



KNOWLEDGE

OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

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TRAINING IN THE HEAT

The very nature of our profession as Soldiers — training outdoors, wearing uniforms and carrying equipment — practically guarantees we will be exposed to heat stress. It may be unrealistic to hope for zero heat illnesses, but through proper training, education and preparation we can minimize the number of Soldiers who suffer from a serious or even fatal heat illness.



SURPRISE IN THE SNOW

"Every landing is a slope landing" was always preached to me during flight school and progression to Readiness Level 1. Now, instead of just doing it because I was told to, I believed in it from experience.



SPEED KILLS

Losing a Soldier to an off-duty accident reduces unit readiness as much as losing one on duty. A leader's responsibility for his Soldiers' safety doesn't stop at the end of the day or at the front gate. It's a 24/7 mission.

DID YOU KNOW?

As the temperatures rise every spring, there's a corresponding increase in fatal Army accidents. Soldiers, Army civilians and their family members are sometimes a little too eager to get back to the fun only warm weather can bring: motorcycles, road trips, water activities and relaxation with friends that often includes alcohol. Because Soldiers and civilians are undoubtedly going to enjoy their off-duty time or time away from the office, it's incumbent upon leaders at all levels to ensure they're equipped to make smart decisions. Are you **Ready ... or Not?**



SAFETY FEATURE



<https://safety.army.mil>

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PRODUCTS & TOOLS



Learn the safety culture and climate within your organization with the Army Readiness Assessment Program.



Going on leave, pass or TDY? Don't forget to first complete your Travel Risk Planning System assessment.



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?**

SUBMIT AN ARTICLE

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