



Training Holiday Weekend Safety

USAREUR Four Day Holiday Weekend, 4-7 July 2014

Team 21; Independence Day, commemorates the adoption of the Declaration of Independence on July 4, 1776 and is celebrated on a Friday this year. Monday, 7 July is a USAREUR Training Holiday.

Drive Safely. Don't drink and drive. Drive defensively and at safe speeds to maintain the ability to compensate for the unexpected. Always ensure that everyone in your vehicle is properly buckled-up. If you plan to travel, ensure both you, the driver, and vehicle are in top condition, and remember that driving while tired is like driving drunk! If you are driving out of the local area, use TRiPS to plan your journey.

Use common sense. Keep in mind that safety is a top priority throughout this traditional time of outdoor fun, barbecues, hiking, and fireworks. Review your plans with your chain of command. Let the experts handle the fireworks and enjoy the show.

Prevent heat injuries. Stay in the shade as much as possible, drink plenty of water, and use sun screen regularly. Watch out for heat illness symptoms and avoid strenuous activity during high temperatures, especially when the humidity is high.

Be Ready-Strong. Watch out for yourself, your Family, and friends. Always use your individual professionalism VE3ST! Values; Enthusiasm-Endurance-Excellence; Stewardship; and Teamwork.

Have a Great, Safe Weekend!!!

FIRST IN SUPPORT-READY STRONG!

WEEKEND SUCCESS
= "S4"
SAFETY, SECURITY, SELFLESS
SERVICE AND STRENGTH !!
HAVE FUN TEAMMATES,
SUPPORT 6

JOHN R. O'CONNOR
Major General, USA
Commanding