



Safety Tip of the Month

Work Together in Work Zones



In 2022, 891 people were killed in work zone crashes, according to [Injury Facts](#) — an online source of preventable death and injury statistics compiled by the National Safety Council. Of those, 528 deaths occurred in construction work zones.

Drivers and passengers account for most fatalities in work zone crashes. This means everyone needs to work together to slow down, stay focused, and give road users plenty of space, according to the National Safety Council.



Roadway Workers Should:

- Be aware of their surroundings, watching for nearby drivers, bicyclists, and pedestrians.
- Dress for safety by wearing high-visibility protective clothing, a hard hat, and steel-toed shoes.
- Use warning signs and traffic barriers to create a safe buffer.
- Design work zones to reduce or eliminate the need for vehicles to back up.

Drivers Should:

- Pay attention and follow directions for changing lanes, stopping, or merging.
- Reduce speed in heavy traffic or poor conditions.
- Watch for workers, equipment, and aggressive drivers.
- Avoid distracted driving. On average, eight people a day die in distracted driving-related crashes.



Stay Calm Behind the Wheel

Use the “Three R’s” to Prevent Road Rage

Most drivers have experienced moments of frustration behind the wheel. Whether another driver cuts you off, refuses to let you merge, follows too closely, or makes another unsafe maneuver, it's natural to feel irritated. However, allowing those emotions to take over can lead to poor decisions that put you and others at risk.

According to the National Safety Council, aggressive driving and road rage can quickly escalate into dangerous situations. Reacting with anger may cause drivers to speed, tailgate, make sudden lane changes, or lose focus on the road. Instead of responding emotionally, take a moment to regain control and keep your attention where it belongs — on driving safely.

One effective way to manage your emotions is by using the **Three R's**:

Reflect

- Take a mental step back and recognize what triggered your frustration.
- Ask yourself whether your reaction will improve the situation or make it worse.
- Focus on what you can control, rather than another driver's actions.

Reframe

- Consider that the other driver may have made a mistake or is facing an emergency.
- Shift your mindset from reacting emotionally to driving defensively.
- Remember that arriving safely is more important than proving a point.

Refocus

- Let the incident go and return your full attention to the road.
- Maintain a safe following distance, obey the speed limit, and watch for changing traffic conditions.
- Take a few deep breaths or turn your attention to calming music if it helps you stay relaxed and focused.

No matter how frustrating another driver's behavior may be, responding with anger rarely improves the situation. Choosing patience, practicing defensive driving, and controlling your emotions can help prevent crashes and create a safer environment for everyone on the road.

The next time you feel your temper rising behind the wheel, remember the **Three R's — Reflect, Reframe, and Refocus**. A calm response today could help prevent a serious incident tomorrow.



Pool Safety

Addressing Seasonal Risks Early

Nothing says summer like spending time in the pool with family and friends. While swimming is a great way to stay active and cool off, it only takes a few seconds for a fun day to turn into an emergency. Practicing good pool safety and remaining alert can help prevent injuries and drowning.

According to the National Safety Council, the best way to reduce the risk of drowning is to use multiple layers of protection. Securing your pool, following safe swimming practices, and being prepared for emergencies can help keep everyone safe throughout the swimming season.

Secure your pool when it's not in use:

- Install four-sided isolation fencing with a self-closing, self-latching gate that is out of a child's reach.
- A four-sided fence reduces a child's drowning risk by 83% compared with three-sided fencing.
- For above-ground pools, lock or remove steps, ladders, and climbable objects when unsupervised.
- Add secondary safety measures, such as door alarms, childproof locks, or lockable pool covers.

Practice safe swimming habits:

- Enter the water feet first unless the pool has a designated safe diving area.
- Stay away from drains and other openings that create suction.
- Always swim with a buddy.
- Never swim without a responsible adult serving as a designated water watcher.
- Never swim or supervise others while under the influence of alcohol or drugs.
- Stay focused on swimmers and avoid distractions, including reading or using a cell phone.

