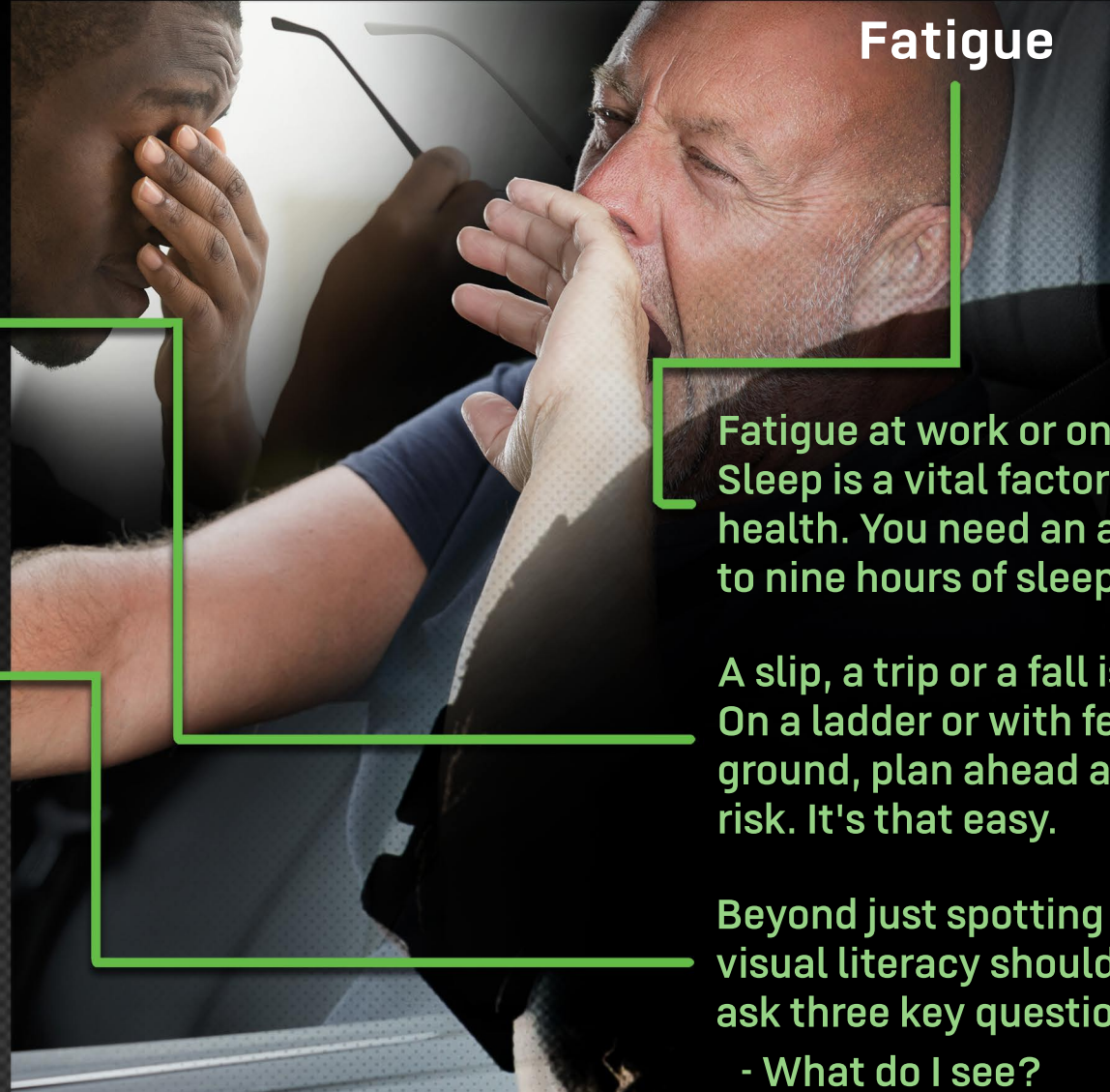




Hazard Recognition



Slips, Trips, and Falls



Fatigue

Fatigue at work or on the road can kill. Sleep is a vital factor in your overall health. You need an average of seven to nine hours of sleep each night.

A slip, a trip or a fall is preventable. On a ladder or with feet on the ground, plan ahead and assess the risk. It's that easy.

Beyond just spotting the hazard, visual literacy should lead you to ask three key questions:

- What do I see?
- What does it mean?
- Most importantly, what am I going to do about it?

The safest strategy for summer activities: Avoid any substance that leads to impairment, including legal drugs.



Impairment

NATIONAL
SAFETY
MONTH

Readiness Through Safety

Each June, the Army uses National Safety Month to provide tools and information for Soldiers and leaders to influence behaviors that reduce preventable mishaps. These needless losses result in injuries, fatalities and destruction of equipment, which impact combat readiness. Leaders must foster a positive safety culture that enables Soldiers, Army Civilians and family members to effectively manage personal risk. An effective organizational safety culture pays dividends year-round by minimizing loss and maximizing readiness.

