INDIVIDUAL RISK ASSESSMENT

U.S. ARMY

ARMY STRONG.™

You might be surprised to learn the most important person in your unit is YOU. Your contributions to the team and your relationships with your leaders, fellow Soldiers and Family members are irreplaceable — only you can fulfill them. That's why I'm asking you to take this assessment to find out if you're at risk for an accident.

If your assessment shows you to be low risk, you're doing the right things to stay safe. The best example of what "right looks like" is a Soldier who's doing it right, each and every time, so be a mentor to battle buddies who may be struggling.

But don't be ashamed if your results indicate you might need help. Reaching out to your leaders, battle buddies and Family is the first step in creating a safer you. Doing nothing is never the answer — make a move and be your own best risk manager. Army Safe is Army Strong!

CSM Richard D. Stidley
Command Sergeant Major
U.S. Army Combat Readiness/Safety Center

WHAT IS YOUR RISK LEVEL FOR AN ACCIDENT?

Did you know human error accounts for the majority of Army accidents? Indiscipline, inadequate training and standards, insufficient support and/or lack of supervision all contribute to numerous fatalities and injuries within the Army's formations every year.

This assessment was designed to assist you, whatever your rank or career field, in identifying hazards that may put you at risk. After you complete the assessment, take action and lower your risk. Don't become a statistic!

U.S. ARMY COMBAT READINESS/SAFETY CENTER

https://safety.army.mil

ARMY SAFE IS ARMY STRONG

What are you doing to identify hazards and mitigate risk?

Within the past 30 days, have you:

- Taken the time to have a personal discussion with your unit members or a battle buddy about problems?
- Met with and addressed your concerns with someone outside your unit?
- Had your vehicle or motorcycle inspected by another Soldier and/or Leader?
- Thought about your unit's morale?
- Taken a proactive approach to decreasing your high-risk behaviors (drinking and driving, speeding, texting or talking on a cell phone while driving)?
- Engaged in a fun activity with your unit (team building, MWR trip, organizational day)?
- Engaged in a fun activity with your friends or Family?
- Checked out the U.S. Army Combat Readiness/Safety Center Web site for the latest safety news?

If you answered NO to more than one of these questions, you may need to re-engage with friends, Family and co-workers.

DIRECTIONS: *Answer the questions below. This assessment is a self-awareness tool designed for individuals at all levels within the Army. You should complete this assessment for your awareness only. You are not required to give the results to anyone.*

1. **Have you returned from a stressful deployment within the past six months (lost a unit member, been near IED explosions or mortar fire, etc.)?**
2. **When operating a vehicle or motorcycle, do you drive faster than the posted speed limit?**
3. **Are you easily distracted because of Family, financial or social issues like divorce or separation, death of someone close, bills or a breakup with a significant other?**
4. **Do you ever fail to use personal protective equipment (seatbelt, helmet, etc.) when you drive or ride in/on a vehicle or motorcycle?**
5. **Have you recently been involved in a physical or verbal confrontation with a friend or co-worker?**
6. **Are you easily bored?**
7. **Do you have an "I don't care" attitude about things like your job, appearance, friends or Family?**
8. **Are you unusually tired during duty hours?**
9. **Do you consume large quantities of energy drinks during the day?**
10. **Have you recently purchased a handgun, but not yet received proper training?**
11. **Do you talk on a cell phone or text while driving?**
12. **Have you driven under the influence of alcohol or any other drug within the past 30 days?**
13. **Do you participate in high-risk activities when out with friends?**
14. **Have you recently purchased a motorcycle, but not yet received required training?**
15. **Have you recently started participating in extreme sports or thrill-seeking activities off duty?**

If you answered YES to one or more of the above questions, take a few minutes and speak with someone in your chain of command, a battle buddy or someone else. You may be on the path to becoming the Army's next accident statistic. Just talking to someone may be all the intervention you need to get back on the correct path. If you feel more comfortable speaking with someone other than your battle buddy, consider contacting your local chaplain, troop medical clinic, mental health professional, Army Community Service organization or Military OneSource at (800) 342-9647 (24-hour hotline). NEVER allow the issues to worsen. It is your responsibility to TAKE ACTION to protect yourself!