Be prepared for emergencies:

- Use multiple [layers of protection](#), including barriers, life jackets, and close supervision of children.
- Encourage every family member to learn [basic swimming and water competency skills](#).
- Know how to respond to a [water emergency](#), including calling 911 and performing CPR.

Learning lifesaving skills is just as important as practicing prevention. Bowhead Health, Safety, and Environment (HSE) offers National Safety Council-sponsored First Aid, CPR, and automated external defibrillator (AED) certification training for all Bowhead employees. The certification is valid for two years. Contact HSE for more information or to schedule training for your team.

A safe pool is more than clean water and sunny weather—it requires planning, preparation, and constant attention. By securing your pool, practicing safe behaviors, and being ready to respond in an emergency, you can help ensure everyone enjoys a safe and memorable summer.



Motorcycle Safety

Stay Alert and Share the Road

Motorcycles represent only a small percentage of vehicles on U.S. roadways, yet motorcyclists face a much greater risk of serious injury or death in a crash. According to the National Safety Council, motorcycles accounted for just 3% of all registered vehicles and 0.6% of all vehicle miles traveled in 2024, but motorcyclists represented 16.2% of all traffic fatalities.

Although motorcycle fatalities decreased by 2% from 2023 to 2024, more than 6,200 motorcyclists still lost their lives on U.S. roads. Drivers and riders alike can help reduce these numbers by staying alert, driving defensively, and sharing the road responsibly.

Motorcyclists should:

- Wear a U.S. Department of Transportation-[approved helmet](#) and protective gear.
- Wear bright or reflective clothing to increase visibility.
- Ride defensively and obey the speed limit.
- Never ride while impaired.
- Maintain a safe following distance.

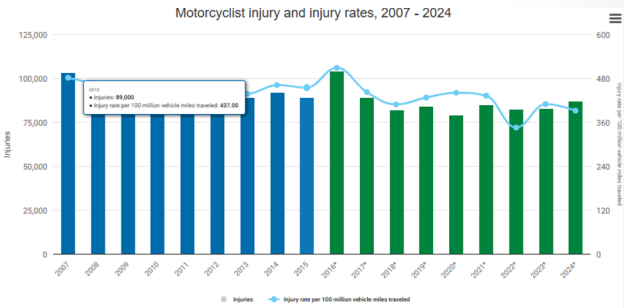
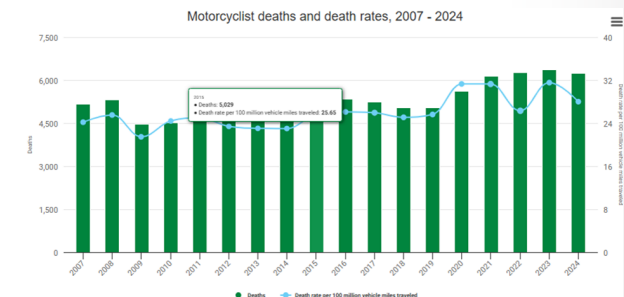
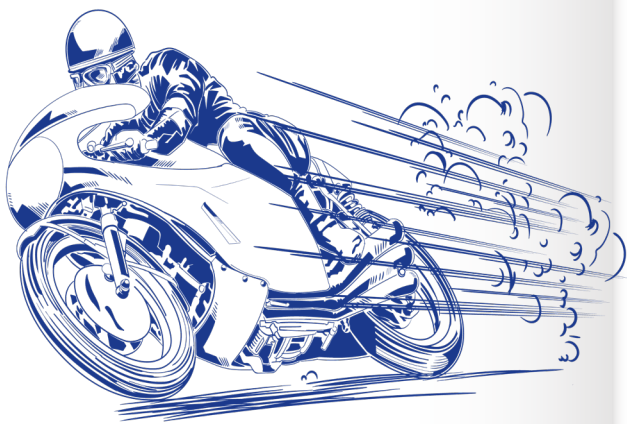
Drivers should:

- Look twice for motorcycles before changing lanes or turning.
- Allow extra space behind motorcycles.
- Check blind spots, especially at intersections.
- Signal early and avoid sudden lane changes.
- Never crowd or share a motorcyclist's lane.

