



ARMY STRONG.

# KNOWLEDGE

OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

**THIS WEEK** 4/23/2014



## WHEN NATURE CALLS

It was just after noon on a beautiful Saturday, and I was bored. Looking to get out of the house, I called a few riding buddies and asked if they wanted to enjoy the sun on our bikes. Of course, they were up for it, so we linked up and took off on what would be an all-day ride through the upstate New York countryside. Little did I know that I would soon “connect” with nature in a way I hope to never experience again.



### THE HARD WAY

Working around large factory equipment is inherently dangerous. Mix in losing situational awareness and you have an accident waiting to happen. Here's my story about learning a lesson the hard way.



### JUST SAY NO

When tired, we sometimes make mistakes we wouldn't normally make. This incident taught me that although I was just trying to help, sometimes you just have to say no. I will use this lesson for the rest of my career.

## DID YOU KNOW?



## SAFETY FEATURE

**Taken at face value?**  
*It might not be worth much.*

**The Face of Indiscipline**  
She's been deployed twice to Iraq and once to Afghanistan. In combat, she's a rising star in the MCO Corps. Physically fit, mentally tough and a natural leader. However, when she found out she was pregnant, she knew she had to leave the Army. She shares her story and why you should never take anything at face value.

**know the signs**  
BE WHAT'S RIGHT

[CLICK TO DOWNLOAD](#)

## PRODUCTS & TOOLS



Mentoring can help keep Soldiers safe. Find out what you can do to protect your Soldiers with the Motorcycle Mentorship Program.



The Ground Risk Assessment Tool is an interactive, automated online system developed to augment risk management planning and decision-making for ground operations.



The **Know the Signs** campaign is designed to heighten awareness of risk factors and provide leaders and Soldiers the tools they need to address safety issues in their unit or peer group. The signs are all around. **It's up to you to recognize and act on them.**



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