



**3rd Expeditionary Sustainment Command
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Public Affairs Office**

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Soldiers train to stay alive in vehicle rollovers

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CONTINGENCY OPERATING BASE Q-WEST, Iraq — Soldiers from Bravo Co., 1st Battalion, 184th Infantry, twisted, turned, and thought their way out of disabled and damaged vehicles during a safety day vehicle egress exercise here Jan. 30.

"Rollover's can happen anywhere on the road," said Capt. Peter Lewis, commander, Bravo Co. "This training is important in maintaining muscle memory in exiting vehicles in stressful situations. It is a perishable skill."

The training is designed to teach Soldiers to "egress," that is, get out of their tactical vehicle in the quickest and safest way possible. The training included rollovers in various scenarios, including water rollovers.

"The crews learn to work as a team," said 1st Sgt. Steven Trester, first sergeant, Bravo Co. "It helps them survive on the modern battlefield. We need to remember that there is more than just one enemy on the battlefield."

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Bravo Co. Soldiers also participated in Armored Security Vehicle training and egress techniques for other tactical vehicles. The rollover training was conducted at the Q-West Convoy Logistic Patrol Readiness Center.

“This training increases the Soldier’s survivability,” said Sgt. 1st Class Eric Hernandez, truck master, Bravo Co. “The more a Soldier knows, the better prepared he is. He needs to be able to function in all kinds of situations. We tried to make it as realistic as possible.”

(Photos by Sgt .William Gospodnetich)



Soldiers from Bravo Co., 1st Battalion, 184th Infantry, 30th Combat Sustainment Support Battalion, 16th Sustainment Brigade, exit a Humvee Egress Assistance Trainer during safety day training at the Q-West Convoy Logistic Patrol Readiness Center, contingency operating base Q-West, Iraq, Jan. 30. “The crews learn to work as a team,” said 1st Sgt. Steven Trester, first sergeant, Bravo Co. “It helps them survive on the modern battlefield. We need to remember that there is more than just one enemy on the battlefield.”



A Soldier from Bravo Co., 1st Battalion, 184th Infantry, 30th Combat Sustainment Support Battalion, 16th Sustainment Brigade, exits a Humvee Egress Assistance Trainer after being turned upside down at the Q-West Convoy Logistic Patrol Readiness Center, contingency operating base Q-West, Iraq, Jan. 30. The simulation creates more realistic disorientation and battlefield conditions, and improves a Soldier's ability to exit his tactical vehicle quickly and safely. "This training increases the Soldier's survivability," said Sgt. 1st Class Eric Hernandez, truck master, Bravo Co. "The more a Soldier knows, the better prepared he is. He needs to be able to function in all kinds of situations. We tried to make it as realistic as possible."