



ARMY STRONG.®

KNOWLEDGE

OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

THIS WEEK 07/2/2014



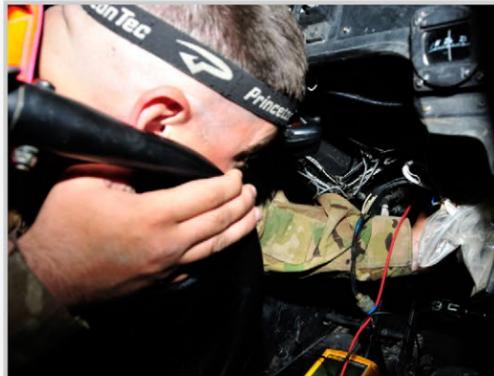
THE INVISIBLE ENEMY

The nature of our business requires Soldiers to always be prepared to operate in severe weather conditions with extreme temperatures; however, heat injuries can occur even when temperatures aren't extreme. The cumulative effects of strenuous activity over time can result in a Soldier becoming a heat casualty during low-risk conditions. Leaders must remain engaged in order to provide the best protection for our Soldiers, and the best protection is prevention.



TRAVELING TIME BOMB

As Soldiers, we frequently hear about the dangers of drinking and driving. While I definitely agree drinking and driving is bad, I believe there is a more common activity that not only rivals it, but possibly surpasses it in danger — fatigued driving.



LUCK ISN'T A SAFETY PLAN

To prevent accidents, we need to take a link out of the chain of events that led to the mishap. This accident could have easily ended differently. And while luck is not part of the Army Safety Program, this event did have some good fortune.

DID YOU KNOW?



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SAFETY FEATURE

Taken at face value?
It might not be worth much.

The Face of Indiscipline
When he was in Afghanistan, you couldn't get him to take off his helmet. He knew the enemy was capable of dropping mortars or rockets on his FOB at any time. He knew wearing his helmet was one of the greatest preventive measures he could take to stay alive. He was always thinking ahead. Now he's back at home station. An avid cyclist, he puts about 100 miles on his bike every week. Unfortunately, now you can't get him to put on his helmet. What happened to thinking ahead?

Each year, approximately 1,000 cyclists are killed in accidents in the United States. More than half die from head injuries. Wearing a helmet is the single most important step a cyclist can take to prevent serious injury. Think ahead.

know the signs
DO WHAT'S RIGHT

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PRODUCTS & TOOLS



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



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

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