



REPLY TO
ATTENTION OF

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

MCSM

19 NOV 2015

MEMORANDUM FOR

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

SUBJECT: Thanksgiving Safety Message

1. As we prepare for Thanksgiving and the holidays that follow, we should pause and reflect on the many blessings that we enjoy – our loved ones, our freedoms as Americans, and the privilege of serving our great Nation. Given the demands of our work, we too often get caught up in the pace of everyday life and don't take the time to appreciate just how fortunate we are. This is a time for such reflection.
2. The Thanksgiving holiday is the most traveled time of the year; therefore, risk management for the operation of motor vehicles over this weekend is of primary importance. The sheer number of travelers on the roads increases the likelihood of accidents. Motorists and especially motorcyclists should use the Army's on-line Travel Risk Planning System (TRiPS) tool at <https://safety.army.mil/Default.aspx> to assess and reduce the risks associated with their travel plans.
3. This year's Seasonal Safety initiative, "Ready...or Not?" campaign, is designed to heighten awareness of seasonal risk factors and provide Leaders and Soldiers the tools they need to address safety issues in their unit or peer group. These tools can be located in the Army Safety Center website, at <https://safety.army.mil/MEDIA/SeasonalSafetyCampaigns/AutumnWinter2015-16.aspx>. Cold weather injury prevention tools are available at the following Army Public Health Center website: <http://phc.amedd.army.mil/topics/discond/cip/Pages/default.aspx>. Also, 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 this link: <http://armymedicine.mil/Pages/performance-triad.aspx>.
4. I am thankful for many things this Thanksgiving Day and I am sincerely thankful for the AMEDD Family and your unwavering support to our beneficiaries. To you and your Families, CSM Ecker and I extend our personal best wishes for a safe and joyous Thanksgiving holiday. Please continue to be "Army Safe and Army Strong."

Serving to Heal...Honored to Serve!

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