Summer Activities

Personal Composite Risk Management (CRM) Guides

Fort Hood, TX

Carl R. Darnall Army Medical Center

Objective: This packet was developed with the intent to assist leaders in developing personal Composite Risk Management guides. This packet covers numerous activities that are normally encountered throughout the summer months. Please take these guides and tailor them, as you deem necessary.

Everyone is expected to exercise sound judgment and self-discipline in all activities and not put life or limb, or performance of their Army duties in jeopardy.

The commander's role in safety does not replace the individual's responsibility.

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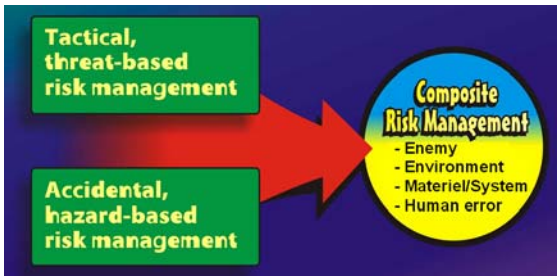
Composite Risk Management Process

- Composite Risk Management is the process of identifying and controlling hazards
- Its five steps represent a logical and systematic thought process from which users develop tools, techniques and procedures for applying Composite Risk Management in their areas of responsibility, both on and off duty
- It is a continuous process applicable to any situation and environment

Composite Risk Management steps:

- Identify Hazards
- Assess the Hazards
- Develop Controls and Make Risk Decision
- Implement Controls
- Supervise and Evaluate

It should be applied to every activity 24 hours a day, 7 days a week!



Sun Protection: Be Sun Wise

Being outside on a warm, sunny day is one of life's greatest pleasures, but getting too much sun can be dangerous.

The following precautions can help ensure that you avoid UV-related health problems, both now and later in life.

Wear Sunglasses that block 99-100% of UV radiation. Sunglasses that provide 99-100% UVA and UVB protection will greatly reduce sun exposure that can lead to cataracts and other eye damage. Check the label when buying sunglasses.

Wear a Hat. A hat with a wide brim offers good sun protection to your eyes, ears, face, and the back of the neck-areas particularly prone to overexposure.

Protect other areas with clothing during prolonged periods in the sun. Tightly woven, loose-fitting clothes are best, but any clothing is better than none at all.

Always use sunscreen when outside on a sunny day. A sunscreen with a Sun Protection Factor (SPF) of at least 15 blocks most harmful radiation. Apply sunscreen liberally and reapply every two hours when working, playing or exercising outdoors. Even waterproof sunscreens can come off when you towel off sweat or water.

Avoid the midday sun as much as possible. The sun's UV rays are the strongest between 10 a.m. and 4 p.m. To the extent that you can, limit your exposure to the sun during these hours.

Avoid Sunlamps and Tanning Parlors. Sun beds damage the skin and unprotected eyes and are best avoided entirely.

Watch for the UV Index. The UV Index developed by the National Weather service and the Environmental Protection Agency, provides a forecast of the expected risk of overexposure to the sun and indicates the degree of caution you should take when working, playing, or exercising outdoors.

http://www.hooah4health.com/environment/seasonal/sun.htm

Drink Water!

"How much water do I need?"

For years, we have all been told of the importance of water. The general guideline has been to drink eight, 8-ounce servings of water each day. For a person who is not living an active lifestyle this may be enough, but if you are physically active, and outdoors you need more water than that. That is especially true in the summer months when you are outside conducting various activities in the heat.

Water is essential for everyone, especially if you are exercising or doing other outdoor activities. Water helps almost every part of the human body function properly. Our bodies are almost two-thirds water, and proper hydration is essential to keep your body functioning properly. Some of the things water does in the body are:

- The brain is **75%** water; even moderate dehydration can cause headaches and dizziness
- Water regulates body temperature, and it also aids in the removal of cellular and digestive waste
- Water carries nutrients and oxygen to all cells in the body
- Blood is **92%** water
- Water protects and cushions vital organs
- Water converts food into energy
- Muscles are **75%** water, and you will use many muscles during these outdoor activities

Being outdoors in the heat for long periods should alert you to drink more water than normal. Being thirsty is not an accurate indicator of how much water you need. If you plan to engage in outdoor activities you should drink plenty of water two hours beforehand to allow time for adequate hydration and excretion of excess water. During your outdoor activities you should be drinking more to match sweat loss, and even more than that in warmer/hot weather. The amount of water consumed also depends on the climate, air temperature and geography of where you are.