According to 2024 National Safety Council data, most motorcycle fatalities occurred:

- On urban roads (65%).
- In good weather (94%).
- During the daytime (49%).
- In crashes involving two vehicles (57%).
- Among riders wearing helmets (64%).

Safe driving requires everyone to do their part. Stay focused, eliminate distractions, obey traffic laws, and watch for motorcycles. A little extra awareness can help prevent a crash and save a life.



AAA's Warning

Never Leave Children or Pets in Hot Cars

Leaving a child or pet in a parked vehicle—even for a few minutes—can quickly become a life-threatening emergency. According to AAA, vehicle interiors heat up much faster than most people realize, even on mild days. A quick stop at the store, returning a shopping cart, or running a short errand is never worth the risk.

On an 80-degree day, the temperature inside a parked vehicle can rise by 20 degrees in just 10 minutes and reach deadly levels in less than 20 minutes. Cracking the windows or parking in the shade provides little protection from the heat. As temperatures continue to climb throughout the summer, every driver should make it a habit to check the back seat before leaving their vehicle.

Children and pets are especially vulnerable to heat-related illnesses. A child's body temperature rises three to five times faster than an adult's, allowing heatstroke to develop rapidly. Dogs and cats are also at serious risk because they rely primarily on panting to cool themselves, which becomes ineffective inside a hot vehicle.

According to AAA, more than 1,000 children have died from vehicular heatstroke since 1998. These tragedies are preventable by building simple safety habits into your daily routine.

Protect children and pets by following these safety tips:

- Never leave a child or pet in a parked vehicle, even for a minute.
- Look before you lock by checking the back seat every time.
- Place your phone, purse, briefcase, or another essential item in the back seat as a reminder.
- Ask caregivers to confirm a child has been removed from the vehicle.
- If you see a child or pet alone in a hot car, call 911 immediately.

If you encounter an emergency:

- Stay with the vehicle until help arrives.
- Follow the 911 dispatcher's instructions.
- Remove the child or pet only if it can be done safely.

Heat-related deaths in vehicles are 100% preventable. A simple routine of checking the back seat, confirming children are safely out of the vehicle, and acting quickly in an emergency can save a life. Before you walk away from your vehicle, take one last look. That small action could make all the difference.

For more information visit: [AAA Warns Drivers: Hot Cars Can Be Deadly This Summer](#)



HOW LONG DOES IT TAKE FOR A CAR TO GET HOT?

VEHICLE TEMPERATURE		
OUTSIDE TEMP (F)	INSIDE TEMP (F)	
	10 MIN	30 MIN
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

Outdoor Safety 101

Essential Tips for a Safe Adventure

Spending time outdoors is a great way to stay active, reduce stress, and enjoy nature. Whether you're hiking, camping, fishing, or exploring a local park, every outdoor adventure comes with potential risks. Taking a few simple precautions before you head out can help prevent injuries and ensure you return home safely.

Before leaving, take time to plan your trip. Check the weather forecast, let someone know where you're going and when you expect to return, and make sure you have the proper gear for your activity. Weather conditions can change quickly, and being prepared can make all the difference during an emergency.

Assess your surroundings:

- Check the weather forecast before heading outdoors.
- Be prepared for changing weather conditions.
- Choose trails and routes that match your skill level.
- Watch for uneven terrain, steep slopes, and other hazards.
- Keep a safe distance from wildlife and never approach or feed animals.

Outdoor conditions can change rapidly, even on familiar trails. Pay attention to trail markers, changing weather, and your surroundings. If conditions become unsafe, don't hesitate to turn around. Reaching your destination is never more important than returning home safely.

It's equally important to understand your own physical abilities before beginning any outdoor activity. Overestimating your fitness level or ignoring signs of fatigue can increase your risk of injury.

