

DELIBERATE RISK ASSESSMENT WORKSHEET

WORK/REST/WATER CONSUMPTION TABLE

COMMAND THEMES & MESSAGES

OUR DUAL-MISSION

The **Deliberate Risk Assessment Worksheet (DD Form 2977)** provides a starting point to track the process of hazards and risks. It's used to document steps taken during planning, preparation and execution of training, missions and tasks. Key sections from Form 2977 are illustrated below. Use the **complete Form 2977 worksheet when planning any training, missions or tasks.**

Five steps of Risk Management: (1) Identify the hazards (2) Assess the hazards (3) Develop controls & make decisions (4) Implement controls (5) Supervise & evaluate (Step numbers not equal to numbered items on form)

4. Subtask/Substep of Mission/Task	5. Hazard	6. Initial Risk Level	7. Control	8. How to Implement/Who will Implement	9. Residual Risk Level
				How: Who:	

10. Overall Risk Level (All controls implemented)
 EXTREMELY HIGH HIGH MODERATE LOW

11. Overall Supervision Plan and Recommended Course of Action

13. Risk Assessment Review (Required when assessment applies to ongoing operations or activities)

a. Date	b. Last Name	c. Rank/Grade	d. Duty Title/Position	e. Signature of Reviewer

14. Feedback and Lessons Learned

The Work/Rest/Water Consumption Table applies to the average sized, heat acclimated Soldier/Airman wearing the ACU/ABU. The work-rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specified heat category. Fluid needs can vary based on individual difference (± 1/4 quart per hour) and exposure to full sun or full shade (± 1/4 quart per hour).

- NL = No limit to work time per hour.
- Rest means minimal physical activity (sitting or standing), accomplished in shade if possible.
- CAUTION: Hourly fluid intake should not exceed 1 1/2 quarts.
- If wearing body armor add 5°F to WBGT in humid climates.
- If wearing NBC clothing (MOPP 4) add 10°F to WBGT.

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest	Water Intake (Qt/H)	Work/Rest	Water Intake (Qt/H)	Work/Rest	Water Intake (Qt/H)
		1 (White)	NL	1/2	NL	3/4	40/20 min
2 (Green)	82°-84.9°	NL	1/2	50/10 min	3/4	30/30 min	1
3 (Yellow)	85°-87.9°	NL	3/4	40/20 min	3/4	30/30 min	1
4 (Red)	88°-89.9°	NL	3/4	30/30 min	3/4	20/40 min	1
5 (Black)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

- Easy Work
 - Weapons Maintenance
 - Walking on hard surface at 2.5 mph, < 30 lb load
 - Marksmanship Training
 - Drill and Ceremony
- Moderate Work
 - Walking on sand at 2.5 mph, no load
 - Walking hard surface at 3.5 mph, < 40 lb load
 - Calisthenics or Patrolling
 - Individual Movement Techniques (low crawl/high crawl, etc.)
- Hard Work
 - Walking on hard surface at 3.5 mph, ≥ 40 lb load
 - Walking loose sand at 2.5 mph with load
 - Field Assaults

- Never in the history of the National Guard have we been better trained, equipped or more heavily relied upon than we are today.
- The South Dakota National Guard is and always will be committed to the service and support of all of our South Dakota communities.
- The SDNG has deployed more than 5,500 Soldiers and 1,700 Airmen overseas and at home since 9-11 in support of the Global War on Terror.
- The SDNG is dedicated to serving the citizens of South Dakota. Whether in times of peace, or times of need, we are always ready and always there.
- The SDNG will continue to maintain ready and reliable units, and have equipment and facilities, which support both federal and state missions.
- The SDNG continues to transform, determining the best size, composition and equipment to make them as efficient and effective as possible. The SDNG will meet those changing needs now and into the future.
- The SDNG is a relevant, reliable and ready force. We are citizen-Soldiers and citizen-Airmen who serve their communities, state and nation in times of need and in times of overseas conflict.
- The National Guard is no longer a strategic reserve, but an operational force fully integrated into overseas deployments and missions – whose members are ready to leave the comforts of home to bring peace and freedom to people throughout the world.
- The strength of the National Guard comes from the families, friends and employers who support them. When you deploy the Guard, you deploy families, businesses and communities.