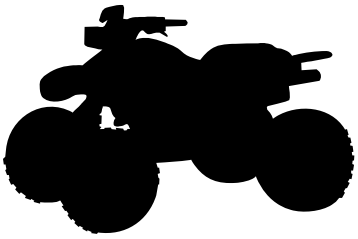
When outdoors and active you should drink plenty of fluids. Remember that cold fluids empty from the stomach faster. During prolonged activity in the heat, water losses as little as 2% of your body weight will affect circulation, and heat dissipation.

Develop the habit of drinking plenty of water both before and during your outdoor activities.

All Terrain Vehicles (ATV)

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with ATVs:

- Experience of operator
- Accidents (falls, rollovers, collisions)
- Weather (wind, cold, and heat)
- Location (river, stream, forest, hilly and rocky terrain)
- Wildlife (snakes, spiders, bees, and poisonous plants)
- Exceeding limitations (operator or ATV)
- Fueling (spills, vapors, and explosions)
- Lost or stranded
- Drinking



Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Has the operator received required training
- Injuries associated with accidents and collisions: sprains, fractures, lacerations, head injuries, contusions, burns, etc
- Incidents related to the weather and water: dehydration, hypothermia, exposure, and drowning
- Animal attacks, maulings, insect-borne diseases, and skin irritations
- Possible accident injuring the operator or damage to the ATV
- Fire or explosions
- Is your riding area marked, are you prepared to spend the night
- Intoxication, impaired judgment, and reaction time

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Training. Take an ATV training course. Be thoroughly familiar with the machine and how to operate it properly. Read and comply with manufacturer's instructions for safe operations
- Start with a good plan. Always plan in advance to avoid costly errors. Consider all the possibilities of something going wrong and be prepared for it
- Check the weather prior to starting. Depending on duration and location of travel, get a forecast of the weather and plan accordingly. Remember the weather can change abruptly, so always prepare for the worst
- Inspect the ATV prior to operating. Ensure it is mechanically sound
- Familiarize yourself with the area and respect to the terrain. Travel in areas where ATVs are permitted. Avoid streams, rivers, muddy trails, and steep hillsides. Never operate an ATV on paved surfaces, they are designed for off road use only

- Don’t travel alone in remote, unpopulated areas, and avoid splitting up if traveling with a group. Let someone know where you’re going and when to expect your return. Have a map and/or Global Positioning System (GPS)
- Never ride with passengers and don’t attempt wheelies, jumps, or stunts
- Ensure Personal Protective Equipment is worn (helmet, goggles, boots, gloves, long sleeve shirt or jacket, and long pants)
- Know your physical limitations and the limitations of the ATV and don’t exceed them. Don’t operate an ATV at excessive speeds
- Use extreme care when fueling. Fuel in well-ventilated areas and take precautions against static discharge
- Be familiar with the kinds of wildlife around you; their behavior and the actions to take if you encounter them
- Never consume alcohol or drugs before or while operating an ATV

Step 4: IMPLEMENT CONTROLS: Don’t make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Barbecuing

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with barbecuing:

- Location
- Utensils/grill
- Experience
- Fire equipment (hose)

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Possible fire if too close to structure, grill could tip over if not on level ground, kids could run into grill if not positioned out of the path of travel
- Burns to hands if not using proper utensils
- Burnt meat if not experienced with cooking time
- Out-of-control fire resulting in burnt food or fire to nearby structures

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Keep grill at least 25 feet away from things
- If using sharp utensils, keep away from kids
- Start with low-end food (hot dogs) before moving up to the steaks
- Keep some water close by

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Baseball / Softball

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with baseball / softball:

