



THIS WEEK 6-10 APRIL 2020



WEIGHT TRAINING INJURIES

Strength training exercises involve resistance in the form of the body itself, machines, resistance bands or free weights. To be effective, resistance should place enough stress on the muscles, tendons, ligaments and bones to challenge tissues to rebuild. Too much stress or improper form can damage tissues, resulting in injury.



DRIVER TRAINING

What were the causes of these accidents? Did the commander have too much to focus on? Was it lack of experience? Was each leader thinking someone else had it handled? I found it was all of these things and some bad decisions.



WORKPLACE VIOLATIONS

The Army exercises best practices to be in compliance with OSHA regulations. Commanders, ACOM, ASCC and DRUs need to continue to provide service members with safe workplaces.

PRODUCTS & TOOLS



Learn the safety culture and climate within your organization.



A family of information technology systems that underpins the Army Safety and Occupational Health Management System.



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.



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

Do you want to start receiving U.S. Army Combat Readiness Center safety products — *such as the weekly RISK MANAGEMENT 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.



MISHAP BRIEFS

PMV-2

A Private First Class assigned to Fort Bragg, North Carolina, died in a PMV-2 mishap in Fayetteville, North Carolina, at 0835 local. The Soldier was operating his motorcycle when he collided head-on with a civilian SUV. He was pronounced dead at the scene. The Soldier's civilian passenger on the motorcycle was transported to a local hospital, where she later died. The driver of the civilian SUV was transported to the hospital with minor injuries. The Soldier and his passenger were both wearing personal protective equipment. The Soldier had also completed the Motorcycle Safety Foundation's Basic RiderCourse.

Since FY16, the Army has lost an average of 27 Soldiers a year to PMV-2 mishaps. PMV-2s are the second-leading cause of mishap fatalities in the Army.



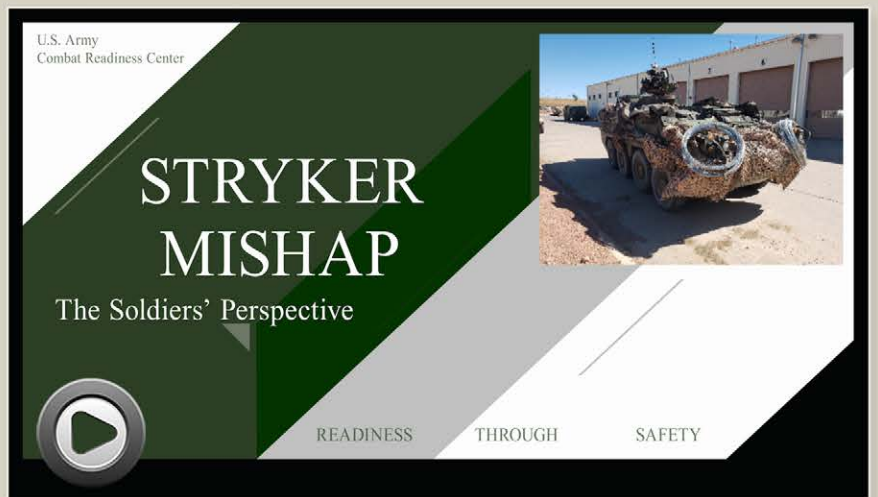
[CLICK HERE TO VIEW MORE PRELIMINARY LOSS REPORTS](#)

POST THIS



[CLICK TO DOWNLOAD](#)

WATCH THIS



[CLICK TO VIEW](#)

[SUBMIT AN ARTICLE](#)

[SUBSCRIBE TO SAFETY PRODUCTS](#)

[CONTACT US](#)

