



ARMY STRONG.

KNOWLEDGE

OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

THIS WEEK 10/1/13



AN UPHILL BATTLE

It was a typical day in Tennessee — nice weather, beautiful scenery and plenty of fun things to do. I was in high school and, like many people throughout the country, raced all-terrain vehicles during my free time. I'd never taken an official safety course, but my dad had done a good job giving me instruction on proper riding techniques.



EMERGENCY PROCEDURES

During a test flight in a UH-60, we experienced an incident that reinforced what we were taught in training: When you have a situation, remember your training and follow the checklists. We've all heard that before, but trust me, it works.



FATIGUE MANAGEMENT

Fatigue is part of an infantryman's life in the field. Without rest or support, it can reduce an effective unit to a leaderless gaggle even in the most benevolent terrain. With rough terrain and bad weather, the effects of fatigue multiply exponentially.

DID YOU KNOW?

How fun is it to be in your bed, injured, on your 21st birthday? That's what happened to the author when he had a dirt bike accident on June 22, 2010. His injuries consisted of a concussion, shattered collarbone, leg laceration and road rash. Although he was wearing all the required protective gear, he believes he could have done more to prevent what happened. [Click here to read more.](#)



SAFETY FEATURE

Sometimes the signs aren't clear ...
It's up to YOU to recognize and act on them.

CLICK TO DOWNLOAD

PRODUCTS & TOOLS



On the home front, a Soldier's "battle buddy" is often his or her family. Engaged families can make a huge difference in the safety of our Soldiers off-duty.



A collection of resources to aid commanders and leaders in the management of range operations and safe weapons handling.

The Know the Signs campaign is designed to heighten awareness of risk factors and provide leaders and Soldiers the tools they need to address safety issues in their unit or peer group. The signs are all around. *It's up to you to recognize and act on them.*



U.S. ARMY COMBAT READINESS/SAFETY CENTER

SUBMIT AN ARTICLE

KNOWLEDGE HOME

CONTACT US