FEDERAL

Provide combat ready, mission-capable forces throughout the entire spectrum of conflict under the direction of the president.

STATE

Provide units to assist and support civil authorities in the protection of life and property, preserve peace, order and public safety under the direction of the governor.

QUICK FACTS

- The SDNG is one of the largest employers in the state, with more than 970 full-time employees. Includes AGR, technician and state employees.
- There are nearly 3,200 traditional Army Guard members and 1,100 Air Guard members in the organization.
- Many train part-time while pursuing a career or civilian education.
- Statewide economic impact of more than \$186 million in FY 2014. Includes wages, and funds contributed to facilities for operations, maintenance and repair.



OUR HISTORY

- South Dakota National Guard originated in 1862 as Dakota Territory Militia.
- Formally became South Dakota National Guard in 1889.
- South Dakota Air National Guard established in 1946.
- Service in combat for Spanish-American War, Philippine Insurrection, World War I, World War II, Operation Desert Shield/Storm, Operation Iraqi Freedom, Operation Enduring Freedom, Operation New Dawn.
- Called into federal service for Mexican Border Conflict, Korean War, Berlin Crisis, Bosnia and Kosovo Peacekeeping Operations, Operation Noble Eagle.





South Dakota

NATIONAL GUARD



TAG Priority Card



THE ADJUTANT GENERAL'S VISION

The most professional, competent and reliable state National Guard organization in the United States of America.

TAG PRIORITIES

- **Taking excellent care of our Soldiers, Airmen and families is the top priority**
 - Our Soldiers and Airmen are our most precious resource. Without our families' support, we cannot fulfill our duties. **Our members must know it is a sign of strength, not weakness, to ask for help with personal struggles.**
- **Readiness**
 - Always ready, always there to support our state and federal missions.
- **Safety**
 - No training event could possibly justify the loss of a Soldier or Airman.
- **Ensure the SDNG remains relevant**
 - Secure future, cutting-edge missions for both Army and Air so we stay relevant for decades to come. Update our facilities and training areas.
- **Embrace Diversity & Practice Inclusion**
 - Increase numbers of women and minorities, and make certain that all of our members are able to achieve the highest positions of leadership. Continually practice leadership that is inclusive of others.
- **Enhance Communications**
 - Use social media to maximize information flow to our members and public.
- **Capitalize on opportunities that bring our Army & Air Guard members closer**
 - Enhance the Joint Staff, conduct joint strategic planning and identify training opportunities that involve both Air and Army.
- **State Partnership Program**
 - Foster mutually beneficial relationships and exchanges with Suriname.
- **Developing Leaders**
 - Continually teach, coach and mentor our Soldiers and Airmen. Always remember, tell others about the potential you see in them.

FAMILY READINESS & RESOURCES

SERVICE MEMBER & FAMILY SUPPORT (SMFS)

Family Assistance 800-658-3930
Family Readiness 605-737-6089
Child & Youth 605-737-6919
SMFS Director 605-737-6728
Yellow Ribbon Program/PDHR 605-737-6947
Email ng.sd.sdarmg.list.family-program@mail.mil



AIRMAN AND FAMILY PROGRAMS

Family Assistance 605-988-5972
Program Manager 605-988-5962

SURVIVOR OUTREACH SERVICES 605-737-6090
EMPLOYER SUPPORT OF THE GUARD AND RESERVE (ESGR) 605-737-6540 / www.esgr.mil

RED CROSS 800-951-5600 / www.redcross.org

TRICARE 877-988-9378 / tricare.mil

FULL-TIME CHAPLAIN 605-431-5182 (cell)
(24-HR Confidential)

EQUAL EMPLOYMENT OFFICE & SEXUAL HARASSMENT ASSISTANCE 605-737-6635

EMPLOYER SUPPORT OF THE GUARD AND RESERVE (ESGR) 605-737-6540 / www.esgr.mil
H2H EMPLOYMENT COORDINATOR 605-357-2913 / www.ebenefits.va.gov

MILITARY ONESOURCE 800-342-9647 / www.militaryonesource.mil

TRANSITION ASSISTANCE/VETERANS INFO 605-737-6669 / 800-827-1000

SDNG PSYCHOLOGICAL HEALTH PROGRAM
Air National Guard 605-988-5539
Army National Guard 605-786-2922

SUICIDE PREVENTION

Have the courage to seek help. Because even one suicide is too many.