- Location (position to the sun)
- Layout of the field (fence height, holes in the ground, rocks and glass, lights)
- Umpires
- Ability of players
- Protective equipment

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- The sun in your eyes can cause many injuries (sunglasses may be a must)
- Is the fence made of chain link or wood, could you possibly flip over the fence if you run into it, possible ankle injuries along with cuts and scrapes due to field conditions
- Possible rough play with proper umpires (fake tags/not sliding when required/head first sliding)
- Muscle strains when you don't warm up, over estimating your own ability can cause nagging injuries
- Broken teeth, facial injuries, and other injuries could occur without wearing proper equipment (catching gear)

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- If needed, wear sunglasses
- Realize how much area is around the field in foul ground, look for sprinkler heads, rocks, and other debris
- Play to your ability, umpires can control the game
- Wear protective equipment at all times

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Basketball

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with basketball:

- Location (inside/outside) court
- Rough housing (referees)
- Ability (first timer, routine player)
- Shoes (over ankle/good soles)
- Fitness

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Is the location free of obstructions
- Does the location have proper lighting and court markings
- Possible broken bones
- More injuries associated with pickup basketball
- Over-the-ankle basketball shoes help prevent ankle injuries, tape or wear ankle support if needed
- Warm up prior to playing, ensuring stretching of the legs

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- No matter where you play, make sure court is free of hazards
- Don't play with hot heads
- Realize your ability and play to it
- Worn shoes can prevent good footing and cause slipping
- Warm up prior to play no matter what level you are at

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Biking

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with biking:

- Weather (black ice, rain, sleet, snow, and extreme winds)
- Location (dirt trails, gravel roads, urban roads)
- Wildlife (snakes, spiders, bees, and poisonous plants)
- Activities (off-road cycling, backcountry cycling, touring, commuting)
- Mechanical (failure of bicycle part(s), flat tires, etc.)

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Injuries and damage due to changing road and trail conditions created by the weather
- Incidents involving traveling over rough dirt or gravel roads and trails, and urban roads with potholes and other obstacles
- Potential for injury by animals
- Increased potential for mishap due to alcohol consumption, riding for long periods of time and fatiguing yourself; erratic driving by other drivers; other drivers' failure to yield. Potential for mishap also exists when riding off-road, along trails. Catastrophic failure of bicycle components when "hot-dogging," or because of extreme trail conditions is also possible.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls, which can be employed to reduce or mitigate the hazards:

- Check the weather and plan accordingly. Don't take chances with summer rain, sleet, or snow. Pack extra clothing to be prepared
- Only travel on roads or trails you are capable of riding on. Don't exceed your capabilities. Try to choose routes in town that are relatively free of potholes; wear protective clothing that does not leave skin exposed; wear a helmet; continuously scan road or trail ahead and shoulders of road for signs of wildlife. Make noise by talking and use bells or whistles to alert animals of your presence
- Avoid traveling with people who are "risk takers" or are known to flaunt their abilities. Don't drink or allow others to drink and ride. Know and practice defensive driving techniques. Strive to be visible to other drivers by wearing highly visible clothing. When traveling long distances, take frequent breaks, and avoid trying to ride longer than reasonable distances per day. Carry a basic tool and first aid kit.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

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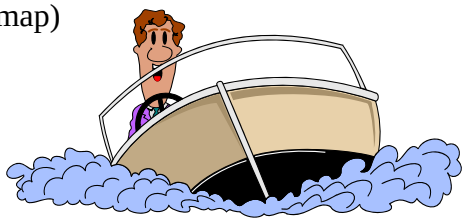
Boating

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with boating:

- Weather (storms, wind, swells, tides)
- Location (lakes, rivers, oceans)
- Boat condition/drain plug open (cracks/holes in hull, leaks)
- Motor condition (old, broken, unreliable)
- Fueling (vapors, spills, explosion)
- Exceeding people/equipment limit
- Slippery/wet surfaces
- Lost (no Global Positioning System (GPS)/compass/map)
- Stranded (sandbar, reef, rocks, submerged trees)
- Speed
- Alcohol
- Safety equipment



Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Injuries, damage, and loss equipment due to severe weather and water conditions
- Mishaps on lakes, dangerous currents in rivers, and rapid tidal changes for inlets, etc.
- Boat sinking due to taking on water from damaged hull or open drain plug
- Drifting due to motor breaking down/flooding out
- Fires due to fuel vapors or spills
- Capsizing due to exceeding the load limit of people and or equipment
- Falling overboard, hypothermia, or drowning
- Traveling in the wrong direction
- Hypothermia, dehydration, sunburns, or drowning
- Loss of control, collisions, capsizing, or running aground due to excessive speeds
- Intoxication, impaired judgment, unnecessary boat maneuvering
- Ensure personal flotation devices are available for all individuals, flares, and first aid kit

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Start with a good safety briefing prior to heading out
- Listen to the National Weather Service for the day's forecast and plan accordingly. Cancel boating trip if inclement weather is expected. Ensure all safety equipment is ready and available
- Familiarize yourself with lakes, rivers, and inlets before attempting to navigate on your own
- Ensure to inspect equipment. Have boat motor and any other equipment serviced routinely

- Use extreme care when fueling. Clean up any spilled fuel. Don't let anyone smoke or have open flames near gas tanks. Try to keep gas tank area well ventilated
- Travel at speeds safe enough for water conditions
- Don't overload the boat with people or equipment
- Ensure all occupants wear properly fitting US Coast Guard approved floatation vest
- Keep an emergency kit onboard that contains food, blankets, sun block, fresh water, and flares

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Bull Riding

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with bull riding:

- Location
- Ability (novice/experienced)

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Lack of experience from workers could allow serious injuries to occur
- Underestimating required strength to hold on resulting in possible pulled muscles or being thrown from bull and ran over

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Is the area fenced
- Overestimating here could be deadly, stay within your limits, maybe a bull riding machine would be a better choice

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Fireworks

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with handling fireworks:

- Experience
- Crowd control
- Weather
- Control of the fireworks themselves
- Illegal fireworks (legal source)

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Inexperience can be costly when handling fireworks
- Fireworks could go the wrong direction
- Possible fires due to landing fireworks
- In the wrong hands they could become deadly
- May be dangerously unstable or overly powerful

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Make sure you know what you have
- Only use fireworks in a controlled environment
- If the weather is dry, watch out for fires
- If not in use, the fireworks must be controlled at all times
- Only buy fireworks from a "legal" source

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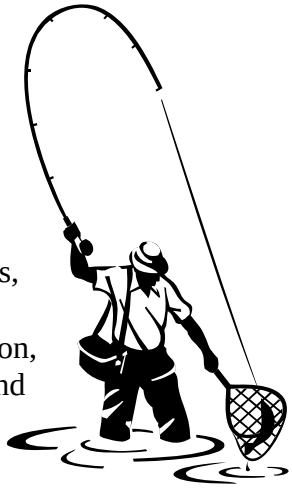
Fishing

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with fishing:

- Weather (rain, cold/hot temps, and wind)
- Location (near water, on the water, mud, rivers/streams)
- Wildlife (snakes, spiders, bees, and poisonous plants)
- Activities (travel, combat fishing, filleting fish, tackle preparation)
- Attendees (military, family members, children, the public)

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:



- Injuries due to severe weather--hypothermia from a wet and cold environment. Don't forget the sun block; the sun reflecting off the water will at times cause severe sunburn
- Incidents involving water vehicle mishaps potentially from traveling long distances
- Animals' protective instincts, animal bites, insect-borne diseases, skin irritations, and other bothersome pests
- Drowning, stuck in mud flats, sprains, broken bones, overexertion, slips, trips and falls, flying hooks in close proximity, and cuts and punctures from knives and hooks
- Relative health of attendees

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls which can be employed to reduce or mitigate the hazards:

- Begin the day with a discussion of the proposed events for the day. Be sure you let someone else know where you are going, when you expect to arrive, and when you expect to return
- If your fishing trip includes a long drive, schedule rest stops before departing
- Check the weather forecast and plan accordingly
- Make sure people don't wander off alone
- Use insect repellent. Get familiar with the type of local critters you may encounter and what you should do if one shows up
- If alcoholic beverages are present (and they usually are), watch drinkers for signs of overindulgence
- Watch your children closely
- Consider the needs of the elderly or anyone with known pre-existing medical conditions
- Know the written rules of fishing and the unwritten rules of combat fishing
- Be sure and wear a pair of protective eyeglasses. There are a lot of errant hooks flying around when combat fishing

- Stay off the mud flats. It is easy to get stuck and in many areas the tides rise and fall 30 feet twice a day

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Golfing

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with golfing:

- Location (holes close together, near lakes or ponds, near woods, roads)
- Weather conditions
- Players' fitness

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Being struck by golf balls from other holes, mosquitoes bites, alligators or snakes and possible wildlife coming out of the woods
- Sunburns, lightning strike, heatstroke, heat exhaustion
- Pulled muscles, back pain, wrist injuries

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Always pay attention to your surrounding, if others are teeing off nearby toward you, than stay alert
- Leave the course if you see lightning in the area, don't wait for it to strike near you
- Warm up prior to play

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Hiking / Camping

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with hiking / camping:

- Weather (thunderstorms, lightning, rain, and wind)
- Location (near water, forest, mountains)
- Wildlife (snakes, spiders, bees, and poisonous plants)
- Fire (campfires, cooking)
- Many others, situation-dependent
- Getting lost

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Injuries, death, loss of equipment, and damage due to severe weather
- Incidents involving water (drowning and hypothermia), falls, becoming lost
- Animal bites, insect-borne diseases, skin irritations, and bothersome pests
- Burns, out-of-control fires, explosion, and carbon monoxide poisoning

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Check the weather and be prepared for severe conditions. Plan for cover in case of inclement weather and always carry rainwear and fire-starting material for warmth
- Have a quality topographical map of the area you will be hiking or camping in. Consider taking a compass, a Global Positioning System (GPS), and a personal locator beacon. Also, ensure you know how to use whatever device you take. Take a water filter to ensure that you have clean filtered water to drink. Have, at least some, climbing ropes in case you find yourself needing extra support because of a precarious situation while in the mountains. Take a course that covers the risks you will encounter. You can find courses on everything from packing a backpack to predicting avalanches. Tell somebody responsible:
    - Where you are going
    - When you will get there
    - When you expect to return

- What kind of equipment you have on hand (If you become lost, knowing the color of your tent would be helpful to rescuers)
- Take extra food in case you become lost or stranded
- Use insect repellent. Become familiar with the types of local poisonous snakes/plants that you may encounter and what you should do if exposed to them. Talk to the medical folks. Learn how to treat snakebites and bee stings/mosquito bites if they become a problem.

- Keep food in sealed containers and out of your tents
- Keep fires contained to a well-constructed fire pit. Keep water on hand when any flame is present. Keep plenty of clear space around fires and lanterns to ensure that combustibles don't come in contact. Be very cautious around fuels and never allow anyone to play or put anything but wood and paper in the fire. Never take a fuel burning device inside a tent as carbon monoxide could overcome you
- Make sure children don't wander off into the water, woods, or mountains without adult supervision
- Carry a cell phone

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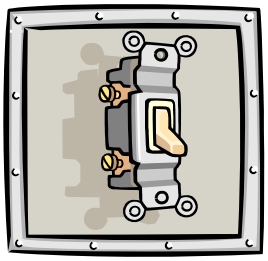
Home Repairs

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with home repairs:

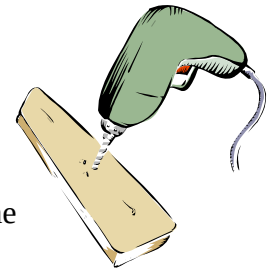
- Location (your house/others)
- Tools (proper)
- Experience
- Electricity (are you qualified)
- High-reach locations



Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- You're more aware of the surrounding in your own home, if working in someone else's house take a look around (the job area)
- Don't use metal tools for electrical work, use the right tool for the job
- Working on things that are out of your range of work could cause major problems
- Don't play with electricity, shut off the power source "lockout/tagout"
- Use ladders where needed

