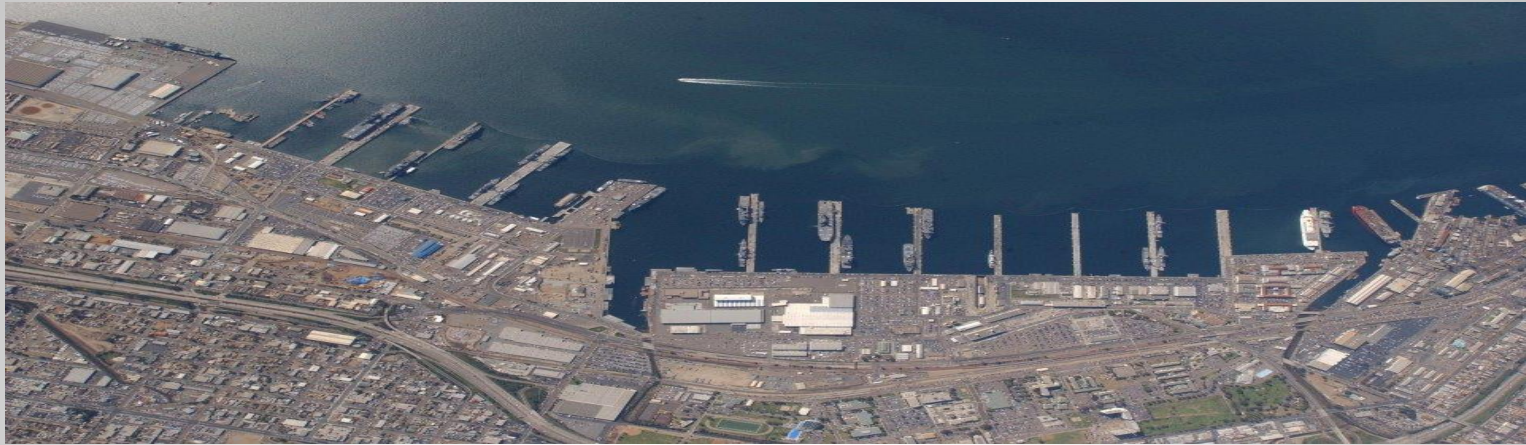




Naval Base San Diego Pre-Holiday Safety Stand Down





Safety



With the fall season and soon to be winter upon us we are reminded that in these unusual and uncertain times, change is happening everywhere. Daily lives, routines and work schedules have been drastically effected by the COVID-19 pandemic. It is important that we continue to keep our eye on safety and our head on a swivel to the changing environment. Flexibility to change and staying healthy will reduce stress and help avoid sickness.

Travel restrictions have caused many Americans to cancel plans, parties and gatherings over the last 8 months in order to help slow and stop the spread of COVID-19. With no change in site for the near future we must continue to practice good hygiene and safe social distancing. Hang in there and continue to do your part in protecting your friends, family, co-workers and community.



COVID-19



What we need to do:

- Continue to maintain the Health and Safety of NBSD, staff, visitors, and commands while executing the Navy's mission in the most effective and efficient manner.

While operating in a COVID-19 environment:

- Conduct our operations in a manner consistent with recognized COVID-19 infection control/risk reduction strategies; failing to adhere to such strategies will increase the probability of infection and impair mission/operational readiness.
- Wear face coverings, practice social distancing of (6 feet), and don't gather in groups larger than 10 people.
- Wash your hands often, clean, disinfect, and sanitize workspace, and practice good hygiene.





COVID-19 SAFETY



Do's & Don'ts Upon Returning to Work After COVID-19

1. Wash hands often with soap and water for at least **20 seconds**.
2. Use hand sanitizer with at least **70% alcohol** if soap and water are not available and hands are not visibly soiled.
3. Avoid touching eyes, nose and mouth with unwashed hands.
4. Follow the policies and procedures related to illness, cleaning and disinfecting, work meetings and travel.
5. Continue to follow guidelines from state and local authorities for using face coverings in public spaces.
6. Clean and disinfect frequently touched surfaces in your work area, including keyboards, phones, handrails and doors.
7. Stay home if sick, except to get medical care.
8. Avoid using other employees' phones, desks, offices, or other work tools and equipment, when possible.
9. If necessary, clean and disinfect them before and after use.
10. Continue to take care of yourself. Eat well, get plenty of rest and exercise, spend time with those closest to you.



