

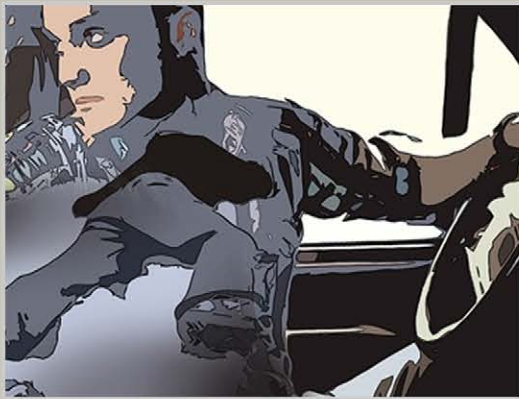


THIS WEEK 1-5 MARCH 2021



DEMOLITION RANGE SAFETY

It was a breezy spring morning on a demolition range in California. I clearly recall our newly assigned platoon leader telling us to make sure we expended all explosives because the boss said to not turn in anything. We were issued a ridiculous amount of explosives ranging from anti-tank mines, satchel charges, Bangalore torpedoes, claymore mines, and enough detonation cord to run from New York to Los Angeles.



REVERSING COURSE

While he focused on getting his foot unstuck, he lost his balance and fell out of the truck with his foot still halfway on the gas. The truck continued to travel backward — with Joe's head dragging along the ground.



AIRCREW MIX

An aviator who lacks discipline can be more dangerous than any combat mission or emergency procedure. The aviator without discipline often takes unnecessary risks that compromise not only his life, but the lives of his crew.

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?

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 Sergeant First Class assigned to Fort Bliss, Texas, died in a PMV-2 mishap in El Paso, Texas, at 1435 local. The Soldier was operating his sport bike in a roundabout when he hit a curb and lost control. The motorcycle struck a sand berm, then another curb before the Soldier was ejected from the bike. He was transported to the local hospital where he was pronounced dead. Speed is reportedly a contributing factor. The Soldier had completed the Motorcycle Safety Foundation's Basic RiderCourse and was wearing personal protective equipment.

Proceed with extra caution if a roundabout has curbed edges so that you do not run your vehicle over the curb. This could result in causing your vehicle to swerve back into the traffic already in the roundabout.



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

POST THIS

DON'T BE A DEADLIFT CASUALTY. TRAIN SMART!

STEPS TO PREVENT DEADLIFT INJURIES

- Warm up joints and muscles.**
Increase blood flow and prepare muscles and joints with 10 minutes of jogging or jump roping and 2 to 3 short sets of deadlifts with light weights practicing proper form. (Option: use a kettlebell)
- Use safety measures.**
Consider using the hex bar for safer body alignment and clips to prevent weights from moving on the bar. Note: A hex bar is required for the Army Combat Fitness Test (ACFT).
- Choose a weight-lifting goal.**
To increase strength and muscle size, aim for 6 to 8 reps with at least two minutes of rest between sets for 2 to 3 sets. To improve lean muscle endurance, aim for 10 to 12 reps for 2 sets with 30 seconds between sets.*
- Choose an appropriate weight.**
Too much weight too soon is a common cause of injury. Select a weight you can maintain form when lifting but challenges you at the end of your sets. Stop to adjust weight or your plan if you lose form.
- Ensure proper deadlift form.***
Choose the best starting position for your body.
 - Try with your feet shoulder-width apart and the knees in line, with toes pointed out slightly.
 - Option: Use a wider "sumo" stance, with knees and toes angled out.
 - Minimize the stress on your back and knees:
 - Keep your back straight. Don't lean forward or curve out (hyperextend) your back or neck.
 - Keep your chest up, your chin away from your chest and your eyes forward.
 - Push your hips back before lowering.
 - Sink your weight back onto your heels and glutes (buttocks), as if sitting on an imaginary chair.
 - Keep your back as flat as possible, chest up, chin away from your chest and your eyes forward.
 - Stop when your thighs are parallel to the floor at knee height.
 - Push upward from your heels and glutes.
 - Don't lock your knees when at the top (maintain slight bend).
 - Activate your core and focus on the inhale as you lower and the exhale as you stand.
 - Avoid relying on braces (back, knees), as these may weaken needed joint support.
- Allow for muscle recovery and rebuilding.**
Rest at least 48 hours before doing deadlifts, squats or other intense lower body strength exercise.

DEADLIFT INJURY ALERT:

- *Knee and low back injuries are the most common, but other back and arm injuries can occur.
- Pain can be immediate or occur gradually, even after weeks or months (a sign of overuse).
- Injuries can limit activity for months or result in permanent damage and loss of strength.
- If you think you are injured, take a break from lifting and seek medical advice before it gets worse.

Approved for public release, distribution unlimited.

[CLICK TO DOWNLOAD](#)

WATCH THIS



[CLICK TO VIEW](#)

[SUBMIT AN ARTICLE](#)

[SUBSCRIBE TO SAFETY PRODUCTS](#)

[CONTACT US](#)

