

Spring into Risk Management!

Spring is here! Whether you're a motorcycle rider, bicyclist, skater or sightseeing enthusiast, the warm weather means it's time to start getting ready to engage in your favorite outdoor activities.

As you prepare to re-engage in your favorite outdoor activity, remember that risk management is a must. Most accidents are predictable and avoidable with the use of sound risk management. If you're a motorcyclist, skater, or bicyclist personal protective gear is the first step in reducing the element of risk. No matter how great a rider, skater or bicyclist there is always the potential for an accident to occur. Remember, you do not have to cause an accident; you can be a victim of someone else's error. When properly worn, PPE may help prevent or lessen the severity of injuries sustained in a crash. Always proudly wear the PPE appropriate for your activity! Every professional knows that wearing PPE places you in control. However, PPE will not protect you from making bad decisions. Know and respect your limits and the limits of your equipment.

The 3rd Annual SAAPM (Sexual Assault Awareness and Prevention Month)/ Shadow Austin Half Marathon is right around the corner. It will be a great event with good fun, exercise and a chance to socialize with others or spend quality time with a loved one. However, before participation employ the proper safety measures. If you are participating with a pet ensure it is on a leash. Stretch, warm up, and make sure you are physically able to walk, run, or ruck. Drink plenty of water; if you are dehydrated on the day of the event, it is already too late. Walk, run or ruck at your own pace. The idea is to enjoy event safely.

Spring is the perfect time to go sightseeing in Asia. So, don't stay at home on the weekends, get out and explore your surroundings but plan your weekend. Don't try to cram too many activities into a single weekend. Start by checking the weather forecast, so that you will know what to wear and what to bring. Ensure your vehicle is prepped, serviced, and has all the recommended emergency gear. For long trips, map your route and plan break stops along the way. Don't forget to take your emergency contact numbers and let someone know where you will be and how to reach you in the event of an emergency.

This spring return to your favorite past time with passion, but do so smartly. Don't let a spring accident ruin your entire summer -- manage your risk.

Safety First, Mission Always!

65th Medical Brigade Safety Office