



Col. Jeffery Glass

## 101 Critical Days of Summer: A time to exercise caution

By Lt. Gen. James E. Sherrard III

WASHINGTON - Since the tragic events of Sept. 11, 2001, we are all much more aware of the need for diligent force protection. However, we also need to apply that same kind of vigilance off duty in the coming months, as we attempt to pack as much fun as possible into an all-too-brief summer.

Memorial Day Weekend signaled the start of the Critical 101 Days of Summer, a time when off-duty mishaps are more likely to happen. Long workdays, coupled with alcohol consumption and horseplay, can spell disaster for even the most-seasoned citizen airman.

Here's a list of tried-and-true suggestions from the Headquarters Air Force Reserve Command Directorate of Safety on how to survive and remain uninjured during the 101 critical days:

- Alcohol consumption: Don't drink and operate vehicles, such as automobiles, boats, jet skis, etc. If you drink, do it moderately and always appoint a designated driver;
- Traveling: Be sober, vigilant and well-rested;
- Boating: Know your craft and the waters you are operating within, and use personal floatation devices;
- Swimming: Swim with a buddy in known waters and don't drink;
- Jet skiing: Operate with caution, staying away from boaters, fishermen, swimmers and other jet skiers;
- Seatbelts: Use them and ensure passengers do the same. Remember, "it's the law;"
- Outdoor activities: Stretch muscles before athletic activity, don't overdo it, avoid prolonged exposure to the sun, use sunscreens and drink plenty of water; and
- Risk management: Use common sense, plan ahead and be prepared.

Enjoy your summer with family and friends, but be safe. Each member of our force is an irreplaceable resource in the continuing war on terrorism. Our nation needs each of us, our families need us, and I need you to help meet the challenges our nation is asking of our Great Air Force! (AFRC News Service)

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