

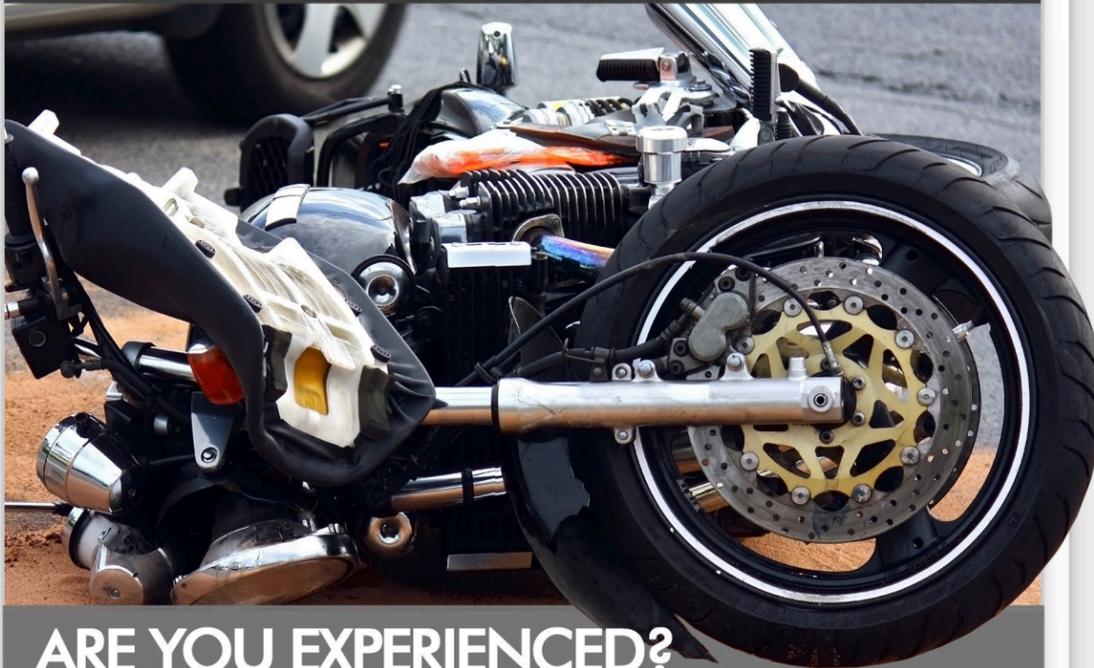


ARMY STRONG.

KNOWLEDGE

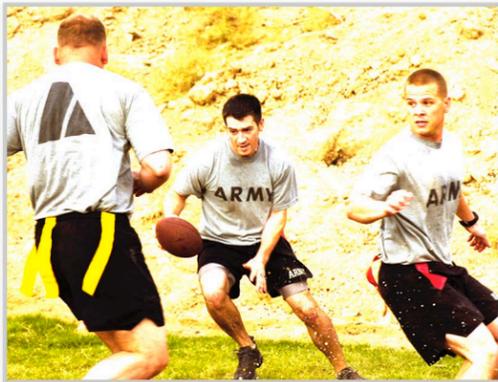
OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

THIS WEEK 05/30/2013



ARE YOU EXPERIENCED?

I began riding motorcycles at the age of 12. For me, that's 28 years and 15 motorcycles ago. I've always considered myself an experienced and safe rider because of the time I have invested in motorcycles — that is until I took my last Motorcycle Safety Foundation-approved Experienced *RiderCourse*.



KEEPING COOL

For Soldiers, participating in strenuous activities during the summer months is business as usual. In addition to the physical demands of Soldiering, some also play extracurricular sports, which further increases their exposure to hot and humid conditions.



BEACH SAFETY

A trip to the beach is a summer ritual for millions of Americans. While beach outings offer something for people of all ages, they also bring safety risks that can turn fun in the sun into tragedy.

OFF-ROAD SAFETY

Off-road recreation with motorcycles or four-wheel ATVs continues to grow in popularity. Riders of all ages are learning to tour backcountry and race competitively in a wide variety of venues. Due to the high speeds, potential for injury can be high. However, injuries can be reduced by following these basic safety principles.



SAFETY FEATURE



ICED SHEETS HEAT ILLNESS TREATMENT

You know what to do for heat illness, but does your battle buddy?

- MAINTAIN CONSTANT MONITORING
- STRIP TO UNDERWEARE
- COVER TOP OF HEAD
- SOAK WITH COLD WATER AND FOR THE VICTIM
- COVER WITH ICED SHEETS
- ELEVATE FEET
- REPLACE OR REFRESH SHEETS WHEN WARM

know the signs

DO WHAT'S RIGHT

ANY SOLDIER WHO DEVELOPS HEAT ILLNESS SHOULD BE REMOVED FROM DUTY IMMEDIATELY. IF A SOLDIER DEVELOPS HEAT ILLNESS, CALL 9-1-1 AND EVACUATE ONLY USING EMS. KEEP THE VICTIM COOL.

[CLICK TO DOWNLOAD](#)

PRODUCTS & TOOLS



Mentoring can help keep Soldiers safe. Find out what you can do to protect your Soldiers with the Motorcycle Mentorship Program.



Identify, assess and control hazards associated with specified missions or tasks with the Ground Risk Assessment Tool.

know the signs

DO WHAT'S RIGHT

Summer is almost here, and with it comes hazards unique to the season. As Soldiers, Army civilians and Family members take to roads and waterways for some well-deserved downtime, they will be exposed to risk more often than they might think. It's important they prepare now for what lies ahead.



U.S. ARMY COMBAT READINESS/SAFETY CENTER

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