

The Critical 101 Days of Summer

Labor Day: Smart Choices Keep Sailors Safe

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LABOR DAY SAFETY FOR EVERY SAILOR

SMART CHOICES OFF DUTY KEEP YOU SAFE, STRONG, AND READY TO LEAD!



Why This Weekend Is High Risk?

Over **30%** of Labor Day traffic fatalities involve alcohol.

The Navy sees heightened substance-related incidents during the 101 Critical Days.

What Contributes to Incidents:



Poor Planning for transportation.



Overconfidence and limited situational awareness.



Binge drinking in short time spans.



Peer pressure in group settings.



Risk Reduction Tips for Sailors:



Stick to the plan! Set a limit before you start drinking.



Look out for shipmates showing signs of impairment.



Knowledge is power! Mocktails are a non-alcohol alternative.



Know your resources: Command Support & Chaplains.

Own Your Weekend!

Prevent Alcohol Misuse, Protect Your Crew, and Finish Summer Strong.

Plan.

- Choose a sober driver in advance.
- Map out transportation options.
- Keep emergency contacts accessible.

Prevent.

- Eat before and during alcohol use.
- Switch to non-alcoholic drinks between rounds.
- Trust your instincts. Walk away from unsafe situations.

Protect

- Step in when behavior becomes risky.
- Call for help. No one gets in trouble for safety.
- Stay alert in high-traffic areas during the holiday.

MOST ALCOHOL INCIDENTS ARE 100% PREVENTABLE.

A DUI CAN COST THOUSANDS, END A CAREER, AND RISK LIVES.