



REPLY TO
ATTENTION OF

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

MCSM

16 JUN 2014

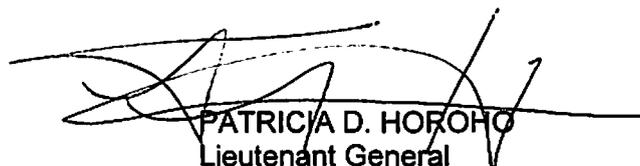
MEMORANDUM FOR

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

SUBJECT: Independence Day Holiday Safety

1. In 1776, a small group of patriots banded together to begin an experiment in democracy that few predicted would become the greatest Nation on earth. Through the 238 years since, American Soldiers have selflessly and courageously defended our freedoms. Your service ensures liberty will endure in this great land for many birthdays to come, and I thank you all for your dedication and sacrifice.
2. As we celebrate the Fourth of July, focus on safety and keeping safe. Celebrating the holiday with fireworks is traditional but is extremely dangerous and best left to the professionals. If you choose to celebrate with your own fireworks, use risk management to ensure complacency is not the cause of serious injury.
3. Holiday weekends are associated with increased risks linked to vehicle travel. Alcohol, fatigue, speed, and not buckling up continue to be our biggest challenges to the safety of our Soldiers on the Nation's roadways. 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>. To assist and increase awareness and compliance with best safety practices, take advantage of the Army's Know-the-Signs Summer Safety campaign for a virtual tool box full of summer safety related videos, articles, and posters that will help keep all Soldiers, Civilians, and their Families safe. Access the tool-box at the Combat Readiness/Safety Center website and click-on the Know-the-Signs logo at <https://safety.army.mil>. 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>.
4. I want your safety and the safety of those around you to be the MEDCOM culture. I am counting on each of you to avoid unnecessary risks and keep safe as you enjoy this patriotic holiday weekend. Army Safe is Army Strong.

Serving to Heal...Honored to Serve!



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