

What Is RAHS, and What Does It Have To Do With Safety?

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RAHS stands for recreation, athletics, and home safety. Afloat commands should look at how they can incorporate operational risk management in off-duty activities.

To initiate RAHS, commanding officers would designate, in writing, a RAHS officer, and it should be someone familiar with OpNavInst 5100.25A.

RAHS officers must regularly participate in safety-council meetings. This enables them to identify and recommend improvements for command recreation, athletic, and home safety. It also enables them to promote off-duty and home mishap-prevention initiatives. RAHS officers should stimulate safety council discussions and promote command policies to keep crewmembers safe during off-duty activities.

The Naval Safety Center continues to receive reports of injuries during off-duty activities. For example, captain's-cup activities often begin without any briefing about potential risks in the sporting event—this is where RAHS officers come in. Even the ship's picnic or softball game should have a brief addressing potential safety hazards.



Many injuries after regular working hours involve athletics. A RAHS officer can educate the crew on how they can prepare themselves before getting involved in such activity.



A RAHS officer can also educate crew members about the importance of physical conditioning when participating in sports, and make crew members aware of physical hazards that can injure them.

Whether a command-sponsored, Caribbean scuba dive or snow-skiing trip in the French Alps, the RAHS officer should include ORM in safety training before the activity bus leaves the ship in any port visit. Closer to home, the RAHS officer periodically should inspect the ship's weight room and athletic equipment to ensure all is in good operating condition and properly stowed and secured for sea.

RAHS training should be conducted quarterly. The Naval Safety Center web page, <http://www.safetycenter.navy.mil>, under the ashore section, provides a downloadable presentation on each of the four seasons and the recommended training for each season. 🌐

Lt. Moss wrote this article while assigned to the Naval Safety Center. He has since transferred to USS Harry S. Truman.