UPDATED LEAVE AND LIBERTY



During the COVID-19 pandemic, the following geographic liberty limitations for attached active-duty Naval Base San Diego personnel are as follows:

- (1) The liberty radius for Active-Duty personnel attached to Naval Base San Diego is 175 miles from Naval Base San Diego.
- (2) Travel to Mexico or out of California on liberty is prohibited.
- (3) Individuals wishing to travel beyond these restrictions on liberty must submit an out-of-bounds special request chit via the chain of command. The requests should conform to the requirements for leave requests and will be approved on a case-by-case basis by the Commanding Officer (CO).

The following must be submitted with every leave request:

- (1) COVID-19 Mitigation Travel Plan
- (2) COVID Travel Risk Assessment Management Worksheet. To identify the Local Health Assessment, personnel must utilize one of the following links <https://covid-status.data.mil/#/> or <https://my.navy.mil/index.html>, based on the DoD Installation, facility, or location nearest the leave area. Locations must be monitored, as the situation can rapidly change.

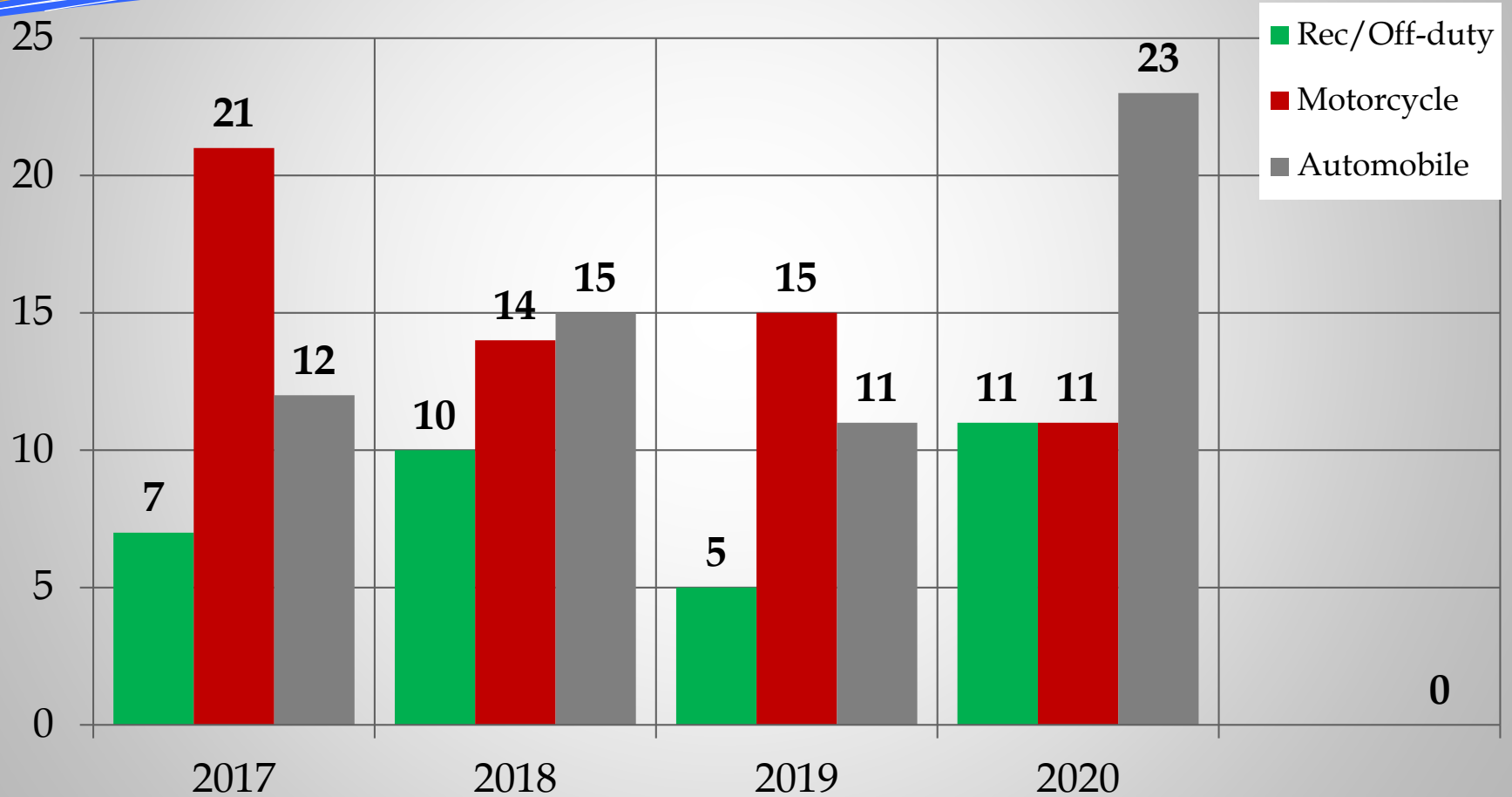
THIS IS A LAWFUL GENERAL ORDER UNDER ARTICLE 92 OF THE UNIFORM CODE OF MILITARY JUSTICE (UCMJ). ANY PERSON SUBJECT TO THE UCMJ WHO VIOLATES OR FAILURE TO OBEY THIS ORDER MAY BE SUBJECT TO ADVERSE ADMINISTRATIVE AND/OR DISCIPLINARY ACTION.



