



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY MEDICAL COMMAND
2748 WORTH ROAD
JBSA FORT SAM HOUSTON, TEXAS 78234-8000

MCSM

12 DEC 2013

MEMORANDUM FOR

Commanders, MEDCOM Major Subordinate Commands
Directors, OTSG/MEDCOM OneStaff

SUBJECT: Holiday Season Safety Message

1. The holiday season is a perfect opportunity to spend quality time with Family and friends. As we begin this special time of year, I extend my appreciation to each and every Soldier, Civilian, Contractor and Family Member for your sacrifices, selfless service, and personal commitment to Army Medicine.

2. To ensure a safe and joyous holiday celebration, I ask that you keep safety at the forefront of all activities. Our goal, together, is to have an accident-free holiday. Be aware of and manage daily risks - from hanging lights on your home to traveling the busy roadways. Additionally, I want all leaders to emphasize suicide risks as well as sexual assault risks, prevention, and response in their holiday safety briefings. Guidance is available at:
<http://armymedicine.mil/pages/sharp.aspx>.

3. Many of you will be traveling to be with your Families over the holidays. Use the TRiPS online planning tool found on the Army Safety Center website, at <https://safety.army.mil/>, to assist you in making sound risk decisions regarding your travel plans. Discuss your travel plans with your supervisor and Family before setting out for your holiday journey. Their wisdom and advice should be incorporated in all you do to ensure your personal safety. Fatigue is often a risk factor contributing to serious accidents; ensure you are getting adequate sleep as well as nutrition and exercise. Learn more about a System for Health and the Performance Triad at the following link: <http://armymedicine.mil/Pages/performance-triad.aspx>.

4. Make this the safest and most joyful holiday season ever by looking out for others. I wish you all a happy and safe holiday season. We are "Army Safe and Army Strong."

Serving to Heal...Honored to Serve!

PATRICIA D. HOROHO
Lieutenant General
The Surgeon General and
Commanding General, USAMEDCOM