



ARMY STRONG.®



KNOWLEDGE

OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

THIS WEEK 19-23 JAN 2015



WEATHERING THE CONDITIONS

Aviators know winter weather conditions can deteriorate quickly and create a wide range of issues they must deal with such as poor visibility, turbulence and icing. But they have two tools to help them manage the challenges — flight planning and frequent weather briefings.



IN THE CAN

Have you ever wondered how a Soldier feels after coming home from a deployment? After living in dangerous conditions for a year or more, some of us feel invincible. That feeling of invincibility got me into a dangerous situation one winter.



FIT ON THE FIELD

Being a Soldier is physically demanding. In recent years, a larger percentage of Soldiers have begun to rely on dietary supplements. In a few cases, the use of these products has led to unwanted and serious consequences.

DID YOU KNOW?

[CLICK TO VIEW](#)



FATIGUED DRIVING is just as dangerous as drunk driving. If you need to rest, do it!

SAFETY FEATURE



[CLICK TO DOWNLOAD](#)

PRODUCTS & TOOLS



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



Make your Soldiers aware of the off-duty hazards they'll face in the upcoming months with the Off-duty Safety Awareness Presentation.



When it comes to risk, winter is in a category all its own. The latest installment of the Army's **Ready ... or Not?** campaign is now available and contains a new collection of safety videos, posters and articles to help Soldiers and leaders prepare for the unique challenges the next few months will bring. [Click here to learn more.](#)

Are you *Ready ... or Not?*



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