

BUPERS/NPC SAFETY

Volume 3

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At work, at play, let safety lead the way



The winter months are upon us once again. As beautiful as winter may be, please remember the havoc that this season can cause on the roads. Mother Nature can be brutal this time of the year with low to freezing temperatures, snow, ice, sleet and freezing rain. Being prepared and taking steps to increase safety will allow everyone to get through adverse winter conditions.

Below are tips that we can implement this winter:

1. *Drive slowly and always keep a safe distance between you and the other vehicle.* Always remember that every driver needs reaction time and during winter conditions, your patience and attentiveness will make a great deal of difference on your journey.
2. *Know how to drive safely and brake in adverse weather.* Always drive with headlights on and ensure motorists can visibly see them. Learn to drive in snow by performing test drives during the day when the weather is cooperative. Don't try to be brave and drive if you have never driven in winter storms before. Before operating your vehicle, ensure all snow and ice is clear from the car to prevent any hazards. Never slam on your brakes and avoid sudden movements of the steering wheel.
3. *Ensure your car has received all required maintenance and all those little problems are fixed.* Cars are like people; they require upkeep and maintenance to function properly. Give your car the love and attention it needs by checking all the fluids, windshield wipers, the brakes, tires, battery and heater (defroster). Don't wait until it's too late to discover there is a problem.
4. *Always ensure you have enough gas.* Don't get on the road with less than a half of tank of gas.



Administrative

1. All military and civilian personnel attached to a BUPERS UIC are required by policy, to have a valid ESAMS account.
2. OPNAVINST 5100.12J requires all military personnel who operate a motorcycle on/off base to attend a COM-NAVSAFECEN approved motorcycle rider safety course. Class schedules can be found in ESAMS or at www.navymotorcyclerider.com.
3. OPNAVINST 5100.12J also states that all military personnel under the age of 26 must receive an initial 4 hour traffic safety training course upon entrance into the USN. Additionally, all military personnel under the age of 26 must receive two hours of annual refresher traffic safety training. This training can be completed in ESAMS.

NOTE: Ensure Monthly Safety Talk is recorded in ESAMS.

LINKS

OSHA

<http://osha.gov/>

ESAMS

https://esams.cnic.navy.mil/ESAMS_GEN_2/LoginESAMS.aspx

Naval Safety Center

<http://www.public.navy.mil/comnavsafe-cen/Pages/index.aspx>

CONTACT US

Safety Mailbox:

millbupersnpcsafetyw@navy.mil



5. Keep an emergency survival kit in your car. If the unthinkable happens, be ready for a long wait. The goal is to stay safe while awaiting help. Review the list below, and ensure these items are in your kit. Remember you can add as much as you want to this list; just ensure you don't weigh the car down too much.

Emergency Car Kit

Gloves/Boots/Warm Clothes	Food and water
Blanket	Booster cables
Hand Warmers	First Aid Kit
Tire chains	Flashlight and flares
Cell phone charger	Shovel/ice scraper/brush
Medicine	

This is a short list of things that we can do to prepare and ensure safety this winter. We cannot prevent every accident or stop Mother Nature but we can put our best foot forward to minimize incidents. If you can avoid being on the road, it's highly recommended to stay indoors; but, if you need to drive, be safe and inform someone for accountability. Let's make it home safe.