

Motorcycle Safety Checklist

Just because your motorcycle passed an inspection last time you registered it doesn't mean your motorcycle will always be safe. Check your vehicle thoroughly before each trip and use common sense.

- | | Yes | No |
|---|-----|-----|
| 1) Tires — check for any cracks or bulges, or signs of wear in the threads. Low tire pressure or any defects could cause a blowout. | ___ | ___ |
| 2) Under the motorcycle — Look for signs of oil or gas leaks. | ___ | ___ |
| 3) Headlight, taillight and signals — Test for high and low beams. Make sure that all lights are functioning. | ___ | ___ |
| 4) Hydraulic and Coolant fluids (if app.) — Level should be checked weekly.
Once you've mounted the motorcycle, complete the following checks: | ___ | ___ |
| 5) Clutch and throttle - Make sure they are working smoothly. Throttle should snap back when released. | ___ | ___ |
| 6) Mirrors — Clean and adjust all mirrors to ensure sharpest viewing. | ___ | ___ |
| 7) Brakes — Test front and rear brakes. Each brake should feel firm and hold the motorcycle still when fully applied. | ___ | ___ |
| 8) Horn — Test the horn. | ___ | ___ |

Off-Duty Mission Brief

Signature of First Line Leader Briefed Date

Alcohol Safety Tips

- 1) Don't drink and drive, boat or swim.
- 2) Use designated driver when going out to drink. If no transportation is available call Staff Duty or MP. You will not be penalized for using common sense. See numbers below.
- 3) Drink in moderation. Alcohol is poisonous.
- 4) Do not go to unknown bars and clubs by yourself.

Phone Numbers

Staff Duty: _____

Taxi: _____

Safe Driver's Pledge

I pledge to always ensure that myself and passenger on my motorcycle are wearing protective/reflective clothing and an approved DOT helmet.

I pledge to obey all traffic laws and maintain the proper speed and separation distance for all situations.

I pledge to be a responsible driver and rider.

I pledge to stay alert to the road conditions while riding my motorcycle.

I pledge to never take safety for granted and not to take unnecessary risks while riding.

I pledge to not drink and drive my motorcycle; I will use a designated driver, call for a ride, find transportation or make other arrangements if impaired.

Signature

Date

NGB-AVS Off-Duty Risk Assessment Card

Use this card to assess the risks involved in your off duty activity. First, honestly evaluate your personal risk level. Then, analyze the details and characteristics of your planned travel. Inspect your vehicle using the enclosed check list. Upon the completion of your assessment, brief the results to your First Line Supervisor or NCO/Officer in your Chain of Command.



Safety Card

Name: _____

Unit: _____

Date: _____

Emergency POC: _____

Emergency Contact #: _____

Company Commander _____

Individual Risk Assessment

Risk Factors

(Circle the appropriate categories and corresponding points)

Sex:	Female (0 pts)	Male (+5 pts)
Age:	< 19 or 34 - 38 yrs	(+1 pt)
	20 - 23 yrs	(+ 6 pts)
	24 - 28 yrs	(+ 3 pts)
	29-33 yrs	(+ 2 pts)
Grade:	E1, E8-E9, W1, W2, O1	(+ 1 pt)
	E2, O2, E6 - E7	(+2 pts)
	E3, E5	(+3 pts)
	E4	(+ 4 pts)
Driving Record:	DUI	(+17 pts)
	Accident at-fault	(+12 pts)
	Reckless Driving/Speeding (Over 20 MPH)	(+7 pts)
	Moving violation/Speeding (Over 10 MPH)	(+3 pts)
Personnel Concerns:	Stress or family problems	(+12 pts)
	(Death in family/arest/alcohol or drug abuse/financial problems/counseled for poor performance in past 6 months)	
Driving Skills:	Less than 3 yrs experience	(+3 pts)
	Habitually speeds, fails to use seat belts, motorcycle helmet	(+6 pts)
	Drives a motorcycle	(+8 pts)
TOTAL:	Add all circled points	_____ pts

Risk Assessment Chart

Extremely High Risk	> 25 pts	Moderate Risk	15-19 pts
High Risk	20-24 pts	Low Risk	< 15 pts

Controls

Attend Defensive Driving Course	(-10 pts)
Attend Accident Avoidance Course	(-10 pts)
Counseling by 1* Line Supervisor	(-7 pts)
Counseling by Commander/ISGT	(-8 pts)
RESIDUAL RISK:	_____ pts

Risk Assessment Chart

Extremely High Risk	> 25 pts	Moderate Risk	15-19 pts
High Risk	20-24 pts	Low Risk	< 15 pts

Trip Assessment Worksheet

Risk Factors

Destination: _____
Activity / Purpose: _____
Distance: _____ **Duration:** _____
Risk: (chart opposite) Low Moderate High Ex High

Time of Departure: _____
 _____ Low (complete trip prior to 2000 hrs)
 _____ Moderate (complete trip prior to 2200 hrs)
 _____ High (complete trip prior to 2400 hrs)
 _____ Ex High (complete trip after 2400 hrs)

Hours of Sleep in Last 24 hrs: _____
 _____ Low (7 hrs or more)
 _____ Moderate (5-7 hrs)
 _____ High (3-5 hrs)
 _____ Ex High (less than 3 hrs)

Time of Return: _____
 _____ Low (complete trip prior to 2000 hrs)
 _____ Moderate (complete trip prior to 2200 hrs)
 _____ High (complete trip prior to 2400 hrs)
 _____ Ex High (complete trip after 2400 hrs)

Hours of Sleep in Last 24 hrs: _____
 _____ Low (7 hrs or more)
 _____ Moderate (5-7 hrs)
 _____ High (3-5 hrs)
 _____ Ex High (less than 3 hrs)

Risk Assessment Chart

Overall Risk Level: (circle)

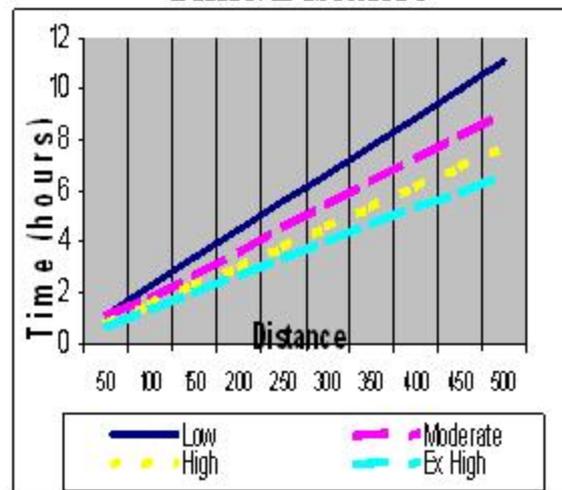
Low Moderate High Ex High

Controls

Alternate Transportation (bus, train)
 Assistant Driver
 Rest Breaks / Overnight
 Additional Leave
RESIDUAL RISK: (circle)

Low Moderate High Ex High

Trip Assessment Worksheet Time/Distance



Vehicle Safety Tips

- 1) Adjust your driving speed for traffic, road conditions and weather.
- 2) Get plenty of rest before preparing to drive long distances. Fatigue is a major accident cause.
- 3) Always use your seat belts. Children under 12 years old require child or booster seats. You are responsible to ensure everyone in your vehicle wears their seat belts.
- 4) Pay ATTENTION! Stay focused on your driving. Don't be distracted by your cell phone, passengers, CD or tape cassette player.
- 5) Talking on the cell phone while driving is hazardous and against the law.
- 6) NEVER, EVER drink and drive. Drive defensively, because one in 20 drivers is drunk!