



Summer Safety

May 2021



Agenda

Welcome

(NSAM Safety Office)

Heat Stress

(LTJG Andrea Edie- NPS Safety)

Drinking Under the Influence

(Officer Richardson- Monterey PD)

Weapons Safety/Traffic Safety

(NSAM Police Department presented by Keith Wyckoff)

Fire Safety

(JD Shelton- Monterey Fire Department)

Water Safety

(Kevin Brady- CA Dept of Parks and Recreation)



Recreational Off Duty Safety (RODS) Instruction

OPNAV
INSTRUCTION
5100.25B

5100.25B 6(c)

Seasonal Training. RODS training sessions for assigned military personnel will reflect seasonal activities and ensure familiarity with off-duty hazards. Seasonal off-duty hazard awareness briefings are mandatory, and may be combined with other safety training. A variety of training methods may be used to conduct RODS training including the plan of the day, safety stand-downs, division and department briefs, supervisory briefs, videos, and guest speakers.



Heat Stress

NPS Safety Office



Preparing for the Heat

- The average person takes 5-7 days to adjust to hot weather.
- On the first day of work or leisure in a hot environment, body temperature, pulse rate, and general discomfort will be higher.
- The body will generally acclimate as time goes on.



Heat Illnesses

- Heat Cramps
- Heat Exhaustion
- Heatstroke
- Fainting
- Heat Rash



Heat Cramps

- Painful muscular spasms that happen suddenly and usually immediately after exertion
- Usually involves the muscles in the back of the leg
- How to Treat
 - Rest in a cool place
 - Drink cool water and/or a sports drink
 - Stretch the cramped muscle



Heat Exhaustion

- Heat exhaustion is characterized by heavy perspiration with normal or slightly above normal body temperatures
- It is caused by water and/or salt depletion
- Affects people that do not drink enough fluids while working or exercising in hot environments



Heat Exhaustion Symptoms

- Severe thirst
- Fatigue
- Headache
- Nausea
- Vomiting
- Sometimes Diarrhea
- Uncontrolled Heat Exhaustion can evolve into Heatstroke



Heat Exhaustion Treatment

- Move the victim immediately out of the heat and to a cool place
- Give cool liquids- cool water and/or sports drink
- Raise the victim's legs 8-12 inches
- Remove excess clothing
- Sponge victim's body with cool water and fan
- If no improvement within 30 minutes- call EMS



Heat Stroke

- The most serious of health problems associated with working in hot environments
- Two types of Heatstroke exist
- **Classic Heatstroke**- Also known as the “slow cooker”- may take days to develop
 - Often seen during summer heat waves and typically affects the elderly and sick.
 - Has a 50% death rate due to affecting the elderly
 - Results from a combination of a hot environment and dehydration
 - Sweating is absent



Heat Stroke Contd...

- **Exertional Heatstroke-** also know as the “fast cooker”
 - More common in the summer and usually affects athletes and laborers
 - Rapid onset does not allow enough time for severe dehydration to occur
 - 50% of Exertional Heatstroke victims are sweating
 - Classic heatstroke victims are not sweating



Heat Stroke Signs and Symptoms

- Victim's body feels hot when touched
- Possibly not sweating
- Altered mental status-
confusion/disorientation
- Seizure and possible coma
- High body temperature



Heat Stroke Treatment

- Seek immediate medical attention
- Move the victim immediately out of the heat
- Remove clothing down to underwear
- Keep the victim's head and shoulders slightly elevated
- Cool the victim quickly by using cool water and ice packed around the neck, armpits, and groin



Importance of Water

- The body may produce as much as 2-3 gallons of sweat on a hot day
- Water intake during the workday should about equal to the amount of sweat produced
- Common to drink less in hot conditions due to insufficient thirst drive
- Shouldn't depend on thirst to signal when and how much to drink



Other Heat Stress Prevention

- Wear moisture wicking materials
- Hat and eye protection
- Take breaks in the shade, out of the sun
- Alternate work shifts when in hot areas
- UVA and UVB sunscreen protection



Conclusion





DUI and Traffic Safety



Traffic Laws and Fines



- Speeding fine \$250-\$500 depending on how fast over limit
- Stop sign Violation \$240
- Red Light Violation \$490
- No Insurance \$900
- Cell Phone \$160
- Texting \$160
- Seatbelt \$160
- Riding Motorcycle without a helmet \$200



DUI Laws



Misdemeanors

23152(a) CVC- Driving under the influence of alcohol

23152(b) CVC-Driving under the influence of alcohol with a Blood Alcohol content of .08% or greater

23152(f) CVC- Driving under the influence of a drug

23152(g) CVC-Driving under the influence of drugs and alcohol combined

Felonies

23153 CVC- DUI with injuries at a Collision



DUI Laws



Implied Consent law

23612.

