

417th BSB, Safety Card, Back Side

PERSONAL RISK ASSESSMENT

Identify your risks--Act NOW to reduce them!

<u>Area to Assess</u>	<u>Score</u>
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1) *Self Discipline & Personal Life Style*

- Three or more negative counseling statements in last 12 months? _____
- At-fault in accidents (vehicle, non-vehicle) or cited for traffic violations in last 12 months? _____
- 2 or more Bad Checks in past 6 months? _____
- Personal Debt more than twice your monthly pay? _____
- Been falling-down drunk in the last month? _____
- Used drugs in last year? _____
- Received UCMJ (Article 15) in last year? _____
- Late for work more than once in last 30 days? _____
- Driven while drunk in last year? _____
- Ridden in car with a drunk driver in past year? _____
- In a fight in last 6 months? _____
- Frequently yell at your spouse or close friends? _____
- Unwanted pregnancy in the last 12 months? _____
- Had feelings of suicide in the last 12 months? _____
- GT Score of 90 or less? _____

2) *Leadership*

- Do you trust your first-line supervisor? Is he a good supervisor? Does he care about you and your buddies? _____

3) *Training & Fitness*

- Are you qualified in your MOS? _____
- Have you passed your last CTT? _____
- Did you pass your last PT Test? _____
- Are you on the Overweight Program? _____

Your Personal Risk Rating

High: 10-20; Medium: 5-9; Low: 0-5

ALCOHOL SAFETY

- 1) Don't drink and drive. Don't get in the car with a Drunk!!
- 2) Use designated driver when going out to drink. If no transportation is available call Staff Duty. You will not be penalized for using common sense. See numbers below.
- 3) Drink in moderation. Getting drunk brings unwanted attention to yourself, your buddies, and your unit.
- 4) Do not go to unknown bars and clubs by yourself.

IF YOU NEED A RIDE, JUST CALL ...

- your Staff Duty:
- Taxi in Wuerzburg: 0931-19410
- Taxi in Kitzingen: 09321-8088

WINTER SAFETY

- 1) Dress in **LAYERS**. Take the layers off when indoors.
- 2) German Autobahns are notorious in winter for **BLACK ICE**. Be careful when driving on or under bridges. Shiny roads are **DEADLY!**
- 3) Consider installing a Carbon-monoxide Detector in your home.
- 4) The most dangerous times of Winter are the first snow, Christmas and New Years. Drive defensively!
- 5) Buy Snow Chains!! Know how to install them!!
- 6) Watch-out for pick-pockets and thieves around Christmas Markets! They are waiting for **YOU!**
- 7) IAW German Law, don't run your POV engine to warm-up

FIRE SAFETY TIPS

- 1) **Ensure all fire extinguishers are fully functional.**
- 2) **Check batteries in smoke detectors, replace when needed.**
- 3) **Do not overload electrical outlets with too many appliances. ASK if you are not sure.**
- 4) **Ensure proper voltage for appliance being used. This will save you lots of \$\$\$\$**
- 5) **Smoke only in designated smoking areas.**
- 6) **Be especially careful with BBQ equipment.**
- 7) **Smoke kills as quickly as flame ... properly ventilate any flammable items.**
- 8) **A fire extinguisher in a POV costs \$ 25 and could save lives AND your car.**
- 9) **Most fires can be better handled if called in right away...have Fire department numbers posted (114)**
- 10) **TEACH THIS STUFF TO YOUR SOLDIERS AND YOUR KIDS!!**

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Suicide Awareness and Prevention

ACTUAL INDICATORS and WARNING SIGNS

Not all suicidal people leave notes, or intentions. But there are indicators that **YOU** can recognize. If you think a person is thinking of or planning a suicide, ASK THEM!

- speaking about suicide or death as a solution to problems
- change in job performance
- withdrawn/alone
- significant increase in negative self comments
- personality change
- unable to concentrate
- prolonged depression
- no sense of future
- persistent boredom

H-E-L-P

Hear - *Assume the person is serious.* Hear their complaints. **Get them to talk** about the problems. Never downplay the seriousness of the problem or their pain. They want you to take them seriously.

Evaluate - Ask questions *that don't require a YES or NO answer.* How often do you think about dying? Have you thought about how you will do it? What are your biggest problems? What have you done about your problems?

Love - Risk getting involved ...you are already. *Love your friend to life. Be understanding and caring.* Agree with them. Let them know you are in this with them. Don't be afraid to point out that they aren't handling this in the best way.

Promise and plan - *Get them to promise not to hurt themselves.* Show some alternatives, another plan. Maintain contact (never leave them alone). Get them to professional help.

POV Safety

- 1) ***NEVER drink and drive.*** Drive defensively, at least one of every 20 drivers is drunk!
- 2) ***Check your tires,*** ensure plenty of tread, proper air pressure.
- 3) **Ensure you have a full tank of gas** when driving long distances.
- 4) **Make sure your windshield wipers work.**
- 5) **Ensure all lights: traffic, signal, and interior are working properly.**
- 6) **Change oil** every 3000 miles or every 3 months.
- 7) **Adjust your driving speed** for road conditions and/or the weather.
- 8) **Always rest at least 6 hours** before preparing to drive long distances.
- 9) **Always use seat belts.** Children under 12 years old require car/booster seats by law.
- 10) **Just because you passed an inspection doesn't mean your car will always be safe. Check things and use common sense.**
- 11) **Don't let your USAREUR POV Registration expire!**

417th BSB, Safety Card



- This card certifies that YOU have received a Winter Safety Briefing from your First Line Supervisor or an NCO/Officer in your Chain of Command.
- ***YOU MUST carry this card with you at all times while stationed in the 417th BSB Area.***
- EVERYONE will receive this Safety Card within 7 days of arrival in the Battalion, or whenever it gets lost. Safety Cards will be issued as follows:
 - For Winter: **NLT 15 OCT**
 - For Summer: **NLT 01 APR**

Name: _____

Unit: _____

Issue Date: _____

1st Line Supervisor: _____

(or NCO/Officer who issued you your safety briefing)

Renew NLT: 01 APR (receive Summer Card)