



THIS WEEK 2-6 MARCH 2020



WEIGHT TRAINING INJURIES

Most weight training injuries have been attributed to factors such as improper form and excess weights, frequency or duration. Injuries can involve pain, costly treatments, extended physical restrictions and lost duty time, and possible permanent loss of strength.



AVIATION OPERATIONS

We've all heard that there's no such thing as a "routine mission" in Army Aviation. Time and again, mishap investigations have proven this to be true. The devil is often in the transitions before and after the primary mission.



MOUNTAIN TRAVELS

A few years ago, my girlfriend and I decided to take a trip during spring break to a nice coastal town in Oregon named Seaside. Little did we know that this trip would teach us the importance of always planning for the unexpected.

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.



An interactive, easy-to-use, automated system designed to assist users with the application of risk management.



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



The autumn and winter seasons are finally here, and with them come hazards unique to this time of year.

Be an engaged leader and talk with your Soldiers about the hazards they face off duty. **Click here** to download and print your Small Unit Leader Cards today!



MISHAP BRIEFS

ACV

A Second Lieutenant assigned to Fort Benning, Georgia, died as a result of injuries sustained in an Army combat vehicle mishap on the installation. The Soldier was serving as tank commander in an M1 tank when the vehicle struck a tree, causing a limb to fall and strike him on the head. The Soldier was transported via air medevac to the local hospital, where he later died.

Historically, the Army loses 12 Soldiers a year to Army vehicle mishaps. The nature of this mishap should be a reminder of how quickly routine training events can become deadly.



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Know your common terrain flight power management factors

- BANK ANGLE – Maneuvering
- BUCKET SPEED – Type of energy
- HEAVY – Limited maneuverability

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