(a) (1) (A) A person who drives a motor vehicle is deemed to have given his or her consent to chemical testing of his or her blood or breath for the purpose of determining the alcoholic content of his or her blood, if lawfully arrested for an offense allegedly committed in violation of Section 23140, 23152, or 23153. If a blood or breath test, or both, are unavailable, then paragraph (2) of subdivision (d) applies.

(B) A person who drives a motor vehicle is deemed to have given his or her consent to chemical testing of his or her blood for the purpose of determining the drug content of his or her blood, if lawfully arrested for an offense allegedly committed in violation of Section 23140, 23152, or 23153. If a blood test is unavailable, the person shall be deemed to have given his or her consent to chemical testing of his or her urine and shall submit to a urine test.

(C) The testing shall be incidental to a lawful arrest and administered at the direction of a peace officer having reasonable cause to believe the person was driving a motor vehicle in violation of Section 23140, 23152, or 23153.

(D) The person shall be told that his or her failure to submit to, or the failure to complete, the required breath or urine testing will result in a fine and mandatory imprisonment if the person is convicted of a violation of Section 23152 or 23153. The person shall also be told that his or her failure to submit to, or the failure to complete, the required breath, blood, or urine tests will result in (i) the administrative suspension by the department of the person's privilege to operate a motor vehicle for a period of one year, (ii) the administrative revocation by the department of the person's privilege to operate a motor vehicle for a period of two years if the refusal occurs within 10 years of a separate violation of Section 23103 as specified in Section 23103.5, or of Section 23140, 23152, or 23153 of this code, or of Section 191.5 or subdivision (a) of Section 192.5 of the Penal Code that resulted in a conviction, or if the person's privilege to operate a motor vehicle has been suspended or revoked pursuant to Section 13353, 13353.1, or 13353.2 for an offense that occurred on a separate occasion, or (iii) the administrative revocation by the department of the person's privilege to operate a motor vehicle for a period of three years if the refusal occurs within 10 years of two or more separate violations of Section 23103 as specified in Section 23103.5, or of Section 23140, 23152, or 23153 of this code, or of Section 191.5 or subdivision (a) of Section 192.5 of the Penal Code, or any combination thereof, that resulted in convictions, or if the person's privilege to operate a motor vehicle has been suspended or revoked two or more times pursuant to Section 13353, 13353.1, or 13353.2 for offenses that occurred on separate occasions, or if there is any combination of those convictions, administrative suspensions, or revocations.





Questions

Feel free to reach out to Officer Richardson,
krichard@Monterey.org or 831-646-3831



Safety Presentation- NSAM Security Forces



- Weapon's Safety
- Safe Driving
- Drinking and Driving
- Home Safety





Handling a weapon is simple:

- Treat every weapon as if it is loaded.
- NEVER point the muzzle at anything you don't intend to shoot.

Alcohol and weapons don't mix:

- DO NOT handle weapons while, or after, consuming alcohol.

Complacency with privately owned weapons (POW):

- Know your weapon.
- Make sure to read the owner's manual and take a class.
- Everyone is a safety officer.
- Intervene when you see a peer, friend, or family member handling a weapon improperly.





THINK



- ▶ **T**reat every weapon as if it's loaded.
- ▶ **H**andle every weapon with care.
- ▶ **I**dentify the target before you fire.
- ▶ **N**ever point the muzzle at anything you don't intend to shoot.
- ▶ **K**ep the weapon on safe and your finger off the trigger until you intend to fire it.





Safe Driving



At any given daylight moment across America, approximately 660,000 drivers are using cellphones, or manipulating electronic devices while driving.

Driving Fatigued

There are several warning signs of fatigue; however, people often don't understand them or, worse, choose to ignore them.

Warning Signs!

- Can't remember last few miles driven.
- Drifting from lane, hitting rumble strip.
- Yawning repeatedly.
- Difficulty focusing or keeping eyes open.





