



Labor Day Weekend Safety

USAREUR Four Day Holiday Weekend, 29 August-1 September 2014

On Labor Day weekend, it is important to safely celebrate the contributions we make to the strength, prosperity, and well being of our country. This last long weekend of Summer is a time for grilling, travel, shopping, participating in sports activities, or just relaxing.

**Assess Risk.** Leverage your Soldier risk assessment skills to avoid mishaps, and use common sense logic. When you barbecue, do not apply lighter fluid to hot coals, and keep children away from the hot grill. Do not drink before swimming or boating, always swim with a buddy, and wear a life preserver when boating.

**Drive Defensively.** Whenever you drive, ensure everyone uses a seat belt, do not drive after drinking or when fatigued, and anticipate other drivers' errors, especially if you ride a motorcycle!

**Avoid Heat Injuries.** When out in the sun, use sun block and drink adequate amounts of water. Avoid strenuous activity, especially when the weather is hot and humid.

**Watch Out for School Kids.** Labor Day is also a reminder that school has started again. Be careful around schools and bus stops, particularly when you drive to work in the morning.

**Be Ready-Strong.** Let us look out for each other and always use our individual professionalism VE3ST! Values; Enthusiasm-Endurance-Excellence; Stewardship; and Teamwork.

**Have a Safe Labor Day Weekend!!!**  
FIRST IN SUPPORT-READY STRONG!

*ENJOY AND  
PLEASE MAKE GOOD  
CHOICES - HOOAH!*

JOHN R. O'CONNOR  
Major General, USA  
Commanding