IDENTIFY THE HAZARDS: Lets look at the hazards associated with power tools:

- Electrical Shock
- Burns
- Cuts
- Flying Particles
- Muscle Strain
- Power Tool Cords
- Dropped Tools

7.3. ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Injuries/death due to electrical shock.
- Burns from heat produced by power tools.
- Lacerations, punctures, tears, and/or rips due to contact with the business end of the power tool in use.
- Eye injury due to flying particles.
- Tripping over power tool cords.
- Loss of balance while using power tools.
- Slippery power tool handles.

7.4. ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls, which can be employed to reduce or mitigate the hazards:

- Inspect all power tools before using them. Replace or repair as necessary.
- Wear appropriate protective equipment.
- Keep hands and other body parts out of the area of operation.
- Keep cords away from your feet.
- Ensure power tool handles are free from grease and moisture.
- Unplug and store all power tools after use.

7.5. MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

7.6. RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it's followed.

7.7. SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Summer is a great time to have fun and we all deserve a break every now and then. From now on, use risk management to make your summer fun memorable, and safe. No one wants a summer outing to turn into a tragedy!

8.1. OPERATING VEHICLES

8.2. IDENTIFY THE HAZARDS: Lets look at the hazards associated with driving/Private Motor Vehicle (PMV) operations:

- Vehicle Crashes associated with:
 - Weather (rain, slippery roads, and poor visibility).
 - Road conditions (construction, pavement quality, loose surface material, narrow two-lane roads).
 - Traffic (tourists and travelers).
 - Impaired drivers (intoxication, exhaustion).
 - Wildlife (moose, bears, and caribou).
 - Unseen situations.
- Becoming stranded.

8.3. ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Severe injury and death may result from any PMV crash associated with the stated hazards.
- Being stranded can and has cost lives.

8.4. ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls, which can be employed to reduce or mitigate the hazards:

- Check the weather and drive accordingly. Don't take chances with summer rain. The roads may become slippery and visibility may be poor.
 - Check for tire tread depth and windshield wiper operation.
- Listen to local radio stations for road conditions.
- Travel outside of peak-travel times. Drive knowing that you may be slowed by construction, accidents, or for other untold reasons. Keep road rage caged!
- DON'T DRINK AND DRIVE. Use a designated driver program. Get plenty of rest before venturing out of town.
- Be ready for wildlife at all times, a moose or other animals can step in front of your vehicle at any time.
- Drive defensively and be especially cautious on roads you have not previously traveled.
- Check into alternate methods of traveling; consider taking a train to your destination.
- Take spare parts and tools on extended trips. Ensure you have items to sustain life: food, water, and heat.

8.5. MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

8.6. RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

8.7. SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Summer is a great time to have fun and we all deserve a break every now and then. From now on, use risk management to make your summer fun memorable, and safe. No one wants a summer outing to turn into a tragedy!

9.1. HIKING AND CAMPING

9.2. IDENTIFY THE HAZARDS: Lets look at the hazards associated with hiking:

- Weather (thunderstorms, lightning, rain, and wind).
- Location (near water, forest, mountains).
- Wildlife (bugs, poisonous plants, and bears).
- Fire (campfires, cooking).
- Many others, situation-dependent.

9.3. ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Injuries, death, lose of equipment, and damage due to severe weather.

- Incidents involving water (drowning and hypothermia), falls, becoming lost, and avalanches.
- Animal bites, insect-borne diseases, skin irritations, and bothersome pests.
- Burns, out of control fires, explosion, and carbon monoxide poisoning

9.4. ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls, which can be employed to reduce or mitigate the hazards:

- Check the weather and be prepared for severe conditions. Plan for cover in case of inclement weather and always carry rainwear and fire starting material for warmth.
- Have a quality topographical map of the area you will be hiking or camping in. Consider taking a compass, a Global Positioning System (GPS), and a personal locator beacon (can be checked out from 610 OSF.) Also, ensure you know how to use whatever device you take. Take a water filter to ensure that you have clean filtered water to drink. Have, at least some, climbing rope in case you find yourself needing extra support because of a precarious situation while in the mountains. Be sure you know how to use whatever devices you take. Take a course that covers the risks you will encounter. You can find courses on everything from packing a backpack to predicting avalanches. Tell somebody responsible:
 - Where you are going.
 - When you will get there.
 - When you expect to return.
 - What kind of equipment you have on hand. (If you become lost, knowing the color of your tent would be helpful to rescuers.)
 - Take extra food in case you become lost or stranded.
- Use insect repellent. Try "Vicks," it works as an insect repellent. Become familiar with the types of local poisonous plants that you may encounter and what you should do if exposed to them. Talk to the medical folks. Learn how to treat bee stings and mosquito bites if they become a problem. Visit fish and wildlife experts to learn about bear safety. If you use anti-bear devices, make sure you know how to use them.
 - Keep food in sealed containers and out of your tents.
 - Remember that bug spray, suntan lotion, and other nonfood items may smell like food to a bear.
 - Hang food from a tree, out of a bear's reach, if possible.
- Keep fires contained to a well-constructed fire pit. Keep water on hand when any flame is present. Keep plenty of clear space around fires and lanterns to ensure that combustibles do not come in contact. Be very cautious around fuels and never allow anyone to play or put anything but wood and paper in the fire. Never take a fuel burning device inside a tent as carbon monoxide could overcome you.
- Make sure children don't wander off into the water, woods or mountains without adult supervision.

