



THE OTHER 28 DAYS

June 2026



Let's make June a month to remember, by including safety in your plans for vacation travels, celebrations, and outdoor activities with family and friends. This month we celebrate Flag Day and Juneteenth as well as National Safety Month. Keeping safety in focus helps ensure the memories you make are ones you'll cherish for years to come.

Drowsy Driving

With more people on the road, the risk of drowsy-driving incidents increases sharply. Long trips, high temperatures, and irregular sleep schedules create the potential for fatigue related crashes.

Got Sleep? Prior to starting a long trip, get at least 7-8 hours of sleep to ensure mental preparedness.

Rest Breaks: After every 2-3 hours or 100-150 miles, stop, stretch, and walk around to get blood flowing and reinvigorate the body and mind.

Hydrate Often: Heat drains energy fast and dehydration accelerates fatigue. Staying hydrated can maintain your focus, reaction times and overall health, reducing the risk of accidents.

Circadian Lows: Natural circadian lows are from midnight to 0600 and 1300-1500. If possible, avoid driving during these times or take more frequent breaks.

Stop Immediately: If you feel yourself drifting off or experiencing microsleeping, STOP. Taking a 20–30-minute nap can restore alertness temporarily.



Home Fire Escape Plan

Every second matters during a home fire. A strong home fire escape plan gives you a chance to act quickly.

Map every exit: Draw a map of your home and mark two ways out of every room (door/window) if possible. Consider escape ladders and keeping window access clear.

Safe outdoor meeting spot: Pick a location far enough from the home to avoid danger and allow emergency services access. Make sure everyone practices going there.

Keep escape paths clear: Hallways, stairs, and windows should never be blocked by furniture, storage, or locked gates. Check monthly that windows open easily.

Planning: Practice twice a year, during the day and at night. Assign roles; who helps the children, calls emergency services, check on pets. Ensure children know how to escape independently; open windows, remove screens, and get to the meeting spot.



Bicycle Safety

U.S. emergency departments treat about 130,000 bicycle injuries each year, and 341,774 nonfatal injuries occurred in 2023. Bicycle accident fatalities have risen 86% since 2010.

Helmet & Equipment: Wear a level, well-fitted helmet with snug straps, and ensure your bike fits you properly with working brakes, visible reflectors, and is well maintained.

Visibility: Use bright or fluorescent clothing by day and reflective gear at night. Front and rear lights—especially a blinking rear light—are essential.

Follow Traffic Laws: Failure to yield is the top bicyclist related factor in fatal crashes. Ride with traffic, signal your turns, and stay single file while riding in groups.

Choose Safer Routes: Select wide roads, bike lanes, or quieter neighborhood streets to reduce exposure to high-traffic areas and impaired drivers.



The attention you give to safety today is the protection you carry into tomorrow.

Michael A. Tulley
USARC Safety Director