



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY MEDICAL COMMAND
2748 WORTH ROAD
JBSA FORT SAM HOUSTON, TEXAS 78234-6000

REPLY TO
ATTENTION OF

MCSM

13 JAN 2014

MEMORANDUM FOR

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

SUBJECT: Martin Luther King, Jr. Day Safety Message

1. On 20 January 2014, we celebrate the life of Dr. Martin Luther King, Jr. On this day, we honor the contributions he made to the American Civil Rights movement that significantly improved our American way of life.
2. As you celebrate and reflect on the life and contributions of Dr. King, please renew your commitment to safety for yourself, your Family, colleagues and friends. Winter travel is especially dangerous. Do not become a statistic. Plan ahead, drive defensively, avoid driving when tired, do not drink and drive, and use extra caution at all times. Enjoy your long weekend, and always be prepared and exercise good judgment.
3. The Travel Risk Planning System (TRIPS) <https://safety.army.mil> is an excellent accident prevention tool for assessing an individual's risk and allows supervisors an opportunity to engage with Soldiers to mitigate risk factors. 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 the Performance Triad at the following link: <http://armymedicine.mil/Pages/performance-triad.aspx>. Additionally, I want all leaders to emphasize suicide prevention, as well as, sexual assault risks, prevention, and response in their holiday safety briefings. Guidance is available at: <http://armymedicine.mil/pages/sharp.aspx>.
4. Enjoy a safe and responsible holiday weekend. We are "Army Safe and Army Strong."

Army Medicine: Serving to Heal...Honored to Serve.

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