DON Fiscal Year Fatalities 2017-2020



of FATALITIES



https://navalsafetycenter.navy.mil/Portals/29/Documents/Mishap_Stats111220.pdf



FY20 Navy Fatalities

USN SHORE CLASS A MISHAPS

- 16 Oct 2020 (Norfolk NS, Norfolk, VA) SVM hit by forklift at Pier 14, pronounced deceased at hospital.

USN PRIVATE MOTOR VEHICLE FATALITIES

- 2 Nov 2020 (Bakersfield, CA) SVM involved in a head-on auto collision. Pronounced deceased at scene of accident.
- 1 Nov 2020 (Marianna, FL) SVM involved in a single-vehicle accident. Pronounced deceased at scene of accident.
- 30 Oct 2020 (Charleston, SC) SVM died in hospital on 5 Nov after motorcycle was involved in a multi-vehicle head-on collision which also killed spouse.
- 3 Oct 2020 (San Diego, CA) SVM involved in motorcycle accident. Deceased at scene
- 3 Oct 2020 (Virginia Beach, VA) SVM struck by vehicle while riding motorcycle. Deceased at scene.



Entry Control Points



Naval Base San Diego (NBSD) Gate Sentry Etiquette:

Stop at the posted signs located at the Entry Control Points (ECPs) and only proceed when directed by the sentry.

- Have ID ready for verification.
- Turn off headlights and turn down music.
- Do not proceed forward to sentry until waved in.
- Be courteous and follow the directions given.
- Never argue with the sentry, address any issues with your chain of command.
- Remove mask, sunglasses, and hat for identification.
- Roll down rear windows if tinted.

Sentries are the Commanding Officers direct representatives and have been assigned a very important duty so they deserve your respect.



Exiting Naval Base San Diego:

Do not stop on the anti-intrusion barriers. Activation of barrier will damage vehicle and barrier.

- Be patient and follow all traffic patterns and speed limits.
- Do not cut through parking lots while exiting.
- Music may not be turned up so that it is heard outside of your vehicle.

Following the base guidelines helps keep the flow of traffic moving and helps expedite everyone leaving the base.



Pier Safety



NBSD Pier related issues and concerns with safety, contractor gear, or pier equipment should be reported immediately to the Safety Office, Port Operations, NBSD Security, SWRMC or Shipboard personnel.