WARNING SIGNS

- Failed Relationships
- Suicide Threats
- Alcohol and Drug Abuse
- Sudden Changes in Behavior
- Making Final Arrangements
- Feelings of Humiliation
- Legal/Financial/Occupational Problems
- Previous Suicide Attempts
- Statements Revealing a Desire to Die
- Prolonged Depression
- Giving Away Prized Possessions
- Purchasing a Gun or Stockpiling Pills

ACE

Ask your buddy:

- Have the courage to ask the question directly: Are you thinking of killing yourself?

Care for your buddy:

- Remove any means that could be used for self-injury. Calmly control the situation.

Escort your buddy:

- Never leave your buddy alone.
- Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.



EMERGENCY CONTACTS

Police/Ambulance 911
National Suicide Prevention Lifeline 800-273-TALK (8255)
SDNG Psychological Health Coordinator 605-786-2922
SDNG Chaplain 605-431-5182
Family Assistance Center 800-658-3930
National Suicide Hotline 800-SUICIDE (784-2433)

SEXUAL ASSAULT PREVENTION

SEXUAL ASSAULT POLICY

- Sexual Assault (SA) is a criminal offense that has no place in the military.
- SA is punishable under the UCMJ and other federal and local civilian laws.
- SA degrades mission readiness and unit cohesion; devastates trust within the unit and organization and impacts combat effectiveness.
- Don't remain silent; preventing sexual assault is everyone's duty.



SEXUAL ASSAULT RESOURCES

Sexual Assault Response Coordinator (SARC)

The SARC assists commanders on the prevention and training requirements of the program and provides services to survivors.

Unit Victim Advocate (UVA)

An advocate can provide non-clinical crisis intervention, referrals, information, and ongoing support to survivors.

HELPFUL RESOURCES

DOD SEXUAL ASSAULT PREVENTION AND RESPONSE myduty.mil

SOUTH DAKOTA NATIONAL GUARD SARC HELPLINE 877-660-6711

DOD SAFE HELPLINE 877-995-5247 (Confidential)
www.safehelpline.org

REPORT A SEXUAL ASSAULT IMMEDIATELY

- Go to a safe place.
- Immediately call police, report assault to available resources (SARC/UVA/police/healthcare professional).
- Do not destroy evidence (cleaning up, showering, changing clothes).

MEDIA INTERVIEW TECHNIQUES

INTERVIEWING GUIDELINES: DOs AND DON'Ts

- DO** stay in your lane – talk about what you know.
- DO** be professional and courteous.
- DO** keep answers short and to the point.
- DO** show passion for your job.
- DO** speak as if you will be quoted – if you don't want to read about it, don't say it.
- DO** understand the media's role – the public has a right to know.
- DO** ask a reporter to repeat a question – pause and think before you answer.

- DO** work in command themes and messages when appropriate.
- DON'T** say "No Comment" – explain why you can't answer.
- DON'T** lie, speculate, or answer hypothetical questions.
- DON'T** carelessly speak "Off the Record."
- DON'T** violate operational security – protect sensitive/classified information.
- DON'T** fill silence – wait for the reporter to ask the next question.
- DON'T** use acronyms or military jargon.
- DON'T** repeat negative words or statement from a reporter's question.

SOCIAL MEDIA & OPSEC

The Internet has fundamentally changed the way the military communicates in the 21st century. Increasingly, individuals are looking to the web and social networking sites to communicate with family, friends and the world. Social media is an excellent way to stay in touch with those you care about and to share with them your experiences.

However, all military personnel have a responsibility to know the risks and rewards of using social media. Those who wear the military uniform must remember to conduct themselves in a professional manner at all times, and be cognizant of others on the web who wish to exploit the information you share and use it to cause harm.