Drinking and Driving



- Impaired driving randomly kills one person in America every **52** minutes. That means you, your family, or friends could be innocent victims.
- All 50 states, the District of Columbia, and Puerto Rico have by made it illegal to drive with a BAC (Blood Alcohol Concentration) of **.08** g/dL or higher, except in Utah where the BAC limit is **.05** g/dL.
- According to the NHTSA, **10,142** people died in Alcohol- impaired crashes in 2019, and was the lowest percentage since 1982, but still people lost their lives. These deaths were all preventable.
- In fact, on average over the 10-year period from 2010-2019, more than **10,000** people died every year in drunk-driving crashes.





Responsible Behavior



Being a responsible driver is simple: If you are drinking, do not drive.

- ▶ Plan your safe ride home before you start the party, choose a non-drinking friend as a designated driver.
- ▶ If someone you know has been drinking, do not let that person get behind the wheel. Take their keys and help them arrange a sober ride home.
- ▶ If you drink, do not drive for any reason. Call a taxi, a ride-hailing service, or a sober friend.
- ▶ Always wear your seat belt - it's your best defense against impaired drivers.

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NSAM Penalties for DUI



NSAMINST 5560.1 Traffic Safety Program:

The NSAM CO may immediately suspend installation GMV, POV & CV driving privileges pending resolution of an intoxicated driving incident, which involves active-duty military personnel, their family members, retired members of the military service, and DoD civilian personnel. This suspension will normally be for a period of one year from the date of the incident. If the individual is not convicted of any alcohol-related incident they may appeal to the NSAM CO for reinstatement of their driving privileges.

Active-duty personnel stationed at this installation are required to notify the NSAM Police Department and their chain of command as soon as possible if arrested off base for DUI, or refusal to take or complete a lawfully requested chemical test to determine BAC or BrAC for alcohol or other drugs.



CA Penalties for DUI



California Vehicle Code 23152 Driving Under the Influence (DUI):

- It is a misdemeanor to drive under the influence of alcohol and/or drugs.
- It is a misdemeanor to drive with .08% or more of alcohol in your blood.
- If you are 21 years old or older, took a blood or breath test, or (if applicable) a urine test, and the results showed a blood alcohol content (BAC) of 0.08% or more:
- A first offense will result in a four-month driving suspension.
- A second or subsequent offense within 10 years will result in a one-year suspension.
- If you are under 21 years old, took a preliminary alcohol screening (PAS) test or other chemical test and results showed a BAC of 0.01% or more, your driving privilege will be suspended for one year.



CA Penalties for DUI



The consequences of a first-time DUI conviction under California law can include:

- 3 to 5 years of informal misdemeanor probation (typically 3 years).
- DUI school ranging from 3 to 9 months (typically 3 months).
- Fines and penalty assessments totaling between \$1,500 and \$2,000.
- A 4-month driver's license suspension (though people may be able to get a restricted license or drive immediately with an ignition interlock device restricted license).
- Installation of an ignition interlock device for 6 months (unless the defendant chooses not to drive).
- Up to 6 months in jail (depending on the county). In some counties, work release.
- Attending a victim impact panel and indirect consequences (such as increased car insurance premiums if the defendant gets convicted of a subsequent DUI).

A DUI arrest triggers two types of legal proceedings. Being arrested for driving under the influence of alcohol or the influence of drugs subjects the driver to two sets of proceedings:

- A jury trial or a bench trial in a California criminal court.
- A California DMV license suspension hearing.

Getting a DMV hearing is not automatic. The defendant must request one within 10 days of being arrested.



UCMJ Penalties for DUI



The MCM specifies a service member may be subject to prosecution due to a violation of Article 113 if they:

- Operate or physically control any vehicle, aircraft, or vessel in a reckless or wanton manner or while impaired by a substance; or
- Operate or is in actual physical control of any vehicle, aircraft, or vessel while drunk or when the alcohol concentration in the person's blood or breath is equal to or exceeds the applicable limit.

Maximum Possible Punishment for an Article 113 Violation:

- Service members convicted of an Article 113 violation face a maximum possible punishment of a dishonorable discharge, forfeiture of all pay and allowances, and confinement for 18 months if the incident resulted in personal injury.¹
- If the incident did not result in personal injury, the maximum possible punishment includes a bad-conduct discharge, forfeiture of all pay and allowances, and confinement for 6 months.