Common Discrepancies:

- Fire Lanes obstructed or blocked by vehicles, pallets and equipment.
- Forklift and MHE operating without a safety spotter/walker.
- Forklift operators not wearing seat belts or having a valid operators license in their possession while in operation.
- Fire Emergency pull stations and Life Rings obstructed or blocked.
- Excessive vehicle speed and vehicles left unattended.
- Electrical power not connected correctly and damaged electrical cables.
- Trip hazards from improper gear/equipment storage.
- Contractors not wearing face coverings and practicing social distancing.



**** Ships are responsible for laydown area on the pier from bow to stern. ****



Golf Cart Safety



Golf Carts (GVO) operated on Naval Base San Diego must obey all motor vehicle and roadway regulations.

Commands utilizing GVOs will establish standard operating procedures, authorized areas of usage, perform annual vehicle inspections, and ensure the vehicles are operated and maintained in accordance with the manufacturer's guidance, where applicable.

Operator training and vehicle inspections will be completed as required by regional, installation, activity, or local policies. (NAVBASESANDIEGOINST 5450.8T; OPNAVINST 5100.23H; DoDI 6055.04)

GVO Requirements:

- Seat belts must be worn at all times.
- All safety equipment must be operational.
- Must have an approved pier pass from NBSD Security to operate on piers and enclaves.
- Can not be parked or left unattended on piers and must be removed within 1 hour.
- Only park in dedicated parking areas throughout NBSD.





Distracted Driving

Distracted driving can be anything that diverts attention from the task of safe driving.

- Talking or texting on your phone
- Eating and/or drinking
- Distraction from people in your vehicle
- Fiddling with the stereo, entertainment or navigation system – **anything** (including emotional distress)

Texting while driving is the most alarming distraction :

5 seconds of driving at 55 mph = driving an entire football field with your eyes closed.

- Do not drive unless the task of driving has your full attention.
- Any non-driving activity you engage in is a potential distraction and increases your risk of an accident.





Distracted Driving



According to NHTSA data* **2,841 people** were killed in 2018 in the U.S.

400,000 were injured in motor vehicle crashes involving distracted drivers in 2018 in the U.S.

Eight percent of fatal crashes, **15 percent** of injury crashes, and **14 percent** of all police-reported motor vehicle traffic crashes in 2018 were reported as distraction-affected crashes.



Drinking & Driving

Drinking leads to:

- Impaired Judgment
- Poor Visual Performance
- Delayed/Slow Reaction Time
- Fatigue
- Behavior Changes
- Dependence



Which leads to:

- Accidents
- Injuries
- Death





Drunk Driving Prevention



DRINK RESPONSIBLY.
KEEP WHAT YOU'VE EARNED

You've Earned It—Don't Waste It. Drink Responsibly

You've worked hard for your career as a Sailor. Only one-quarter of 17 to 24 year old's in the United States are even eligible for Navy service, and even fewer are capable of enduring the physical and emotional challenges of being a Sailor. From boot camp to advancement exams, job training and deployments, you have met these challenges with hard work, sacrifice and dedication.

Making responsible drinking choices is an extension of that dedication. Just one bad decision while drinking alcohol can jeopardize everything you've earned. Sailors involved in alcohol incidents face serious consequences, including:

- Loss of rank or pay
- Separation from the Navy
- Civilian consequences, such as fines and jail time



Driver Fatigue

- ❑ Start every trip well-rested.
- ❑ Drive during daylight hours if possible.
- ❑ Schedule breaks every two hours
- ❑ **Never drink and drive.**
- ❑ Pull over if you get tired.



- ❑ **TRiPS:** driving planning tool to reinforce skills, such as staying alert, getting adequate sleep, etc.
(<https://trips.safety.army.mil/TRiPS>)





Pedestrian Safety

- As a reminder to personnel conducting PT; wear **bright color clothing or utilize reflective vests** to increase driver awareness.
- Pedestrians should always use designated intersections and crosswalks (Do not "Jay Walk!").
- Look both ways before you cross the street.
- Make "eye contact" with drivers to ensure they see you before crossing. Don't "text and walk"!
- Use caution while transiting in parking lots and garages due to reduced visibility.





Traffic Safety Information



The use of **“ear-buds” / “headphones”** while walking and running in the roadways on Naval Base San Diego is not authorized. Their use is authorized at designated track fields, gyms, and while on the sidewalks (but not while in/ or crossing a roadway).