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:



- Make sure you feel comfortable in your work area
- Only use proper tools
- Make sure you have experience in what you are doing
- No short cuts - remove the power source
- Don't stand on top step of step ladder, don't reach out far from the sides

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Horseback Riding

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with horseback riding:

- Location (mountains/hills/beach)
- Ability (novice/experienced)
- Horse

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Falls from cliffs, hills, uneven surfaces
- Loss of control of the situation could cause you to be bucked off or fall from the horse
- Is the horse trained, normally a riding horse

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Stay on marked trail or tell someone where you are going before heading out
- Stay within your limits
- If riding experience is low, than make sure you have a horse that has lots of experience

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Jet Skiing

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with jet skiing:

- Location (crowded area, marked area)
- Operator ability (new/experienced)
- Condition of jet ski
- Condition of the water
- Protective equipment

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Losing control of ski and running into the crowd
- With less experience you need more room for error
- Could be stranded out far from shore, possible fire if in poor mechanical condition
- Is the water rough, murky, rip tides, under tow
- Lack of personal flotation device could result in drowning

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Stay away from crowded areas
- Stay within limits
- Have flares, life vest
- Evaluate water conditions prior to going out
- Don't go out if you don't have proper gear

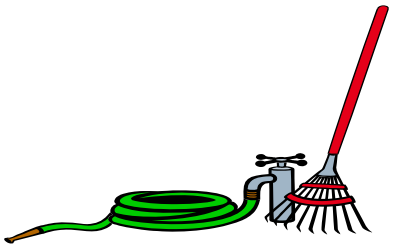
Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Lawn Care / Gardening

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with lawn care / gardening:

- Lawn mower (blade and chute)
- Loose objects
- Weed eater
- Lawn edger
- Hedge trimmer
- Insecticides/Fertilizers
- Fire ants and spiders



Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Foot and hand injuries from contact with mower blade. Disconnect the spark plug prior to reaching underneath the mower deck
- Injury from flying debris
- Eye injury from flying debris
- Injuries from weed eater cord and thrown objects
- Poisoning from insecticides or fertilizers, use less hazardous chemicals
- Reaction from fire ant, spider, and bee bites/stings/infection

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls which can be employed to reduce or mitigate the hazards:

- Wear safety toe shoes, long pants, goggles, and gloves
- Inspect all lawn and gardening equipment prior to use
- Inspect lawn, remove all loose objects prior to mowing
- Use insecticides and fertilizers as directed. DON'T MIX INSECTICIDES!
- Let wet lawns dry before mowing
- Unclog chute with a stick not your hand. Note: Disconnect spark plug first
- Wear shoes/eliminate ant hills with insecticides

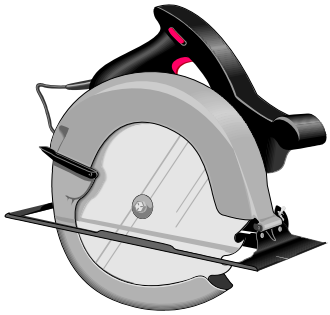
Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it's followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Power Tools

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with power tools:

- Electrical shock
- Burns
- Cuts
- Flying particles
- Muscle strain
- Power tool cords
- Dropped tools



Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Injuries/death due to electrical shock
- Burns from heat produced by power tools
- Lacerations, punctures, tears, and/or rips due to contact with the business end of the power tool in use
- Eye injury due to flying particles
- Tripping over power tool cords
- Loss of balance while using power tools
- Slippery power tool handles

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls which can be employed to reduce or mitigate the hazards:

- Inspect all power tools before using them. Replace or repair as necessary
- Wear appropriate protective equipment
- Keep hands and other body parts out of the area of operation
- Keep cords away from your feet/use cords that have ground wire
- Ensure power tool handles are free from grease and moisture
- Unplug and store all power tools after use

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it's followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Privately Owned Vehicles (POV)–Other Than Motorcycles

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with POVs-other than motorcycles:

- Vehicle crashes associated with:
  - Weather (rain, slippery roads, and poor visibility)
  - Road conditions (construction, pavement quality, loose surface material, narrow two-lane roads)
  - Traffic (tourists and travelers)
  - Impaired drivers (intoxication, exhaustion)
  - Animals/Wildlife
  - Unseen situations
  - Becoming stranded

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Severe injury and death may result from any POV crash associated with the stated hazards
- Being stranded can, and has, cost lives

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Check the weather and drive accordingly. Don't take chances with summer rain. The roads may become slippery and visibility may be poor
- Check for tire tread depth and windshield wiper operation
- Listen to local radio stations for road conditions
- Travel outside of peak-travel times. Drive knowing that you may be slowed by construction, accidents, or for other untold reasons. Keep road rage caged!
- DON'T DRINK AND DRIVE. Use a designated driver program. Get plenty of rest before venturing out of town
- Be ready for wildlife at all times, a moose or other animals can step in front of your vehicle at any time
- Drive defensively and be especially cautious on roads you have not previously traveled
- Check into alternate methods of traveling; consider taking a train to your destination
- Take spare parts and tools on extended trips. Ensure you have items to sustain life: food, water, and heat
- Carry a cell phone

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

NOTE: Fort Hood offers a Defensive Drivers Course (DDC). You can schedule your attendance at 287-4639.

NOTE: ASMIS-1 POV Risk Assessment must be completed before going on leave, pass, TDY, or PCS. You can access the ASMIS-1 from the Combat Readiness Center website at https://crc.army.mil/home/.

Privately Owned Vehicles (POV)–Motorcycles

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with POVs-motorcycles:

- Experience of operator
- Weather (black ice, rain, sleet, snow, and extreme winds)
- Location (dirt trails, gravel roads, urban roads)
- Wildlife (snakes, spiders, bees, and poisonous plants)
- Activities (Riding with a group, touring, commuting)

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Inexperienced operators should take more time to get to location/drive slower
- Injuries and damage due to changing road conditions created by the weather
- Incidents involving traveling over rough dirt or gravel roads, and urban roads with potholes and other obstacles
- Potential for injury by bug strikes in the face or other exposed flesh, as well as bears, moose, or other animals darting into path of travel
- Experience level of other riders in the group as well as your own experience level; increased potential for mishap due to alcohol consumption by members of group or other drivers; traveling for long periods of time and fatiguing yourself; erratic driving by other drivers; other drivers' failure to yield

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls which can be employed to reduce or mitigate the hazards:

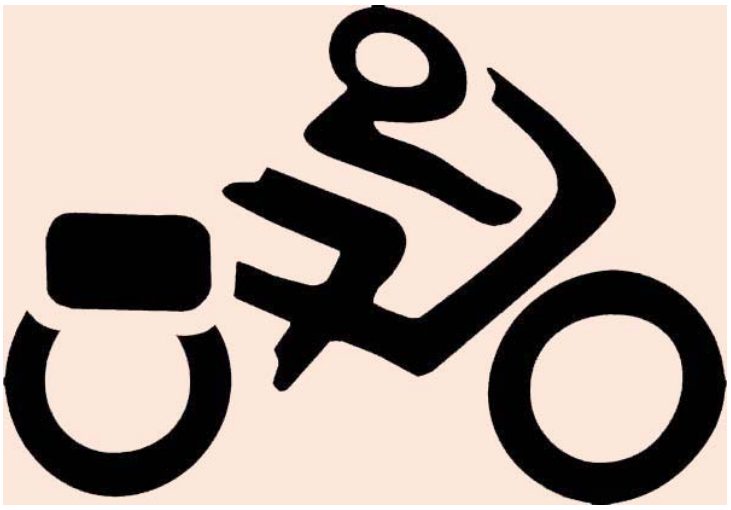
- Operators need to attend a motorcycle safety course and drive defensively
- Check the weather and plan accordingly. Don't take chances with summer rain, sleet, or snow. In case of inclement weather, allow extra time for travel and slow your speed down
- Only travel on roads or trails your motorcycle is designed for; try to choose routes in town that are relatively free of potholes; Don't exceed the posted speed limit
- Wear protective clothing that does not leave skin exposed; wear and use face shield on helmet or equip motorcycle with windshield; wear impact resistant eye protection; slow down in areas frequented by bears or moose (signs are usually posted in these areas); continuously scan road ahead and shoulders of road for signs of wildlife
- Avoid traveling in groups until you have sufficient experience. Avoid traveling with people who are "risk takers" or are known to flaunt their abilities. Don't drink or allow others to drink and ride. Know and practice defensive driving techniques. Strive to be visible to other drivers by driving with headlight on and by wearing highly visible clothing. When traveling long distances, take frequent breaks, and avoid trying to drive longer than reasonable distances per day

