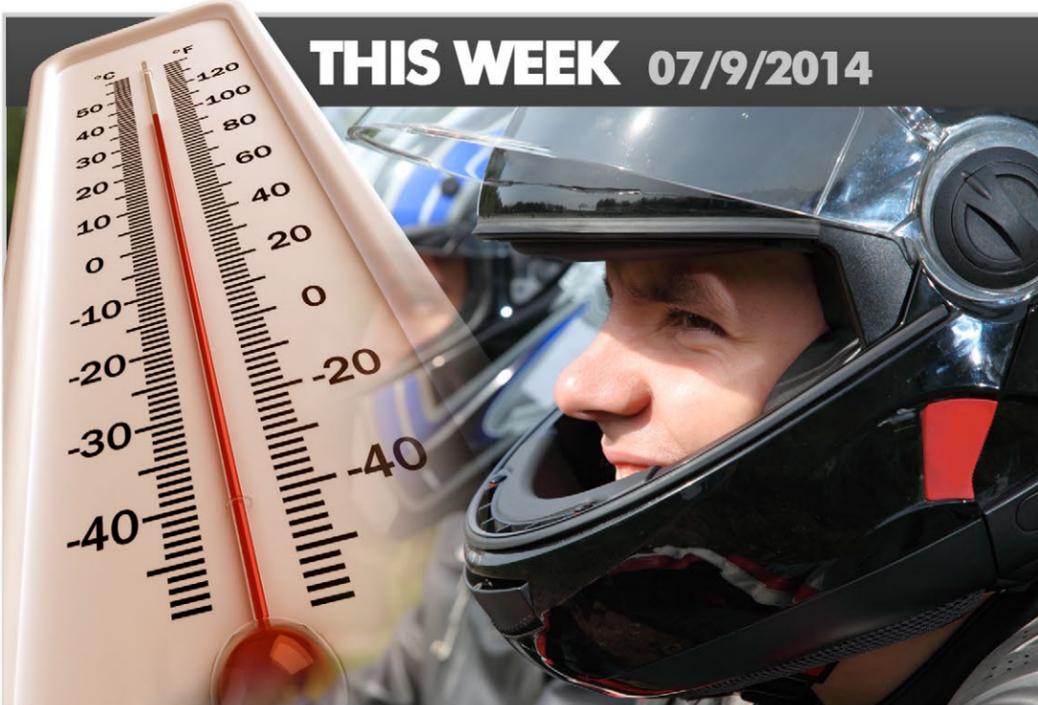




ARMY STRONG.

# KNOWLEDGE

OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY



**THIS WEEK 07/9/2014**

## WHEN YOU'RE HOT, YOU'RE HOT

The ride south over the Siskiyou Mountains from Oregon to California started out cool enough. Up at 4,000 feet, it was chilly enough that I was glad I had added the jacket liner and neck warmer. But 100 miles later, as I descend into the Sacramento Valley, the temperature begins to soar. By the time I reach Oroville, the temperature signs are flashing 118 F. It's another 150 miles to the rally site at Mariposa in triple-digit temperatures.



### LAST RUN

Service members have many things in common, one of which is running. Some run only when it is time for their biannual physical fitness tests, while others may run as a hobby. I didn't realize how big a part of my life it was until it was taken away.



### ONE CLEAR SPRING DAY

The last thing you want to hear from the backseat while flying an instrument approach in an AH-64 is, "Oh, crap! I've got the controls!" That's exactly what I heard just before a steep-diving left turn. I think my heart was in my throat.

## DID YOU KNOW?



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## SAFETY FEATURE

**The signs are all around**

it's up to **YOU** to recognize and act on them

**know the signs**

DO WHAT'S RIGHT

Training, Discipline and Standards

Training, discipline and standards are the bedrock of our Army, and as Soldiers, you've been taught what right looks like. As leaders, you have a duty and a responsibility to maintain standards in your formation. You also have an obligation to your Soldiers and their families to manage risk and take action to correct problems. In our fight against accidental fatalities, knowledge is the weapon of choice.

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## 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.



The Ground Risk Assessment Tool is an interactive, automated online system developed to augment risk management planning and decision-making for ground operations.



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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KNOWLEDGE HOME

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