

CHIEF SURGEON

“Focus on Mind, Body & Spirit, the whole component of a Soldier. It’s like a fighting system... and if any component is not working properly, that fighting system does not work.”

OCCUPATIONAL HEALTH

“Preventing workplace illness and injury is a force multiplier.”

SAFETY

“We must reduce accidents both On and Off duty.”

RESILIENCE & RISK REDUCTION

“The ability to grow and thrive in the face of challenges and bounce back from adversity.”

CHAPLAIN

“Finding Peace.. with ourselves, with each other, and with our faith.”

HEALTH PROMOTION

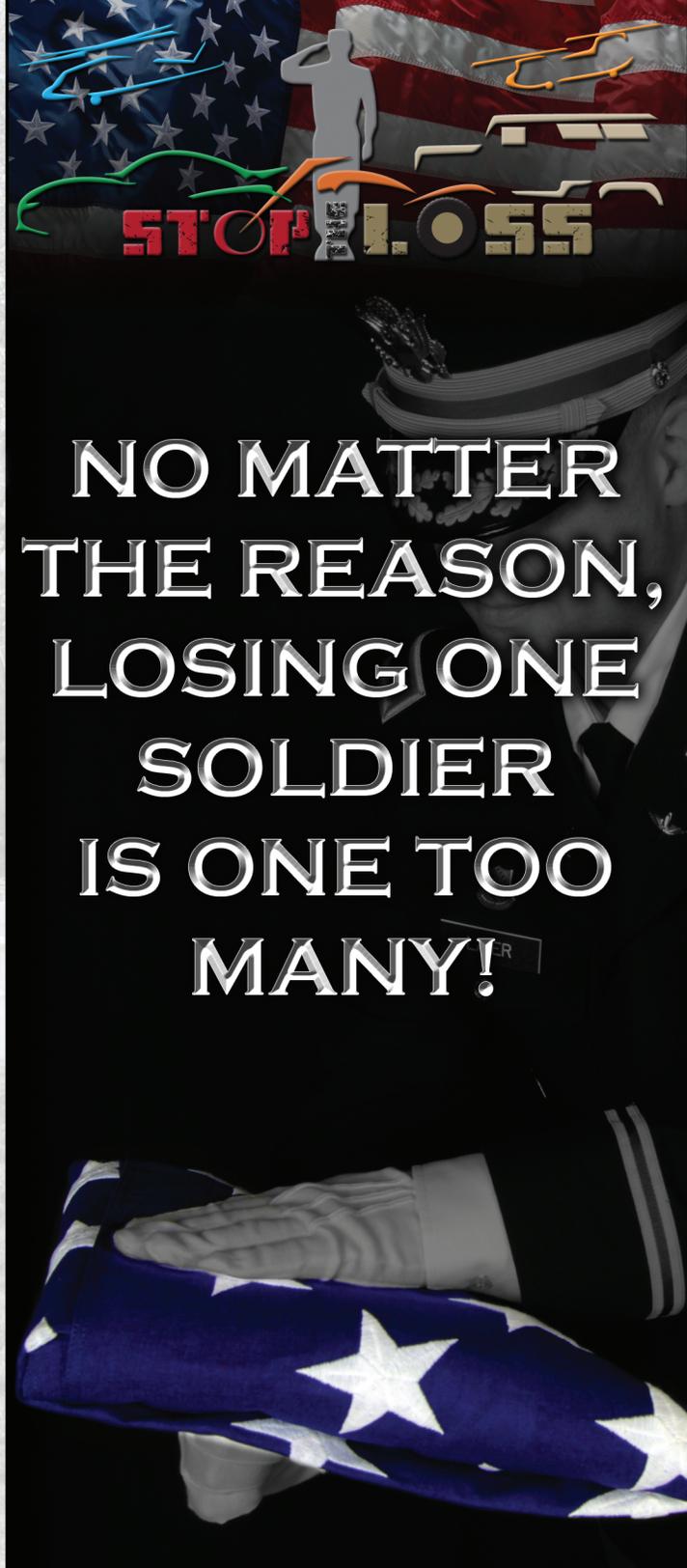
“Providing timely health information to allow individuals to make healthy choices.”

