

What have you done to save a life today? Start with safety, this 4th of July holiday

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(<http://www.tradoc.army.mil/offdutyonguard/>)

Maj. Gen. Gregg Martin's Independence Day Safety Message

1. Have a great, safe Fourth of July holiday! We celebrate our Nation's freedom and a safe, secure way of life on this holiday. Generations of Americans have been able to rely on the men and women of the Armed Forces to be there when we're needed to defend that freedom. We can't achieve our mission if we drop our guard against the risks of inattention and risky behaviors.

2. Be the leader of change. Engage your Soldiers, Civilian Employees, Family members, and friends to reinforce our safety

culture during the holiday and the days of summer. I expect you to weave the TRADOC's safety theme through everything you do, on duty and off: "What have you done to save a life today?"

3. Make safety -- along with excellence -- your priority habit every day, and especially during the holiday. Don't mix alcohol with other activities, like driving, boating, and swimming. Don't be distracted while driving by cell phones, maps, or music. Do plan to avoid the hazards of summer heat and fireworks injuries. Finally, plan for weather events and traffic delays, and minimize the stress that compromises decision-making while traveling.

4. As you celebrate the fireworks, parades and barbecues -- make smart choices and decisions for safety. Get smart with TRADOC's new, interactive safety video Off Duty On Guard, online at www.carlisle.army.mil (<http://www.carlisle.army.mil/>). Be safe, smart and Army Strong!

Safety starts here: Wisdom and Strength for the Future!

Safety is paramount for Soldiers in combat zones, but safety is just as important when off duty as well. "Off Duty On Guard" is an interactive video experience designed to teach soldiers the importance of safety while off duty. <http://www.tradoc.army.mil/offdutyonguard/> (<http://www.tradoc.army.mil/offdutyonguard/>)