



THE OTHER 28 DAYS

May 2024



Happy month of May, Cinco de Mayo, and Mother's Day. At the end we wrap it up with Memorial Day and Summer is on the way. Here are some tips, to take on your trips and to get your home projects finished safely.

Disabled vehicle safety



Know before you roll. Pedestrian fatalities marked a 41-year high in 2022 with a shocking 77% skyrocket from 2010. For comparison, all other traffic-related deaths only rose 25% in that same span of time. Sixty-three percent of roadside assistance providers were struck outside the travel lane. This could be you changing a flat tire.

Get off the road. Never stop on the shoulder unless you absolutely must. If you do stop, avoid the left shoulder and get as far away from the roadway as you can.

Be visible. Keep a reflective vest and flashlight with your roadside emergency kit. Turn on your hazard lights and place warning triangles 10' and 100' behind your car.

Face traffic. If you must walk on the shoulder face traffic where possible to give yourself the opportunity to respond to any oncoming hazard.

Do It Yourself (DIY) projects



Are you hurting yourself and your home? One in 10 homeowners who attempt DIY roof repairs end up in the emergency room while spending up to \$829 and twice as long on other DIY mistakes. Twenty six percent of DIYers are working outside of their skill level; 17% are not taking safety precautions, 17% did not acquire the proper permits. These preventable behaviors account for the 76% increase in DIY project related fatalities from 2010 to 2020.

Know the code. Your local building permitting office is your friend – YouTube is not.

Armor up. Wear adequate personal protective equipment for the job. You're worth it.

Mind your space. Keep your workspace clear of slip/trip/fall hazards.

Get help. Do not attempt to lift more than you can carry. Your back will thank you.

Electrical safety. Turn off the electricity. Verify it is off before working on the circuit.

Hiking



According to the National Park Service the #1 cause of death to hikers is falling, the second leading cause, is environmental factors, such as hypothermia or hyperthermia.

Footwear matters. Hikers slip on wet surfaces or lose their footing and fall. Invest in over the ankle shoes with good traction designed for hiking.

Watch where you step. Refrain from getting too close to a cliff or edge for that perfect picture. No selfie is worth your life.

Wear layers. Prepare for the heat and cold with a moisture-wicking base and rain/wind-resistant shell. It is always easier to take off layers.

Hydrate. Drink plenty of water before, during, and after your hike even if you are not thirsty and no matter what the weather is like. Drink small amounts frequently, instead of chugging. Steer clear of alcohol and caffeine.

Hazards are part of every activity. Stay alert while having fun.



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