



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

DEC 17 2015

MEMORANDUM FOR

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

SUBJECT: Holiday Season Safety Message

1. Over the coming weeks, our Nation will celebrate a variety of holidays that demonstrate the freedoms, diversity, and values that we, as part of the Department of Defense, work to protect. As we gather with our Families and friends this holiday season to honor traditions, reflect on the challenges and successes of 2015, and look with hope to 2016, please keep in mind the many Families with an empty seat at their table. Being part of the Army Family has inherent sacrifices, and it is especially important to remember those Families and their deployed loved ones during the holidays.

2. The holidays are a time for joyous celebration. However, the holidays can be a difficult time for some people. To this end, take some downtime with your Families, yet remain vigilant. I ask that you continue caring for one another. If you notice a change in someone's behavior, please ask clarifying questions, care for them, and if needed, accompany them to get help. If you notice suspicious activity, report that to the appropriate law enforcement agency.

3. If you are planning to drive long distances, ensure that you have considered the risks using the Travel Risk Planning System (TRiPS). Use your seatbelt when driving. If you plan to consume alcohol, plan for alternate transportation - do not drink and drive. Fatigue is often a risk factor contributing to serious motor vehicle 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>.

4. Although vehicle operations typically are our highest risk factors during the holidays, there are other risks as well: avoid falls by using ladders properly when hanging decorations; keep live Christmas trees well watered; never leave burning candles unattended, and avoid electrical accidents by not overloading wiring and following manufacturer's directions. There are two noteworthy websites that address cold weather injury prevention and the "Ready...or Not?" 2015 Fall/Winter Safety Campaign to help manage risks when planning your winter activities and holiday travels: <http://phc.amedd.army.mil/topics/discond/cip/Pages/default.aspx>, and <https://safety.army.mil/MEDIA/SeasonalSafetyCampaigns/AutumnWinter2015-16.aspx>.

MCSM

SUBJECT: Holiday Season Safety Message

5. CSM Eckert and I wish everyone a safe and joyous holiday season. Let us all strive to make this holiday season accident-free and continue to practice the basic principles of safety throughout the coming year. Please continue to make us "Army Safe and Army Strong."

**Serving to Heal...Honored to Serve!**



NADJA Y. WEST  
Lieutenant General, US Army  
The Surgeon General and  
Commanding General, USAMEDCOM