



ARMY STRONG.



KNOWLEDGE

OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

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AVOIDING INJURY

The primary health threat to troops for more than two decades has been common muscle, joint, tendon/ligament and bone injuries like knee or back pain caused by running and sports- and exercise-related activities such as basketball and weightlifting. These activities are not just a primary cause of injuries stateside, but also at deployed locations.



FATAL DISTRACTION

Two decades ago, fatalities caused from leaving children in vehicles were somewhat rare. That has changed in recent years. With warmer temperatures on the horizon, it's important we familiarize ourselves with this avoidable tragedy.



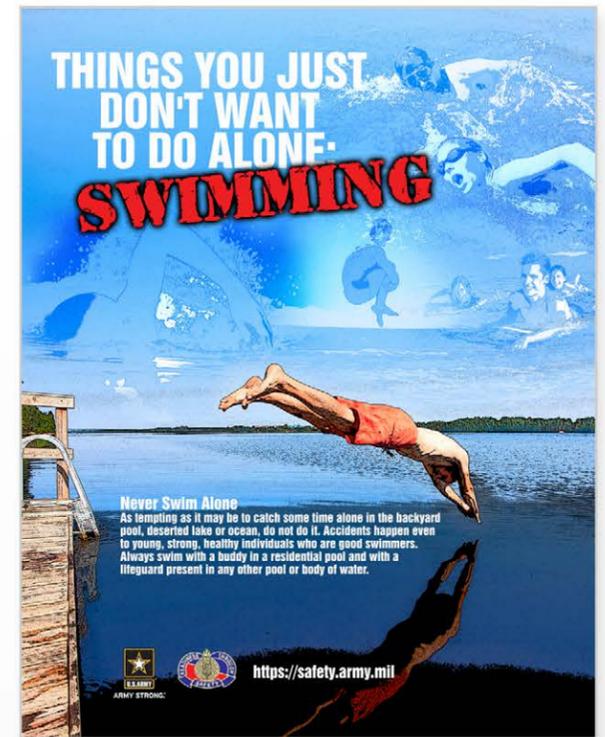
WINNING IN COMBAT

When I'm faced with high-stress situations, I sometimes tend to withdraw into a cave. I had to take precautions to avoid this while in Iraq. I took a cue from a physiological tendency of humans called muscle memory.

DID YOU KNOW?



SAFETY FEATURE



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PRODUCTS & TOOLS



Driver's Training Toolbox

Establish and maintain an effective driver training program with the Driver's Training Toolbox.



Find and review Army accident data with the Risk Management Information System.



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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