



# KNOWLEDGE

OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

**THIS WEEK** 14-18 MAY 2018



## TRACK DAY RIDING

After my motorcycle accident, my riding future was looking pretty bleak. Then a fellow street rider introduced me to track day riding. He told me I could go as fast as I wanted without the fear of cars, tractor-trailers or wildlife getting in my way.



## EXPLOSIVES SAFETY

Safety is an inherent responsibility of commanders at all levels. Army ammunition warrant officers play a key role in the command's explosive safety success.



## EMERGENCY ACTION PLANNING

The ability to egress a building safely and quickly during an emergency is a major component in ensuring a business or workplace is safe. From a fire and life safety standpoint, tragic and horrific events have occurred in assembly buildings.

## PRODUCTS & TOOLS



Learn the safety culture and climate within your organization.



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



Great resource for finding a local riding association, and learning to be a safer rider.



ReportIt is the single Army accident and risk management system for collecting injury, illness and loss data.



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



Everyone is susceptible to accidents, but tragedy is not inevitable. Take advantage of the products and tools the Army provides to help keep you safe.

## DID YOU KNOW?

Do you want to start receiving U.S. Army Combat Readiness Center safety products — such as the weekly **KNOWLEDGE** newsletter and Preliminary Loss Reports — via email? If so, just click the **subscribe to safety products** box at the bottom of this newsletter and select which products you'd like to receive.



## ACCIDENT BRIEFS

### PMV-4

A 20-year-old U.S. Army Reserve Private died in an Army motor vehicle mishap at the U.S. Army Reserve Center, in Lima, Ohio. The Soldier became pinned between a stationary vehicle he was helping move out of the maintenance bay and a vehicle driven by another Soldier.

### ENGAGEMENT TIPS

Ground guides are required when wheeled and tracked vehicles are backed or when moved within an assembly area or motor pool. Additionally, ground guides are required to be properly trained according to TC 3-21.60, TC 21-305-20 and TC 21-306.



[CLICK HERE TO VIEW MORE PRELIMINARY LOSS REPORTS](#)

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## POWER STRIP WORKSHEET

Protect Your Investment

220V

An overloaded power strip may result in a fire hazard or shock. It may also seriously damage or destroy your television, gaming consoles, personal computer or other electrical devices. Performing some simple calculations using the chart below can easily determine the electrical load on a power strip and protect you and your investments.

Always take a quick look at the power strip and your equipment before use (look for nicks, cuts, abrasions, or discoloration etc.). Remember to always plug refrigerators and microwaves directly into wall outlets and never into power strips. In addition, never daisy chain power strips in an attempt to increase their protective capabilities. This will actually have the opposite effect and increase your chances of an electrical overload and the possibility of fire, shock, or loss/damage to your equipment.

This chart illustrates how to use this worksheet:

APPLIANCE	WATTS		AMPS
Digital Video Recorder / Disk Player	250	/220 =	1.1
Coffee Maker	800	/220 =	3.6
Computer	N/A	/220 =	2.3
Television	250	/220 =	1.1

### Instructions for using the chart:

1. Look for the UL, CSA, or NRTL certification or label mark on your power strip.
2. Look for the AMP rating on your power strip and write that value in the last line.
3. Look for the rated AC input on each appliance to be plugged the power strip, and write those values in the last column.  
**(NOTE: if it does not say 220V, do not plug it in without a converter!)**
4. If no AMPS are shown, look for the WATTS and write that number in the WATTS column. Divide WATTS by 220 to get the AMPS.

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