

VEHICLE SAFETY

- Does your driver seat have an operable seat belt?
- Does your passenger seats have operable seat belts?
- Do you ensure passengers are secured prior to moving your vehicle?
- If your seat belts are inoperable, do you have them repaired?
- Are you knowledgeable of locations nearby that can repair seat belts?

CAR SEAT SAFETY

- Does your car seat function properly?
- Have you purchased the correct type of car seat for your child?
- Does your vehicle have the proper security locks?
- Have you gone to the CHP or PMO to check if installation is correct?
- Do you have plans for upgrading car seats?
- Are your children secured tight enough?

PEDESTRIAN SAFETY

- Are you using the sidewalk when travelling with your stroller?
- Are you wearing headphones only in designated areas?
- Are you conducting cardiovascular activities in the proper locations?
- Do you know where the local gyms are located?
- Do you always use crosswalks?
- Are you wearing reflective gear in low visibility and hours of darkness?

BICYCLE SAFETY

- Do you wear a helmet properly when operating a bicycle?
- Do you ensure your children are wearing helmets?
- Do you use proper reflective gear?
- Are you using lights and reflectors during hours of darkness?



**SAFETY
FIRST**

**PROVOST MARSHAL'S
OFFICE**

MARINE CORPS AIR GROUND COMBAT CENTER
TWENTYNINE PALMS, CA

SAFETY STARTS WITH YOU!

There are numerous activities that we are involved in that revolve around safety. Here aboard Marine Corps Air Ground Combat Center, we have instilled certain regulations and recommendations to keep you, your family, and your friends safe from injuries. Within this brochure are tips, laws, and regulations that are mandated and recommended. Take a moment to not only *READ* but *DO!*

VEHICLE SAFETY

Something to consider within vehicle safety is the use of seat belts for the driver and passenger(s). Seat belts are required while operating a motor vehicle, per state laws and can cost you your driving privilege on base. Not only is it a law but seat belts are still the **MOST** effective means of reducing fatalities and serious injuries in a traffic accident. Save lives! Buckle Up!



Another vehicle safety concern is the use of child car seats. State law requires a car seat for any child under the age of 8 or if the child has reached, at a minimum, 4'9" in height. Within this law, a child under the age of 2 shall be restrained in a rear-facing car seat unless the child weighs over 40 pounds or the car seat's manufacturer's regulation. Once your child has outgrown the rear-facing seat, a front-facing seat is recommended with the proper harness and tether. Boosters are next in use, which are dependent on child's size. Overall, the use

of car seats or boosters prevent injury to children. If guidance is needed please visit the PMO or CHP office.



PEDESTRIAN SAFETY

Another safety measure here on the Combat Center is centered on pedestrian traffic. The goal is to keep you safe and able to go home without injuries or even citations from the police.

The safest place to transport children, while using strollers, is on the provided sidewalks and not the roadways. Hazards from not using the sidewalks could be serious harm or even death to child. If you are not using the sidewalk, you are required to yield to all vehicles.



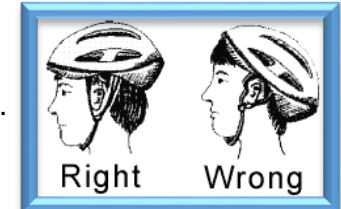
The use of headphones while running, jogging, walking, skating, and bicycling or any other pedestrian type of transportation is strictly prohibited on roadways, per Combat Center Orders. This is a distraction to you from watching for vehicular traffic and can result in unwanted injuries or even death. It is strongly advised that you only use them on designated running tracks, such as the one located adjacent to Del Valle Road. This will ensure your safety.



There are numerous gymnasiums located on the Combat Center to accommodate your physical fitness activities, so use them. Do not find yourself utilizing the wrong areas. Follow the signs posted: running, jogging, or walking on Del Valle Road is prohibited. Be sure to use the sidewalks made available and always use a reflective device during the hours of darkness or periods of reduced visibility. When crossing roadways ensure you are using the proper crosswalks, which are provided for pedestrian traffic and will keep you safe, and as always...within regulations.

BICYCLE SAFETY

Bicycle safety involves more than the use of a bicycle, but also other skating devices. The purpose for safety on these recreation items, is to prevent serious harm to yourself and others, and abide by Combat Center regulations. Adults and children must wear a helmet. States law allows for anyone over the age of 18 to not be required for a helmet but the Combat Center does not. All riders of bicycles and skating devices must wear a helmet at all times of use. You must ensure the helmet is worn properly with harnesses fastened correct.



Bicycle riders must observe all the same traffic regulations required for motorists and will ride on the right side of the road, which is with the flow of vehicles and not against. It is strongly advised to use sidewalks where available to ensure further safety.



During the hours of darkness and periods of reduced visibility, you must have a illuminated headlight and a rear reflector. Though not required, wear of a reflective device is highly advised. By marking yourself in this manner, you are ensuring your own safety!

CONCLUSION

Overall, the means of safety should be your center thought. Follow the law, inspire your neighbor, and stay safe!