9.5. MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

9.6. RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

9.7. SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Summer is a great time to have fun and we all deserve a break every now and then. From now on, use risk management to make your summer fun memorable, and safe. No one wants a summer outing to turn into a tragedy!

10.1. MOTORCYCLING

10.2. IDENTIFY THE HAZARDS: Lets look at the hazards associated with Motorcycling:

- Weather (black ice, rain, sleet, snow, and extreme winds).
- Location (dirt trails, gravel roads, urban roads).
- Wildlife (bugs, bears, moose, and other critters).
- Activities (Riding with a group, touring, commuting).

10.3. ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Injuries and damage due to changing road conditions created by the weather.
- Incidents involving traveling over rough dirt or gravel roads, and urban roads with potholes and other obstacles.
- Potential for injury by bug strikes in the face or other exposed flesh, as well as bears, moose, or other animals darting into path of travel.
- Experience level of other riders in the group as well as your own experience level; Increased potential for mishap due to alcohol consumption by members of group or other drivers; traveling for long periods of time and fatiguing yourself; erratic driving by other drivers; other drivers failure to yield.

10.4. ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls, which can be employed to reduce or mitigate the hazards:

- Check the weather and plan accordingly. Don't take chances with summer rain, sleet, or snow. In case of inclement weather, allow extra time for travel and slow your speed down.

- Only travel on roads or trails your motorcycle is designed for; try to choose routes in town that are relatively free of potholes; do not exceed the posted speed limit.
- Wear protective clothing that does not leave skin exposed; wear and use faceshield on helmet or equip motorcycle with windshield; wear impact resistant eye protection; slow down in areas frequented by bears or moose (signs are usually posted in these areas); continuously scan road ahead and shoulders of road for signs of wildlife.
- Avoid traveling in groups until you have sufficient experience. Avoid traveling with people who are “risk takers” or are known to flaunt their abilities. Do not drink or allow others to drink and ride. Know and practice defensive driving techniques. Strive to be visible to other drivers by driving with headlight on and by wearing highly visible clothing. When traveling long distances, take frequent breaks, and avoid trying to drive longer than reasonable distances per day.

10.5. MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

10.6. RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

10.7. SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Motorcycling is a great way to have fun and we all deserve a break every now and then. Use risk management to make your riding experience memorable and safe. No one wants an outing to turn into a tragedy!

11.1. MOUNTAIN BIKING

11.2. IDENTIFY THE HAZARDS: Lets look at the hazards associated with Mountain Biking:

- Weather (black ice, rain, sleet, snow, and extreme winds).
- Location (dirt trails, gravel roads, urban roads).
- Wildlife (bears, moose, other critters).
- Activities (Off-road cycling, backcountry cycling, touring, commuting).
- Mechanical (Failure of bicycle part(s), flat tires, etc.).

11.3. ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Injuries and damage due to changing road and trail conditions created by the weather.
- Incidents involving traveling over rough dirt or gravel roads and trails, and urban roads with potholes and other obstacles.
- Potential for injury by bears, moose, or other animals.

- Increased potential for mishap due to alcohol consumption, riding for long periods of time and fatiguing yourself; erratic driving by other drivers; other drivers failure to yield. Potential for mishap also exists when riding off-road, along trails. Catastrophic failure of bicycle components when “hot-dogging,” or because of extreme trail conditions is also possible.

11.4. ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls, which can be employed to reduce or mitigate the hazards:

- Check the weather and plan accordingly. Don’t take chances with summer rain, sleet, or snow. Pack extra clothing to be prepared.
- Only travel on roads or trails you are capable of riding on. Do not exceed your capabilities. Try to choose routes in town that are relatively free of potholes; Wear protective clothing that does not leave skin exposed; wear a helmet; continuously scan road or trail ahead and shoulders of road for signs of wildlife. Make noise by talking and use bells or whistles to alert animals of your presence.
- Avoid traveling with people who are “risk takers” or are known to flaunt their abilities. Do not drink or allow others to drink and ride. Know and practice defensive driving techniques. Strive to be visible to other drivers by wearing highly visible clothing. When traveling long distances, take frequent breaks, and avoid trying to ride longer than reasonable distances per day. Carry a basic tool and first aid kit.

11.5. MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

11.6. RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

11.7. SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Mountain biking is a great way to have fun and we all deserve a break every now and then. Use risk management to make your riding experience memorable and safe. No one wants an outing to turn into a tragedy!