Home Safety



Each year an average of 8,900 home fires are caused by grilling.

Safety Tips when grilling:

- Use grill OUTSIDE ONLY, away from siding, and overhanging branches.
- Periodically remove grease buildup.
- NEVER add charcoal starter fluid to fire.
- NEVER use gasoline or flammable liquids other than starter fluid.
- Check gas cylinder hose for leaks.



Five of every six grills involved in home fires were fueled by gas (84%), while 12% used charcoal or another solid fuel. July is the peak month for grill fires.





Household Fire Safety

WHAT YOU SHOULD KNOW, HOW YOU CAN ACT



Engineer JD Sheldon

Monterey Fire Department

- ▶ 21 years firefighting experience with City of Monterey
- ▶ Lifelong Peninsula resident
- ▶ Wildfire experience
- ▶ House fire experience
- ▶ Father and Husband

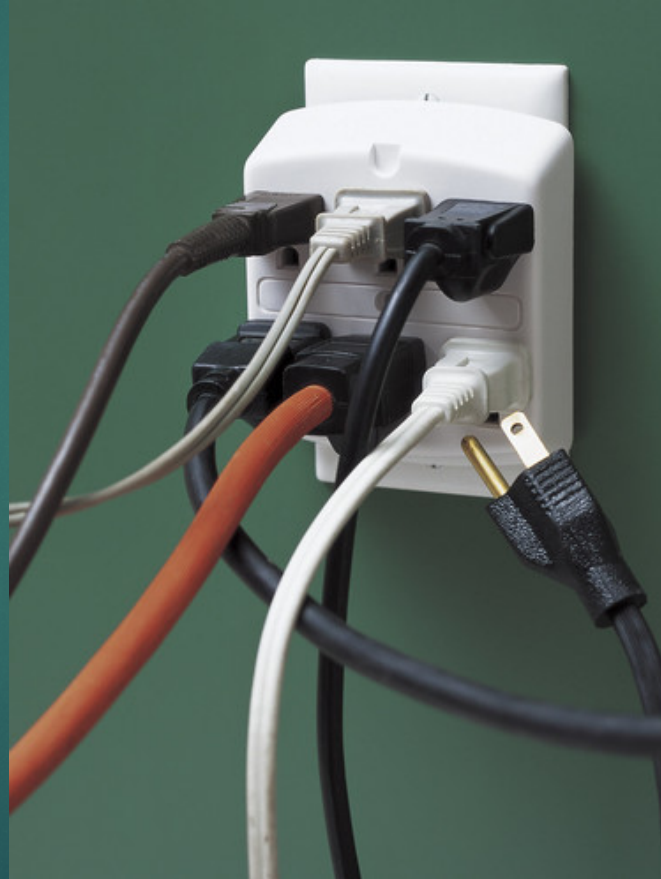


Electrical Safety

- Outlets
- Appliances
- Cords
- Service Drops
- Powerlines



Outlets



Outlet Safety

- ▶ Children are curious
- ▶ Overloading circuits
- ▶ Know where the circuit breaker is in your home



Appliances



Appliance Safety

- ▶ Heat caution
- ▶ Moving parts
- ▶ Dangling cords
- ▶ Water hazards



Cords



Cord Safety

- ▶ Overloading leads to heat
- ▶ Trip hazards
- ▶ Pulled down appliances from counter



Service Drops



Service Drop Safety

- ▶ 110/240 volts
- ▶ Power to your home
- ▶ Roof hazard



Powerlines



Powerline Safety

- ▶ Extreme Caution
- ▶ Call 911
- ▶ Create a safety zone minimum 25 feet



Household Fire Extinguishers



Household Fire Extinguishers

- ▶ Types of fire
 - ▶ Class A,B,C,D
 - ▶ Kitchen Safety
 - ▶ Vehicle Safety
 - ▶ Proper application



Household Smoke and CO2 Alarms

- ▶ Hardwired vs Stand alone
- ▶ Battery replacement
- ▶ Yearly
- ▶ 10 year life
- ▶ Chirps vs actual alarm activation



Outdoor Cooking and Fire Safety



Outdoor Cooking Safety

- ▶ BBQ's
- ▶ Gas Grills
- ▶ Campfires



Fireworks Safety

- ▶ Personal injury
- ▶ Wildfire potential
- ▶ Common sense





Ocean Hazards

Presented by:
State Parks Lifeguards



Rip Currents

- Leading cause of swimmers in distress at ocean beaches.
- A rip current is a strong, narrow current of water pulling away from, or dog-legging from shore.
- Created when breaking waves push water onto the beach. Water returning to the ocean rushes out in concentrated channels. Over time channels can become deeper and therefore more dangerous



Rip currents often form between areas of breaking waves.