Know your limits:

- Choose activities that match your fitness and experience level.
- Stay hydrated and take breaks as needed.
- Dress appropriately for the weather and terrain.
- Be aware of the risks of heat illness, dehydration, and altitude sickness.
- Consult your health care provider before strenuous outdoor activities.

Preparation is one of the best safety tools you can carry. Pack plenty of water, snacks, a fully charged cell phone, a flashlight, a basic first aid kit, and any medications you may need. Wearing appropriate footwear and clothing can also help prevent slips, falls, and weather-related injuries.

The outdoors offers countless opportunities for adventure, but safety should always come first. By planning ahead, understanding your environment, recognizing your physical limits, and preparing for changing conditions, you can enjoy the outdoors with confidence while helping protect yourself and those around you.

Stay safe

Emergency Preparedness

Responding to Outdoor Emergencies

Spending time outdoors is a great way to enjoy nature, but emergencies can happen when you least expect them. Whether you're hiking, camping, fishing, or exploring a trail, recognizing the signs of an injury or illness and responding quickly can make a significant difference until professional help arrives.

When you're in a remote location, medical assistance may not be immediately available. Knowing what to look for and taking prompt action can help prevent a minor incident from becoming a serious emergency.



Watch for signs of injury or illness:

- Severe pain or swelling in an arm or leg.
- Difficulty breathing or a rapid heartbeat.
- Numbness or tingling in the hands or feet.
- Vomiting or diarrhea.
- Dizziness, headaches, heavy sweating, or nausea.

Some injuries, such as broken bones, may not be obvious at first. If someone is unable to move a limb, experiences numbness, or has severe swelling after a fall or accident, treat the injury seriously and seek medical attention as soon as possible.

Heat exhaustion and dehydration are also common outdoor hazards, especially during the summer months. If someone begins to feel dizzy, weak, nauseated, or develops a headache, move them to a cool, shaded area, provide water if they are alert, and seek medical help if symptoms worsen or do not improve.

If an emergency occurs:

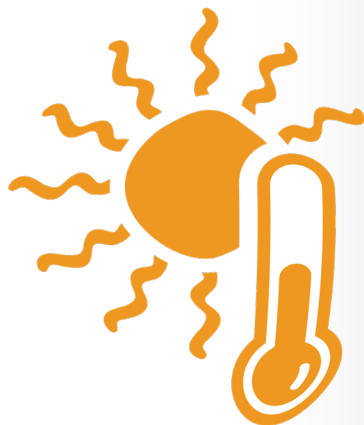
- Stay calm and assess the situation.
- Move the injured person only if they are in immediate danger.
- Call 911 or emergency services as soon as possible.
- Provide basic first aid if you are trained to do so.
- Stay with the injured person until help arrives.

The best emergency response begins with preparation. Carry a basic first aid kit, plenty of water, a fully charged cell phone, and let someone know where you'll be before heading outdoors. Staying alert to changing conditions and recognizing the warning signs of injury or illness can help ensure a safe and enjoyable outdoor adventure for everyone.

Tips for Weather Conditions

Stay Safe in High Temperatures

Summer is a great time to enjoy the outdoors, but extreme heat can quickly become dangerous. Whether you're working outside or enjoying recreational activities, prolonged exposure to high temperatures can lead to dehydration, heat exhaustion, or heatstroke if proper precautions aren't taken. Planning ahead, staying hydrated, and recognizing the warning signs of heat-related illness can help keep you safe throughout the summer.



Protect yourself from the sun:

- Wear a wide-brimmed hat and lightweight, long-sleeved clothing.
- Apply broad-spectrum sunscreen with an SPF of 30 or higher.
- Reapply sunscreen throughout the day, especially after sweating or swimming.
- Seek shade whenever possible during the hottest part of the day.

Staying hydrated is one of the most effective ways to prevent heat-related illnesses. Drink water before, during, and after outdoor activities, even if you don't feel thirsty. During prolonged activity, consider beverages that replace electrolytes lost through sweating.

Watch for signs of heat illness:

- Dizziness or lightheadedness.
- Headache.
- Nausea.
- Excessive sweating or fatigue.
- Confusion or disorientation.

