



Acronyms in Safety

By Mark Manley— Safety Officer

Well another month has gone by and my quest to bring something different to the table gets more challenging. As I was researching for this month's article I was going from drawing a blank to "this has been hammered into the ground", so I'd walk away from it. After a couple of days of that I tried it again and as I was about to call it a night, again, I came across an article by Jackie Vaughan and it got my attention and thought okay, this is different and so here it goes!

I'M SAFE

Many people use a checklist to prepare for a trip. It might include gas, tire pressure first aid kit etc. One item often missing is the condition of the rider himself. Yet the condition of the rider is as important as the bike itself.

There is a checklist which allows the rider to check himself out before every trip. Easy to remember, the list is called I'm Safe. It stands for illness, medication, stress, alcohol, fatigue, emotion.

Let's look at how each of these factors affects us.

Illness - Many illnesses such as a headache, fever, diarrhea, can blunt our senses and the ability to scan aggressively for hazards

and our ability to react to these hazards quickly. Recovering from an illness can do the same.

Medication - Medication such as sleeping pills, antihistamines, can make you drowsy. Antibiotics do a good job fighting infection but leave you fatigued for several days.

Stress - Just before a trip is not the time to air out problems. We'll be in a better mood after a good trip. Take time to relax before starting.

Alcohol - Alcohol can be summed up in a single phrase - one drink per hour. Enough said on this.

Fatigue - Working long hours at physical labor or staring at a computer for long hours, staying up late, is a good way to start a trip fatigued.

Emotion - We all are aware that being angry or sad can keep our minds off riding, but we should know that being very happy can do the same. We need to take the time to think things through before we start.

In closing I did more research on other things that have adverse affects on you when riding and it's kind of lengthy, so before you eat or drink something look at what it has in it and make the right choice for you.

MARK



If you didn't pass the I'M SAFE checklist then you might have passed the I'M SLEEPY test. In that case, this is a safer bet than your motorcycle.

I want to thank all the ladies who baked goodies for the LOH Bake Sale at our Homecoming last month. Candy Miller and Karen Brunelle were our first and second place winners with their awesome cookies. The other entrees were great too but we only had 2 gift cards to award. So thank you to all who baked for the contest. Our first meeting will be Monday, June 15th at at Milano's Pizzeria at 514 W. Tharpe Street just off the parking lot of the Northwood shopping Center. It is on the corner of Tharpe and MLK. Their phone number is 270-9100. Meeting time is 6:00 p.m and we have a private room in the back. At this meeting we will plan out the next 3 months of activities. I will ask that we have volunteers to choose the activities for the next 3 months. These activities can be for ladies only or couples. Examples of activities could be bowling, events at Cascade Park (a lot of these are free), Painting with a twist, dinner at a fun place with a theme, any type of classes, ie. cake decorating



at Michaels, jewelry making at Michaels, a chocolate party at the chocolate shop at the Hobby Lobby shopping center, taste testings, trip to the beach, a trip to the museum, (for couples a ride somewhere) remember not all LOH ride themselves but love everything Harley!! The list is endless. Some events will cost \$ and require reservations. Please put your thinking caps on and I can't wait to see you on the 15th.

Remember LOH is open to all Tallahassee HOG members and by virtue of that membership you are automatically eligible to join the LOH at all events. If you haven't gotten your LOH pin and patch, call the national membership number and tell them you want to be a part of the Ladies of Harley and they will send you a new membership card indicating your are a member plus a pin and patch. It is that easy. See you all on the 15th!!!

LINDA