Seat Belts: required while operating and riding in a motor vehicle (i.e. automobile, golf carts, forklifts, etc.).

Child Safety Seat Law: In addition to the existing child passenger restraint system laws, any child who is under 2 years old must be secured in a rear-facing child passenger restraint system unless the child is 40 pounds or more, or 3'3" or taller. (verify expiration date and replace if expired/ or involved in an accident)



Helmets (Snell or Consumer Product Safety Board approved) are required at all times when riding a motorcycle or bicycle.





Firearm Safety

The dictionary definition of firearms-

: a weapon from which a shot is discharged by gunpowder — usually used of small arms.

Firearms go by many names, gun · weapon · shooter · cannon · piece · heater · gat · rod · roscoe · shooting iron, but no matter what you call it all firearms **demand your respect and can kill.**

Ignorance and Carelessness are the two main causes of firearm accidents:

- Ignorance is a lack of knowledge. No one should operate a firearm without knowing the basic safety rules or how to operate the specific gun.
- Carelessness is when someone knows the safety rules but fails to follow them. Firearms do not discharge themselves.
- If all people follow basic safety rules, firearm accidents will not happen.





Firearm Safety



Firearm Safety Rules

- 1. Treat all weapons as if they are always loaded.**
- 2. Never put your fingers on or near the trigger of the gun until you are ready to shoot.**
- 3. Never point the muzzle of the gun at anything you don't intend to shoot.**
- 4. Always know your target, and be aware of what is directly behind it.**
- 5. Understand the consequences of shooting your firearm unlawfully.**
- 6. Never mix alcohol with firearms; never handle a weapon while intoxicated.**



Firearm Safety

Responsible Firearm Storage

Safe firearm storage is one of the most important responsibilities of owning a gun.

Firearm owners should store their guns so they are inaccessible to unauthorized users. Every gun owner has their own unique situation, but here are five storage options to consider:

- 1) Trigger Locks
- 2) Gun Cases
- 3) Strong Boxes and Security Cases
- 4) Locking Steel Gun Cabinets
- 5) Gun Safes





1. Never use lighted candles near trees
2. Keep poisonous plants out of reach of children and pets
3. Keep trees away from fireplaces, space heaters, and other heat sources
4. Make sure your tree has a stable platform
5. Choose an artificial tree that is labeled fire resistant
7. Check holiday lights for fraying, bare wires, gaps or kinking in the wire
8. Turn off all tree lights and decorations when not in use
9. When putting up decorations use a step stool or ladder to reach high places
10. Designate a sober driver
11. When preparing a meal, wash hands, utensils, sink, and anything that touches raw meat
12. Reheat leftovers to at least 165°F.



Holiday Decoration Safety



- Only use indoor lights indoors and outdoor lights outdoors, and choose the right ladder for the task when hanging lights
- Replace light sets that have broken or cracked sockets, frayed or bare wires, or loose connections
- Follow the package directions on the number of light sets that can be plugged into one socket
 - Turn off all lights and decorations when you go to bed or leave the house

- Never nail, tack, or stress wiring when hanging lights and keep plugs off the ground away from puddles and snow
- Avoid placing breakable ornaments or ones with small, detachable parts on lower tree branches where small children can reach them



Holiday Decoration Safety



- Keep potentially **poisonous plants** – mistletoe, holly berries, Jerusalem cherry (also known as Christmas or winter cherry), and amaryllis – away from children
- If using an artificial tree, check that it is labeled **“fire resistant”**



- If using a live tree, cut off about 2 inches of the trunk to expose fresh wood for better water absorption, remember to water it and remove it from your home when it is dry
- Place your tree at least 3 feet away from fireplaces, radiators and other heat sources, making sure not to block doorways



Home Cooking Fires



NATIONAL FIRE PROTECTION ASSOCIATION

The leading information and knowledge resource on fire, electrical and related hazards

US fire departments responded to an average of **172,900** home structure fires per year started by cooking activities in 2014-2018.

