



RHUMB LINES

Straight Lines to Navigate By



December 12, 2011

Holiday Season Safety

"The upcoming holidays are a time to reflect on what's important in our lives and enjoy time with family and friends. Having a plan is the key to a successful season, whether you'll be driving long distances or attending a holiday party. Thinking about where you may encounter risks, and knowing how to avoid them, is perhaps the best gift you can give to those who care about you. Have a safe and happy holiday season, and take care of each other."

– Rear Adm. Brian C. Prindle, Commander, Naval Safety Center

Holiday Road Travel

- Last year we lost one Sailor on the road during the winter holidays – down from two in 2009; however, personal motor vehicle mishaps continue to be the leading off-duty risk for Sailors and their families.
- Remember SAFE: Speed, Alcohol, Fatigue and Ejection (seatbelts). These four factors cause the vast majority of traffic fatalities, and they are all within your control! Prevent distraction—focus on the road!
- Use the [Travel Risk Planning System](#) (TRiPS) to plan your trip and manage risk. This online self-assessment helps drivers recognize their own risky behaviors and attitudes and offers ways to reduce risk. It also gets first-line supervisors involved by encouraging one-on-one counseling before the Sailor begins his or her trip. TRiPS is located on Navy Knowledge Online at www.nko.navy.mil (keyword “Trips”) and includes detailed route maps and a link where Sailors can print their leave chits, all in one step.
- Traffic jams are a fact of life during the holidays, so build extra time into your driving schedule. Also consider beginning your trip early in the day. Accidents are statistically less likely to happen during daylight hours. Fatigue is also a big factor when driving at night or after a long day at work. Coffee is no substitute for sleep!
- Take breaks every two hours to stretch your legs and rest your eyes.

Responsible Use of Alcohol

- Sailors and spouses who ordinarily don't overindulge may be tempted by holiday parties. Make a plan before you have the first drink. If you drink, do not drive.
- Be sure to have non-alcoholic beverages available at parties, and remember you are responsible for your guests.
- Find ways other than alcohol to relax. Alcohol is a contributing factor to many of the problems that weaken our Navy: legal issues associated with DUIs, [sexual assault](#), [highway deaths](#), suicide, domestic violence, and many others.

Holiday Stress

- [Stress](#) is an inevitable part of the holidays, and it's also a human factor that increases the potential for mishaps.
- Excessive spending or drinking can cause more stress than relief. Watch for signs that your shipmates or family members are pushing the stress envelope. Care enough to speak to them about it.
- Get plenty of rest and maintain your exercise program throughout the holiday season. This will help you cope with stressful situations. Enjoy the season, but do so with moderation.

Key Messages

- If you drink this holiday season, don't drive. Arrange for a designated driver; take a cab; or use your command's [Safe Ride](#), [Arrive Alive](#), Tippy Taxi or similar programs to prevent drunk driving.
- Find ways to relax and have fun without alcohol.
- Help prevent [stress](#) by making a plan beforehand.
- The Naval Safety Center has resources to help manage holiday risks at www.public.navy.mil/navsafecen.

Facts & Figures

- Almost 300,000 Sailors have traveled after filling out a TRiPS report, and none have been involved in fatal motor vehicle mishap.
- As of Dec. 12, 2011, there have been zero alcohol-related fatalities during the fall season, compared with six last autumn.
- Fatigue affects the body similarly to alcohol. Seventeen hours awake is the equivalent of a .05 BAC.