Rips can also form along structures like a jetty or pier

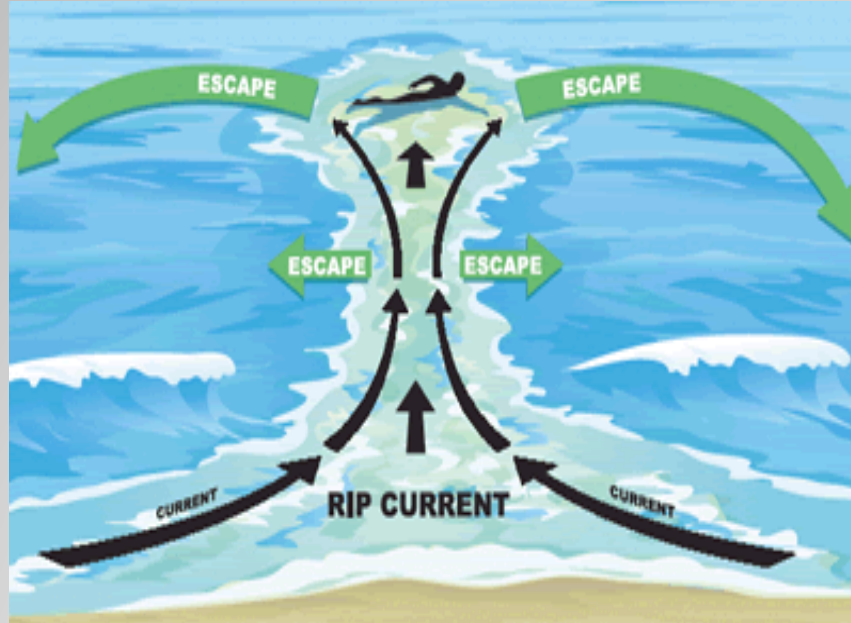


Identifying Rip Currents; AKA Rips

Water surface in a rip current is often choppy and a different shade of color and texture than surrounding waters.



Escaping A Rip



Do not fight against the current and exhaust yourself

Do not panic

Rips are like a narrow river heading out beyond the surf line

Swim parallel to shore to escape – up coast or down coast

Let waves push you to the beach.



Waves

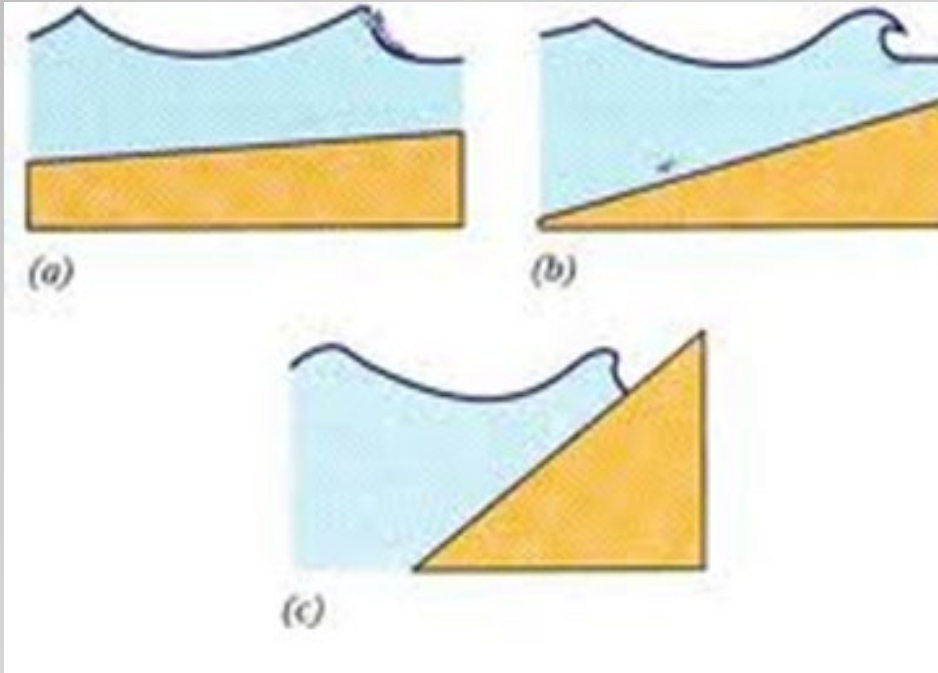
Waves are first characterized by their open ocean height and period.

