

# TF MULESKINNER SAFETY ALERT

## R&R AND REDEPLOYMENT REMINDER: DRIVE & RIDE RESPONSIBLY

Vehicle accidents are the #1 cause of injuries and fatalities in the Army. After returning from a deployment you are at a even greater risk for accidents. ***No one is indestructible.*** Have a travel and rest plan, inspect your vehicle (is it road ready? tires, fluids, wiper blades, clean windows, current insurance and registration , etc.), use TRIPS, get plenty of rest, take frequent rest stops, don't use your cell phone or text while driving, follow all traffic laws and DON'T DRINK & DRIVE. If you operate a motorcycle; are you licensed, attended motorcycle safety training, wearing all PPE including a DOT approved helmet. Do not attempt **to drive** during the hours of 0001– 0500 as you are at a greater risk for fatigue and falling asleep. Stay focused on driving and **NOTHING ELSE**. COL Ryan's words of wisdom,

**"Nothing good happens after midnight".**

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TEXT MESSAGING

**DRIVE IT LIKE YOU OWN IT, NOT LIKE YOU STOLE IT**

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Think War – Do Right – Build Teams – Eliminate Hassle – Grow Leaders