



SAFETY TIP OF THE MONTH

**LOOK
TWICE**



**SAVE A
LIFE**

YOUR GARRISON SAFETY STAFF

Doug Huddleston	Garrison Safety Director
Shawn Bodkin	DHR, HHC, Radiation Safety, ATSTP
Dustin Shuffler	Explosives Safety, DFMWR
Julie Cordova	Mishap Reporting, DES, Offices, Newsletter
Erika Payne	DFMWR, Respiratory Protection Program
Damen Scarborough	DPTMS, Confined Space Program

Motorcycle Safety and Risk Reduction

Riding a motorcycle is more dangerous than riding a bicycle, walking, riding in a vehicle, or traveling by boat, rail, or air. According to the National Highway Traffic Safety Administration, fatalities are 28 times more likely to occur while riding a motorcycle versus an automobile. Motorcycles have no enclosed structure to protect the rider and have a smaller profile making them harder to spot in traffic. In fact, the leading cause of accidents is a failure of other motorists to see motorcycles in heavy traffic or in hours of darkness.

The U.S. Army Combat Readiness Center (USACRC) reported a five-year average (from FY18 to FY22) of 24 Soldier motorcycle fatalities per year; however, there was a sharp increase in FY23 with 38 fatalities. More than half of the accidents in this population involve speeding, reckless driving, and / or alcohol. Leadership engagement, training, and proactive personal risk management are the keys to reducing these accidents. Statistics show that Soldiers between the ages of 18 and 30 are at highest risk.

The Army Traffic Safety Training Program (ATSTP) is a progressive motorcycle training program required for active-duty military members which focuses on reducing skills-based mishaps, but all motorcyclists need to ride responsibly to reduce the risk of tragic injuries and fatalities. Soldiers are required to complete the Basic Rider Course (BRC) before operating



a motorcycle on or off post and the Advanced Rider Course within the next twelve months and repeated every 5 years. Soldiers can sign up for the training on a CAC-enabled, government computer on the AIRS website at <https://airs.safety.army.mil>.

Army regulation requires that all motorcycle riders on Fort Cavazos wear a Department of Transportation (DOT) approved helmet, goggles or helmet-attached face shield, sturdy over-the ankle footwear, long-sleeved shirt or jacket, long pants, and full-fingered gloves. Riders are strongly encouraged to wear fluorescent colored or reflective clothing or material to maximize visibility.

ASOHMS Corner: Health

Health Protection and Readiness is an often overlooked capability objective of the Army Safety and Occupational Health Management System (ASOHMS). It includes Occupational Health assessments, Industrial Hygiene (IH) workplace hazard surveys, and medical surveillance programs. It also focuses on promoting a healthy workforce by offering wellness education, opportunities to participate in physical fitness activities, and checking in on the emotional well-being of our fellow team members.

Stress is something everyone experiences at one time or another. It can come from many sources both in the workplace and at home. It can have detrimental effects on well-being, such as anxiety and depression, as well as workplace morale.

There are many strategies to deal with stress and its related symptoms. Almost any form of physical activity can act as a stress reliever. Take advantage of the many gyms on post or go outside and enjoy a lunchtime walk. Other tips to reduce anxiety include getting plenty of sleep, eating a healthy diet, and increasing social interactions. DA Civilians can also receive free counseling or obtain a referral from the Fort Cavazos Employee Assistance Program (EAP) located on the third floor of the Shoemaker Center. To schedule an appointment, call 254-288-6216.





UNITED STATES ARMY

Safety and Occupational Health Management System



RECOGNIZING AND REWARDING SAFETY EXCELLENCE

ISD / ISO	1QTR FY25 SAFETY AWARDS	AWARDEES
DFMWR	Commander's Safety Impact Time Off Award (8-HR)	2
DFMWR	Commander's Safety Impact Time Off Award (1-HR)	4
DPTMS	Commander's Safety Impact Time Off Award (8-HR)	2
DPW	Civilian Service Commendation Medal	2
DPW	Civilian Service Achievement Medal	2
USAG CMD	Commander's Safety Impact Time Off Award (8-HR)	1



Alfonso Lombardo, DPTMS



Mark Haliburton, DPTMS



David Dunn, DPW



Kandice Hines, DPW