



Safety Sense

WHO IS AT RISK?

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By and large, the biggest percentage of our Soldiers, demographically, are males, 17-26. Coincidentally, that is also the highest risk percentage for death and injury due to accidents across the United States.

Accidents are not just car crashes. It encompasses many things from automobile and motorcycle crashes, falls from height (above 6'), negligent discharge of a firearm, drowning, struck by/under objects and sports injuries. There are many theories of why, but the basic fact remains, our younger adults are getting injured and killed

due to carelessness. All too often alcohol is a factor. Risky behaviors are not a bad thing. Many people enjoy cliff diving, sky diving, SCUBA, mountain/rock climbing, automobile and bike racing or a myriad of recreational activities that have some risk. No one wishes to stop these. However, we do have a responsibility to minimize the risks we expose ourselves and our Soldiers to in garrison, in the FTX and in combat. We must take the same precautions to minimize the hazards in our off duty activities.

Each of us has the responsibility to watch out for and prevent foreseeable accidents. If we are all on watch, and notice a hazard, unsafe condition or actions that we can reasonably assume will lead to an injury, then we have the DUTY to stop the unnecessary actions and prevent the accident.

You may see it as a minor incident, a sprain, or strain, and the Soldier will be fine in a couple days. What if the injury results in a fracture or other significant



wound? And if that injury requires surgical correction, a Soldier may be out of work for days, weeks or even months. It could even be a career ending injury.

Also, accidents are like the ice burg; the few that we see on the surface are masking a hidden tragedy. Typically, for every 600 minor accidents, there are approximately 30 moderate accidents, and one catastrophic.

We can ill afford that one catastrophic, we all agree on that. But those moderate accidents and even the minor ones are costing us financially and operationally.

Each of us must do our part to reduce those accidents and keep Soldiers safe.



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Ellsworth AFB Motorcycle Safety Training

Ellsworth AFB has graciously opened its Motorcycle Safety Training to SDNG Soldiers and Airmen. This marks the second year of the generosity of EAFB's Safety Office in facilitating safe riders. The classes listed below are held on Thursday and Friday for the Basic Rider Course I (BRC), and on Fridays for the BRC II and ARC. The BRC II is also the training conducted by the SD Safety Council (ERC-Experienced Rider Course) and the ARC (Advanced Rider Course). The BRC II is a one-day course for riders with basic skills, this class provides more in-depth riding techniques and procedures than practiced in the BRC. The

course consists of activities that emphasize personal risk management and self-assessment strategies, and on-cycle exercises with emphasis in cornering, braking and swerving. Prerequisites: A valid motorcycle permit, license, or endorsement. Riders must provide their own street-legal and safe motorcycle.

The ARC is based on the Military Sport Bike Rider Course, this one-day course is for experienced riders who desire to learn and practice more in-depth riding techniques. Classroom activities use small group discussions and interactive activities to address personal risk management strategies; to dis-

cuss options for cornering, braking and swerving; and to improve visual perception to identify collision traps. On-cycle range exercises provide practice in cornering, braking and swerving. There is no skill test in this course. Prerequisites: A valid motorcycle license or endorsement. Riders must provide their own street-legal and safe motorcycle. (All types of motorcycles permitted.)

The training takes place in the parking lot of the Pride Hangar. For registration and information, contact EAFB Safety (Mr. Walter or SSG Hill) at 605- 385-4468.



	May 2016	Jun 2016	Jul 2016	Aug 2016	Sep 2016
ARC	6 th	3 rd	8 th	5 th	9 th
BRC	12 th -13 th	9 th - 10 th	14 th - 15 th	18 th - 19 th	15 th -16 th
BRC II	20 th	17 th	22 nd	26 th	23 rd

Take the time to recognize those who keep you safe

Every Soldier in the SDARNG is eligible for a Safety Award. Personnel who are working diligently to keep our work areas and training sites safe and accident free need to be recognized. Commanders have the responsibility, but truly, they can't see everything. If you are aware of a Soldier who prevents accidents, works to keep Soldiers safe at AT, drill, in transit and at home, you need to recommend that person for a safety award.

Typically, readiness personnel and command staff can e-mail the State Safety Office with a recommendation/nomination. We are glad to provide an award for that Soldier's dedication to a safe environment. Awards are based on the significance of the hazard and the potential outcome.

If you know someone, why not speak to your Platoon Sergeant, 1SG or Commander and request that the person be recognized for their contribution to a safer unit.

THE RENT COMES



On the Run?

Use of headphones and listening devices while jogging or running on Army installations is prohibited. Off post, exercise the same caution.

Stay aware of traffic and don't miss the thrill of the run.

Ready -- or Not is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their readiness for what lies ahead - both the known and unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are **YOU** ready ... or not?

READY? ...OR NOT?

<https://safety.army.mil>

