



KNOWLEDGE

OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

THIS WEEK 13-17 JULY 2015



DOUBLING DOWN ON STUPID

During a recent trip to Acadia National Park in Maine, I learned a few valuable lessons: I am not as smart as I thought I was, and following established rules and policies protects me from harm. These lessons, although embarrassing, later saved me from greater harm in a different national park and may have prevented a tragic accident in my unit a few weeks later.



RULE NO. 1

On a long weekend, I headed down to Big Bend Ranch State Park for some moto-camping. While there, I broke Rule No. 1. Luckily, the consequences were not grave. But since I survived, I figured I would share the story.



HAVING A PLAN

A fellow Army aviator once told me that after making PC, it's only a matter of time until a pilot scares you more than you'd like. For me, it was about four months after getting my PC orders. It came in the form of a near-miss with another aircraft in our formation.

DID YOU KNOW?

Leader's Guide to Soldier and Crew Endurance

This guide aides command teams at all levels in understanding the detrimental effects fatigue, sleep deprivation, jet lag, shift lag and environmental extremes can have on Soldier safety and performance.



SAFETY FEATURE

HERE IT COMES *are you ready for the heat?*

- Implement work/rest cycles
- Hydrate properly to replace fluids lost through sweating
- Eat well-balanced and regular meals
- Avoid using salt tablets unless directed by a doctor
- Wear loose, lightweight clothing to encourage heat release

READY ...OR NOT?

Ready ... or Not is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their "readiness" for what lies ahead—the known as well as the unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are **YOU** ready ... or not?

ARMY TRAINING <https://safety.army.mil>

[CLICK TO DOWNLOAD](#)

PRODUCTS & TOOLS



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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