LEADING WAYS TO STOP THE LOSS

- BE RESILIENT
- CARE FOR YOUR BUDDY
- SPEAK UP
- DRIVE DEFENSIVELY
- EXERCISE SELF DISCIPLINE
- SEEK HELP WHEN NEEDED
- STAY HEALTHY
- WEAR THE PROPER PPE
- REMOVE DISTRACTIONS
- DRINK RESPONSIBLY



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ARNG SAFETY SUPPORT CENTER
5401 ANDREWS AVE. FORT RUCKER, AL 36362
334-255-2520
USARMY.RUCK.ARNG.MBX.MMB@MAIL.MIL



SAFETY

Use Composite Risk Management (CRM) in everything you do - On *and* Off Duty. Look for hazards and risks and do something about them. Whether it is the first time you do something or you have done it a thousand times before, don't let it be your last time. Make smart decisions, speak up and promote safety at work, home and at drill.



HEALTH PROMOTION

Everyone wants to stay healthy, right? There are things we can do and things we can avoid to be sure we sustain and maintain a healthy and ready workforce. The prevention of illness and injury starts with you.



Are you at risk?

- | | |
|--|---|
| <input type="checkbox"/> Personal Hygiene | <input type="checkbox"/> Physical Fitness |
| <input type="checkbox"/> Eating Habits/Nutrition | <input type="checkbox"/> Alcohol Use |
| <input type="checkbox"/> Sexual Behavior | <input type="checkbox"/> Tobacco Use |
| <input type="checkbox"/> Stress Level | <input type="checkbox"/> Dental Fitness |
| <input type="checkbox"/> Weight Management | <input type="checkbox"/> Substance Abuse |
| <input type="checkbox"/> Mental Wellness | <input type="checkbox"/> Heat/Cold Injury |

BEHAVIORAL HEALTH

No matter what you face in today's fast paced life, Behavioral Health can help you fight through it. By offering several different avenues of support for both service members and their families, Behavioral Health can help with handling stress, personal finances, substance abuse, alcohol abuse, trauma, PTSD, psychological health, warrior care, deployments, and relationships. Regardless of your circumstance, there is nothing too big or too small, you just have to make the first step and contact your support team at Behavioral Health.



CHAPLAIN

Your Spiritual well-being can define your attitude and outlook on the world around you - good or bad. Problems in life don't just go away. Dealing with them is not always easy, and we do not have to face them alone. The Chaplain is only a phone call away, but you have to make the call; YOU have to speak up before stress takes over. Spiritual fitness is a crucial ingredient in your overall health. Talk to your Unit Ministry Team today.



- | | |
|-------------------------|----------------------|
| ▶ Marriage Enrichment | ▶ Parenting Skills |
| ▶ Anger Management | ▶ Spiritual Training |
| ▶ Coping Strategies | ▶ Stress Management |
| ▶ Depression Counseling | ▶ Life Issues |

OCCUPATIONAL HEALTH

INDUSTRIAL HYGIENE

Are you aware of the hazards you face when on the job?
 Are you exposed to chemical or biological elements?
 Are you exposed to inhalation hazards?
 Do you have to work in a confined space?
 Is the noise level potentially dangerous?
 What physical hazards do you face?
 Are you doing your part to prevent workplace accidents?

Use Personal Protective Equipment (PPE) not only at work, but at home. PPE can prevent injury or death, but PPE only works if you put it on and use it correctly!



RESILIENCE & RISK REDUCTION

Whether wearing a uniform or jeans and a t-shirt, we all get stressed out. Resilience gives us the ability to grow and thrive in the face of challenges and bounce back from adversity. Resilience training builds the confidence to lead, the courage to stand up for your convictions, and the compassion to help others. Training is available to help you become more resilient and in doing so will help you live a better life.



NO MATTER THE REASON, LOSING ONE SOLDIER IS ONE TOO MANY!