This is determined by where they are formed in relation to where they are arriving. The strength of the wind, the size of the surface of water the wind blows over (fetch) and the length of the gust (duration) determine how big the ripples will become.

Waves like the one to the right were generated thousands of miles away with a fetch that was hundreds of square miles long.



- Wave Types



Waves

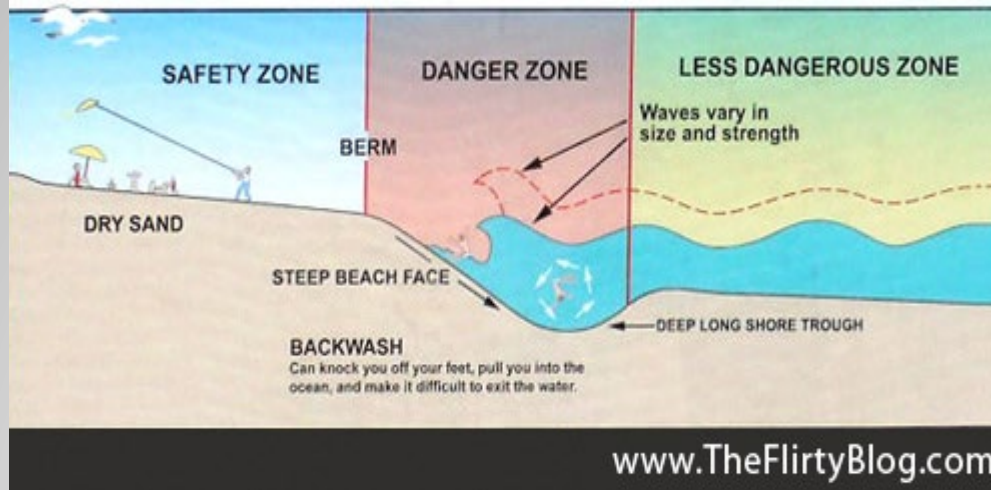
When waves formed at sea approach the sea shore they become effected by the sea floor. Differences in the seafloor relative to wave height and period produce one of three types of breaking waves.

- A. Spilling
- B. Plunging
- C. Surging



DANGER!

STEEP BEACH



Steep Beaches

Some Beaches like Carmel River Beach are very steep.

This presents a hazard as the size of waves approaching the beach are deceptive. Rather than standing up tall and breaking, they surge up onto shore dangerously.





Kelp

In areas of dense kelp growth and especially at low tide divers can become tangled in kelp.

To escape it is best **not to pull**, instead pinch kelp onto itself to break it

Crawl over it

Pick a path and swim under it

Carry a knife and cut it if necessary





Kelp Beds at Stillwater Cove

Abundant marine life exists

Pick a path or course in advance to explore

Another reminder, if you become tangled, do not panic. Simply and calmly untangle what ever gear is hung up and move on

Use a knife if necessary to cut it loose

Buddy can assist too





Gotta License?

Check your CDFW Regulation Booklet
beforehand

Know your species

Know the season

Know the size limit

Know the quantity

Carry a measuring device



Thrasher Shark at Moss Landing SB

- Approx 14 ft long
- Washed ashore
- No visible injuries





Sharks

- A group of fish characterized by a cartilaginous skeleton, five to seven gill slits on the sides of the head, and pectoral fins that are not fused to the head
- Sharks are in every ocean and sea, over 470 species
- Beautiful and misunderstood creatures, sharks do more good than harm
- Treat them with respect and avoid them





JellyFish

- Free-swimming marine animals consisting of a gelatinous umbrella-shaped bell and trailing tentacles, that can be painful or irritating to humans
- View them from afar if possible
- If there is contact, seek medical attention, and treat affected area with 2-1 vinegar diluted with water. Do not rub or itch, as the irritation can spread





MPA's - Tread Lightly

- Minimize disturbance and leave no trace
- Take only photos and leave with only memories
- Remember to stop and look at the roses
- BAUE Divers at Lobos





Junior Lifeguards

- Point Lobos field trip
- Lovers Point field trip
- Kayaking
- Snorkeling
- Competitions
- Beach Games
- Intro to CPR and Lifesaving Techniques
- Surfing, SUPing and Body boarding
- Totally Fun!





