



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

12 JAN 2015

MEMORANDUM FOR

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

SUBJECT: Martin Luther King, Jr. Day Safety Message

1. Our country will commemorate the life of Dr. Martin Luther King, Jr., a great civil rights leader, on 19 January 2015. Dr. King was a pivotal figure in the civil rights movement, which brought significant changes to the American way of life. Our Army is a leader in equality and regard of others and continues to lead the Nation in promoting Dr. King's vision.
2. As we observe Martin Luther King Day, let us observe both Dr. King's vision for equality and the Army's vision for continued mishap reduction. Leaders, please continue to take a pro-active interest in the safety of our Soldiers, civilian employees, contractors and MEDCOM Family Members. This time of year also may bring extreme hazardous weather conditions and keeping abreast of the prevailing weather conditions is essential making proper safety preparations.
3. The Travel Risk Planning System (TRIPS) is an excellent accident prevention tool for assessing risk and allows supervisors an opportunity to engage with Soldiers to mitigate risk factors. Access TRIPS online at <https://safety.army.mil>. 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>. 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. Enjoy a safe and relaxing holiday weekend. 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