



## THIS WEEK 13-17 JULY 2020



### GROUP RIDES

As we become comfortable with one another on the road, there can be a tendency to begin riding closer and closer to each other. We must remain disciplined enough to resist this temptation and continue to do the right thing, even if you are comfortable with the individuals in your group.



### CHEMICAL SAFETY

Being a first-time homeowner, I didn't know much about pool care, but I was sure I was up for the task. After all, I just returned from war, so how hard could pool care be?



### SPATIAL DISORIENTATION

Unless you've experienced spatial disorientation while flying an aircraft, it's difficult to truly understand the feeling. Fortunately, I'm still here to talk about the night it happened to me.

## 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.



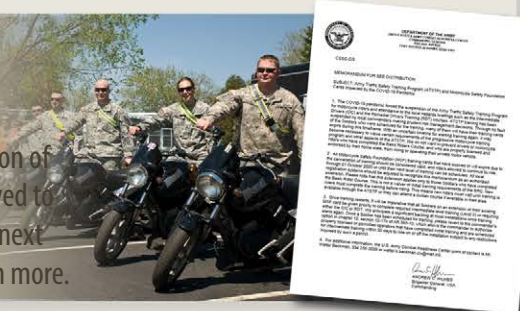
Make your Soldiers aware of the off-duty hazards they'll face with the Off-Duty Safety Awareness Presentation.



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

### DID YOU KNOW?

All Motorcycle Safety Foundation training cards that have expired or will expire due to the cancellation of training should be considered valid, and riders allowed to continue to ride, through Oct. 1, 2020, or until their next level of training can be scheduled. Click here to learn more.



## MISHAP BRIEFS

### PHYSICAL TRAINING

A 31-year-old Private assigned to Fort Benning, Georgia, died in an on-duty physical training-related mishap on the installation at 0715 local. The Soldier was near the end of a 4-mile run when he stopped running. When questioned by a Drill Sergeant, he stated he "didn't feel good" and was lethargic. The Drill Sergeant put the Soldier in the trail vehicle, which took him to the company area about 1/4 mile away. The cadre applied ice sheets and called E911. While in the ambulance, the Soldier went into cardiac arrest. He was pronounced dead shortly after arriving at the local hospital.



CLICK HERE TO VIEW MORE PRELIMINARY LOSS REPORTS

## POST THIS

### Common causes of Manual Material handling injuries

- ✓ POOR BODY MECHANICS INCLUDING:
  - Improper lifting techniques
  - Posture, changing positions, twisting
  - Repetitive motion injuries
- ✓ REPETITIVE MOTION INJURIES
- ✓ IMPROPER STACKING AND STORING OF MATERIALS
- ✓ POOR HOUSEKEEPING

To view proper lifting techniques and for more material handling resources, visit our Workplace Safety homepage at:

<https://safety.army.mil/ON-DUTY/Workplace.aspx>



CLICK TO DOWNLOAD

## WATCH THIS



# IT MIGHT SAVE YOU

a lot of pain.



### TAKE A SEAT

CLICK TO VIEW

SUBMIT AN ARTICLE

SUBSCRIBE TO SAFETY PRODUCTS

CONTACT US