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

NOTE: Fort Hood offers a Motorcycle Safety Foundation (MSF) Course. You can schedule your attendance at 287-4639.

NOTE: ASMIS-1 POV Risk Assessment must be completed before going on leave, pass, TDY, or PCS. You can access the ASMIS-1 from the Combat Readiness Center website at https://crc.army.mil/home/.



Roller Blading / Skating

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with roller blading / skating:

- Location of skating area
- Skates
- Ability of individual
- Protective equipment

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Is the location free of obstructions, holes, and obstacles
- Are your skates in good condition
- Is your ability up to the course
- Is your protective equipment in good condition, strap for helmet, knee, elbow, and hand pads if needed

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Helmet will be fastened
- All protective equipment will be worn while in the learning stage (helmet at all times)

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Scuba Diving / Snorkeling

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with scuba diving / snorkeling:

- Currency
- Weather conditions
- Proper equipment
- Buddy system
- Proper rest
- Water conditions
- Depth
- Current
- Temperature

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Are you certified if needed
- Check weather prior to heading out (lightning, winds, storms)
- Tanks full, body suit in good condition
- Is your partner qualified
- Make sure your body is ready to handle the dive
- Have you dove in this area before
- Are you certified to the depth
- Are you familiar with the current shifts
- Are wet suits available if needed

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Only dive if weather will be good
- Tanks will be completely full
- Dive with a partner

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Sky Diving

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with sky diving:

- Have I received the proper training (is it current)
- How strong is the wind
- Landing area in good condition
- Parachute failure
- Collision with other jumpers
- Airplane safety
- Pilot certification

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Will I know what to do in a bad situation
- Could I be blown into nearby power lines or into the road or water
- Is the area free from obstructions
- Have we briefed all skydivers on our routine
- Possible crashes if not safe
- Dropped off drop zone, wrong altitude

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Ensure training is current prior to jumping
- Don't jump if winds are over the limit you feel comfortable with
- Scout area prior to jumping
- Check main and backup parachute
- Give yourself plenty of distance/time between jumpers

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

- Only jump if you are certified for the jump or an instructor is with you
- Pick the location within the landing area that presents the least hazards
- Don't jump unless you know who packed your chute

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Soccer

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with soccer:

- Location (near the road, free of holes)
- Referees
- Ability of players
- Protective equipment

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Could you accidentally run into a hazardous area, sprain an ankle
- More injuries associated with pick up play
- More injuries associated with less experienced players
- Possible shin injuries, fractured ankles, and broken toes

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Lay out of field should be away from roads and inspect field prior to play for hazards
- If possible use referees to control the play
- Play within your ability, remember you're not Mia Hamm
- Only play if you have proper safety gear

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Swimming

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with swimming:

- Drinking
- Rest
- Buddy system
- Proper attire
- Know depth of water
- Weather conditions

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Drinking could cause you to over estimate your ability
- Inadequate rest may not allow you to operate at your full potential
- Without a buddy, no one would be there if you should need help
- Long pants/shirts restrict body movement and add weight
- When you dive in you could strike the bottom of the lake/pond/pool
- Weather is unpredictable; possible thunderstorms, high winds

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Only swim in proper attire (no long pants/shirts)
- Swim alone only in area with a lifeguard on duty
- Get out of water when bad weather is coming

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

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