



Training Holiday Weekend Safety



USAREUR Four Day Holiday Weekend, 14 – 17 March

Team 21, the training holiday weekend from 14 – 17 March 2014 coincides with St. Patrick’s Day. Use common sense and act responsibly in case you participate in St. Patrick’s Day activities.

Over the last holiday weekend, we had three motor vehicle accidents and two DUIs. While all of these incidents could have easily been prevented, the consequences could have been much worse and could have ruined lives or military careers.

**Exercise Moderation.** If you go out to party, have a plan and look out for each other. Don’t consume excessive amounts of alcohol. Use 0-1-2-3 drinking guidelines: 0 drinks for drivers or those under 21; 1 drink per hour; no more than 2 drinks per day; 3 or more drinks per day affect your health.

**Drive Safely.** Reduce your speed during periods of inclement conditions and limited visibility. Don’t let your cell phone distract you while driving and always use your seat belts. Also, use designated drivers and be sure to read your red / green “Think Before You Drink” card.

**Stay Ready.** Watch out for yourself, your Family, friends, and buddies, and always use your individual professionalism VE3ST! Values; Enthusiasm-Endurance-Excellence; Stewardship; and Teamwork. Intervene on negative behaviors; be sharp ready-strong-professionals.

**Enjoy Time Off and Have Fun.** Make safety your top priority while celebrating, traveling, or relaxing during the training holiday weekend.

FIRST IN SUPPORT-READY STRONG!

BE READY-STRONG-  
PROFESSIONALS &  
HAVE SAFE FUN!  
HOVAH 😊

JOHN R. O'CONNOR  
Major General, USA  
Commanding

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First In Support - Ready Strong!

