



HUFFING

--Breathing in chemical vapors to produce mind-altering effects. Leaves you gasping for air and your heart skipping beats in your chest.

✓ Sudden Sniffing Death Syndrome—Inhaling aerosols like a computer duster, even once, can cause death in some cases, including Soldiers who are healthy and in perfect shape.

✓ Long-term huffing can cause permanent damage to your brain, nerve cells, heart, lungs, liver and kidneys.

DO YOU OR SOMEONE YOU KNOW...

...start most sentences with the phrase, "Hey watch this!"

...constantly yell out "Been there, done that, have the T-shirt!" when watching online video clips?

...return to work each Monday with fresh bruises and abrasions?

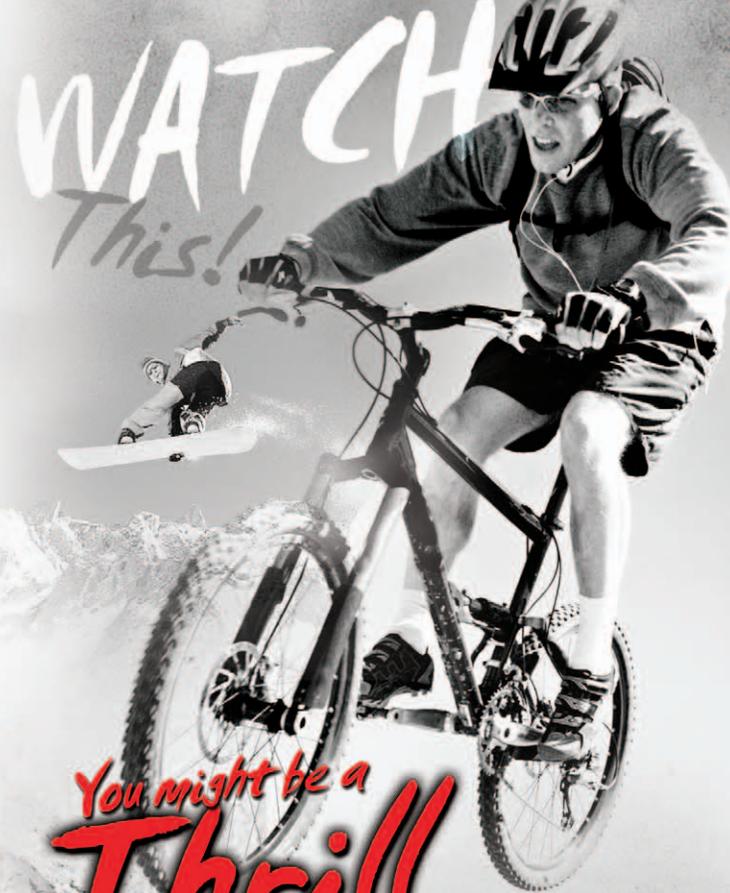
...frequently plan dangerous stunts or engage in other "boneheaded" activities?



IT ONLY TAKES ONE SECOND TO BECOME A STATISTIC...



ARMY SAFE IS ARMY STRONG



WATCH This!

You might be a **Thrill Seeker...**

I Can Do That



ARMY STRONG.

GUN SAFETY

✓ Alcohol is a factor in many of the accidents involving Soldiers and weapons and most of the accident occur between 2030 - 0300 hours.

✓ Often there are Family members or friends present, which means the Soldier has put at risk someone he cares about - either by showing off or being complacent when handling a weapon.

✓ You need to **THINK**:
T - treat every weapon as if it is loaded.
H - handle every weapon with respect.
I - identify the target before you fire.
N - never point the muzzle at anything you don't intend to shoot.
K - keep the weapon on safe and your finger off the trigger until you intend to fire.



"BONEHEADED" ACTIVITIES

-- There are thousands of online video clips showing kids and adults engaging in "boneheaded" — and potentially deadly — activities:

✓ Whacking each other in the face and head with boards.

✓ Sliding down a soapy hallway, crashing full speed into walls and doors.

✓ Spraying an aerosol into a closed locker and causing it to explode by lighting it on fire.

✓ Rolling off a steep concrete ramp while inside a barrel.

✓ Overshooting the mat when doing a back flip off a wall.

-- and these are only a few reported including U.S. Soldiers.

URBAN EXPLORATION

-- Exploring manmade structures such as sewers, storm drains, transit tunnels, abandoned buildings:

✓ Trespassing and dangerous: There have been a large number of fatalities around the world where explorers have been overcome by toxic gases in sewers.

✓ Abandoned buildings are abandoned for a reason. Stairs can collapse. Bricks or chunks of plaster can fall and fracture your skull. Contact with live electrical wires can result in electrocution.

✓ Most people explore an abandoned building or a sewer on a whim. Someone dared them to do it. Don't be suckered in.

Here I Come!
LOOK
out!

