



Training Holiday Weekend Safety

USAREUR Four Day Holiday Weekend, 8-11 August 2014

Team 21, the USAREUR Training Holidays on 8 and 11 August provide the opportunity to travel or spend quality time with Family and friends. Let's look out for each other, use common sense, and make safety our top priority while we are having fun.

Drive Safely. Pay attention to your speed and stay within speed limits. Here in the state of Rheinland-Pfalz, summer vacation has begun, so plan extra time when travelling. Don't drive when you are tired or after consumption of alcohol. Ensure everyone in your vehicle is buckled-up.

Use the Buddy System. Watch out for your Family and friends and ensure that "No One Stands Alone!" Having a "battle" reduces suicide rates, sexual assault, stress, and other negative influences. Our battle buddies watch our backs, increasing morale, safety, confidence, and communication.

Stay Cool. Stay in the shade as much as possible and drink plenty of water to avoid heat injuries. Use sun screen with a high SPF regularly. Avoid strenuous activity during high temperatures, especially when the humidity is high.

Be Ready-Strong. Always use your individual professionalism VE3ST! Values; Enthusiasm-Endurance-Excellence; Stewardship; and Teamwork.

Be Safe and Have Fun. Make safety a priority during the holiday weekend and remember the Surgeon General's performance triad. No matter who we are or what we do, we need a healthy balance of activity, nutrition, and sleep to build and maintain health and readiness.

FIRST IN SUPPORT-READY STRONG!

*BE READY, STRONG
PROFESSIONALS AND
OPERATE IN THE ZONE
OF PROFESSIONAL EXCELLENCE
HEALTH!*

JOHN R. O'CONNOR
Major General, USA
Commanding