These fires caused an average of:

- **550** civilian deaths
- **4,820** reported civilian fire injuries
- More than **\$1 billion** in direct property damage per year

Home fires caused by cooking peaked at Thanksgiving and Christmas. In 2018, fire departments responded to an average of **470** home cooking fires per day.

- Ranges or cooktops were involved in **61%** of reported home cooking fires
- Households that use electric ranges have a higher risk of cooking fires and associated losses than those using gas ranges
- Unattended cooking was the leading cause of cooking fires and casualties
- More than one-quarter of the people killed by cooking fires were sleeping at the time
- More than half of the non-fatal injuries occurred when people tried to control the fire themselves



Holiday Cooking Fires

Did you know Thanksgiving is the peak day for home cooking fires? Be alert to the dangers if you're thinking of celebrating the holidays by frying a turkey.



Deep fryer fires cause an average of five deaths, 60 injuries and more than \$15 million in property damage each year, according to the National Fire Protection Association (NFPA).





Carbon Monoxide Poisoning



Winter can be a prime time for carbon monoxide poisoning as people turn on their heating systems and warm their cars in garages. As the weather turns colder, it's important to take extra precautions. Open the garage door prior to starting your vehicle in the garage. Use caution when operating space heaters, wood stoves and gas logs. Ensure the space is well ventilated and clear.

TIP: Install a battery-operated or battery backup carbon monoxide detector in the hallway near each separate sleeping area in your home. Check or replace the battery when you change the time on your clocks each spring and fall and replace the detector every five years.





Carbon Monoxide Poisoning



Carbon monoxide detectors save lives. Every year, over **400** people die in the U.S., and **50,000** are treated for carbon monoxide poisoning. If alarm sounds move to fresh air and call 9-1-1.

The most common symptoms of carbon monoxide poisoning are often described as **“flu-like”**-headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.



Winter Sports Safety



Skiers and snowboarders, no matter how experienced, should never ski alone. Nor should they ski off designated trails.

Almost **200,000** people were treated at hospitals, doctors' offices, and emergency rooms for injuries related to winter sports in 2018, according to the U.S. Consumer Product Safety Commission. This figure includes: **76,000** injuries from snow skiing. ... **22,000** injuries from sledding and tobogganing.



Winter Sports Safety

Helmets reduce head injuries. However, even though helmet use has increased over the years, traumatic brain injuries still can occur with helmet use. Severe injury and death are prevented by avoiding risk taking behaviors.



Skiers and snowboarders also should select quality equipment. Improperly fitted or ill-adjusted gear can cause injury, so it's best to ask for expert advice when purchasing and fitting boots, bindings, and skis/snowboards. While trendy ski/snowboard apparel may look good on the slopes, clothing should be functional. Wear bright colors, dress in layers, and make sure outerwear is made of fabric that is not only water repellent but slide-resistant.



Recreational Safety



- ✓ Drink plenty of water to stay hydrated and prevent cramping
- ✓ Warm-up and cool down
- ✓ Know your limits
- ✓ Wear protective gear
- ✓ Understand what you are doing and what inherent risks are involved



Visit the Naval Safety Center website at

http://www.public.navy.mil/NAVSAFECEN/Pages/shore/off-duty_rec/off_duty_rec.aspx

To see more info and resources for Off-Duty and Recreation



What Can You Do?

1. Be proactive and become aware of the risks and hazards while off duty.
2. Minimize or eliminate risks to keep you & your loved ones safe.
3. Always make assessments of: **Risk** vs **Benefit** ?
4. Remember risk management is not only when you are on-duty, but a 24/7 assessment.



HAPPY HOLIDAYS **AND** Yule
 WINTER SOLSTICE CELEBRATE
 FAMILY HAPPY HANUKKAH!
 Merry Christmas
 FOOD FUN SNOW!!
 Joyous Kwanzaa A Yuletide Greeting
 HOORAY!
 SANTA CLAUS
 CANDY CANES
 PRESENTS
 Season's greetings
 Joyous Kwanzaa

Thank you

UNCLASSIFIED



*Faith, Courage, Service true, with
Honor, Over Honor, Over All*