If you or someone else experiences these symptoms, move to a cool or shaded area, drink cool water, and rest. If symptoms worsen or do not improve, call 911 or seek medical attention immediately.

Workers wearing personal protective equipment (PPE) face an increased risk of heat stress because PPE can trap body heat. While PPE is essential for preventing workplace injuries, it's important to stay hydrated, take scheduled breaks, and monitor yourself and your coworkers for signs of heat-related illness.

Working safely in the summer:

- Wear the required PPE for your job.
- Drink water frequently throughout the workday.
- Take scheduled breaks in shaded or cooled areas.
- Watch for signs of heat stress in yourself and your coworkers.
- Report heat-related symptoms immediately.

Working safely means protecting yourself from both workplace hazards and the summer heat. By taking a few simple precautions, you can reduce your risk of heat-related illness and stay safe all season long.

CPR Certifications

Is Your Team Certified?

Being prepared for a medical emergency can make all the difference. Knowing how to respond with first aid, cardiopulmonary resuscitation (CPR), and an automated external defibrillator (AED) can help save a life while waiting for emergency responders to arrive.

Recently, UIC Government Services (UICGS) Health, Safety, and Environment (HSE) supported the Bowhead Marine Support Services (BMSS) contract transition at Tyndall Air Force Base by providing Adult First Aid, CPR, and AED training. As employees transitioned from Florida Offshore to BMSS, they gained nationally recognized, life-saving skills that can improve outcomes during cardiac arrest and other medical emergencies.

Whether you're in an office, on a job site, or supporting field operations, having trained personnel on your team helps create a safer workplace and increases emergency preparedness.

Training provides participants with the skills to:

- Recognize and respond to medical emergencies.
- Perform adult first aid.
- Administer CPR.
- Properly use an AED.
- Respond with confidence until emergency personnel arrive.

UICGS HSE offers National Safety Council-certified Adult First Aid, CPR, and AED training to Bowhead employees. Certification is valid for two years and is available to individuals or teams.



Interested in getting certified?

If you and your team would like to become nationally accredited in Adult First Aid, CPR, and AED, contact the HSE Department at hse@bowheadsupport.com for more information or to schedule training.

Investing a few hours in training today could prepare you to save a life tomorrow.

Four-Step Reporting Process

July 2026

Report ALL bodily injuries (workers compensation), property damage (automobile/building), and near misses/close calls. Below are the four steps for reporting an incident:



EVALUATE

Evaluate the situation & determine if 911 should be called. When in doubt call 911.



CONTACT

Contact your supervisor. Be prepared to give them the following information:
Who, What, Where, and When.



CALL

Call your local Health and Safety team member:

Michelle Brickie	(UICGS) (Hawaii)	907.677.5219
Carl Nayakik	(UICAOD) (Utqiagvik, AK)	907.600.9896
Mauricio Gueco	(UICCS) (Anchorage, AK)	907.600.9233
Kevin O'Shea	(BT) (Anchorage, AK)	907.677.5292
Ron Hoon	(UICGS) (Lead, PA)	717.422.6626
Martanaze Hancock	(UICGS) (Springfield, VA)	703.399.9477
Aaron Ludwick	(UICGS) (Colorado)	719.729.3863
Kenneth Scott	(UICGS) (Maryland)	443.252.7074
Thomas Olemaun	(UICCS) (Utqiagvik, AK)	907.852.4460
Michael Timo	(UICGS) (Portland, OR)	571.319.9490
Michael Hawkins	(UICGS) (Fac. Mgt.) (Springfield, VA)	703.405.0314
Bernice Oyagak	(UIC Municipal) (W&S) (Anchorage, AK)	907.677.5204
Jason Howard	(UICGS) (Crane, IN)	812.854.5294
Christopher Monetta	(UIC) (Springfield, VA)	540.656.0740



COMPLETE

Complete & return the **INOI** (Initial Notification of Incident) form(s).

Piyagquntailakta

Let Us Go Without Injury

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