Beach Driving

- Driving on the beach is even more dangerous than driving on the road. Some dangers-
- **Berms and Gullies**-can obstruct the drivers view.
- **Driving Around Children**-kids move quickly and unexpectedly, driver should never come between a child and parent
- **Obstructions**-Holes, cusps, rocks, tree limbs, logs, quicksand and glare from the setting sun
- **Habitat**-our beaches are home to many one-of-a-kind species of birds and plants, and we do our best to protect them.





Diver Safety





Diver Safety

- Kelp
- Marine Mammals
- Sharks
- Boat Props
- Rocks
- Hand Signals





DANGER/STEEP BEACH

- Monastery Beach Overview
- Safest place to enter is at the extreme ends of the beach
- Avoid the middle of the beach
- Steep beach with thick, soft sand and pounding surf
- Crawl to get out





BOAT TRAFFIC/ ANCHORING

- Watch out for boat traffic, propeller and related gear
- Anchor in a safe zone – have a anchor with plenty of line/scope
- Be aware of changing wind and weather conditions
- SLOW is PRO



**Just another great day
at Lobos**





Should have taken a boater's safety course.....

- Have PFD's for every person on board
- Do not drink alcohol in excess
- Plan your route and file your plans with a friend
- Have two forms of communication
- Have a glorious day





Diver's must check in and pay the appropriate fees

- Make a reservation at parks.ca.gov to secure a date up to 3 months in advance
- Pay \$5.00 launch fee. Boats under 20 ft. only
- Have a buddy
- BC's required
- Bring Cert Card
- Snorkeling is considered diving
- Diving limited to Whaler's and Blue Fish Coves
- \$20.00 Per diver



Whalers Cove dive locations

Accessible from the ramp





Fishing / MPA's

White Seabass caught off Del Monte Beach by unknown Kayaker



Lifeguard Rescue crafts- PWC/IRB



Good for rescues in high surf conditions

Excellent for search and rescue in and around surf zone

Not good around kelp or other debris that may get sucked into intake.

Inflatable or IRB considered better rescue craft around kelp and rocky shoreline. Cal Fire and State Parks have two staged at Whalers Cove.

Cal Fire Monterey Area now has trained rescue swimmers on some engines and a PWC staged at Stillwater Cove.

Monterey Fire Boat - Mutual Aid for all types of water related emergencies.





Whale Watching Boats

Whales are numerous in this area

Thar She Blows!





USCG Boat and crew

Mutual Aid in all water rescue related events



California Dept of Fish and Wildlife

Enforcement of all Fish and Game regulations.

Statewide jurisdiction





Illegal take in the MPA

105 Limpets





Power Wash volunteers at Whalers Cove

- Once a month ramp gets power washed to reduce algae growth
- CenCal Divers donated the washer in 2007
- BAUE donating a new one and seeking funding for ramp resurfacing project
- Best achieved at minus low tides
- Power washing done before opening or late in the day at closing.
- Volunteers dive for free that day





Slippery ramp

Some proud volunteers





Beached Dolphin

Marina State Beach

Marine Mammal coming up with a plan

It was eventually loaded into truck and taken to Sausalito for rehabilitation





Illegal take from MPA

32 Black Abalone

Suspect was arrested by Fish and Wildlife officers.

Over 12 Abalone in possession considered commercial use or for sale and a felony to possess.

Sold on the black market to restaurants.





Black Abalone

Living Black Abalone in the tide pools.





Water Safety Programs

Lifeguards do school talks on how to be safe in and around the water.

Most of our rescues involve kids who are testing the limits.

We encourage them to learn how to swim and join the Junior Lifeguard Program.

They are our future divers, environmental stewards and Lifeguards of America





Monterey Fire Chief

- Don't be the one they are talking about
- Play it safe and know your limits
- Go with a buddy
- When in doubt, don't go out
- Never turn your back on the ocean
- Call 911 if you think someone needs help



**Thank you and
farewell.....**



- Questions????????
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Thank you for watching!

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