



THE ARKANSAS MINUTEMAN



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DIVERSITY AND THE GUARD

By Col. Christopher Stanger

My focus for the month of May has been on diversity and inclusion. Diversity is defined as creating a cultural climate that allows people to maximize their potential by embracing and promoting each other's holistic characteristics. Recruiting and retaining people of diverse backgrounds, cultures and experiences enables Arkansas Guard members to successfully interact on the battlefield, during domestic response operations and within local communities.

Diversity is a big part of our success in our warfighting mission. Our Soldiers and Airmen are trained to fight and win America's wars and have done so since the Arkansas National Guard was established in 1804. The complexity of the environments in which we operate requires dynamically-led Soldiers and Airmen at every level. Our rich ethnic backgrounds, civilian-acquired and professional skills, combined with wide-ranging educational experiences, are just some of the attributes that make the Arkansas National Guard a diverse and successful organization.

To fully leverage the strength of our diversity, we must respect all of our fellow service members as members of an inclusive team, embracing all the experiences and expertise that each of us brings to the table. We all have a part to play in shaping the future of our Arkansas National Guard, the Department of Defense, and our nation.

Although barriers to inclusiveness still exist, I am confident that the current and future generations of Arkansas' leaders -- each and every one of you -- will continue to find new ways to incorporate the strengths of our individual service members to make us a better team.

CONNECT WITH US!



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The 206th and the *Battle of Dutch Harbor*

By Dr. Raymond Screws



June 3rd is the 75th anniversary of when the Arkansas National Guard's 206th Coast Artillery fought the Japanese at the Battle of Dutch Harbor in Alaska's Aleutian Islands.

The 206th was federalized in January 1941 and deployed to Dutch Harbor on Amaknak Island in August. The unit expected to be mobilized for one year, but on December 7, 1941, the Japanese attack on Pearl Harbor, changed the situation.

The Aleutian Islands Campaign began on June 3, 1942, when the Japanese attacked Dutch Harbor by air. Bad weather and rough conditions plagued both sides. During the two-days of bombing the 206th lost seven men while attempting to protect the Navy ships in the harbor from the Japanese.

The Aleutians Campaign ended on August 15, 1943, when American and Canadian forces, which included the 153rd, landed on Kiska, only to find that the Japanese had abandoned the island.



In their book *The Williwaw War*, authors, Donald M. Goldstein and Katherine V. Dillon write: "The boys of the 206th and 153d left Arkansas as boys and returned as men. They went to a forgotten place to fight a forgotten war. What they did was not romantic; it was dull, boring, hard, and cruel, but it had to be done."



AIR NATIONAL GUARD DIRECTOR VISITS 188TH WING



By Senior Airman
Cody Martin



Lt. Gen. L. Scott Rice, director of the Air National Guard, and ANG Command Chief Master Sgt. Ronald C. Anderson, visited the 188th Wing March 31, 2017.

Rice came to the base to view the wing's unique mission and capabilities, as well as to recognize outstanding performances from 188th Airmen. Anderson met with enlisted Airmen to ensure they had everything they needed to accomplish their mission.

"You are setting the pathway that's going to set a direction for the United States military for the next 100 years," said Rice to 188th Wing Airmen.

Upon arrival, Rice and Anderson were given an overview of the wing's mission from Col. Bobbi Doorenbos, 188th Wing commander. From housing intelligence, surveillance and reconnaissance members with remotely piloted aircraft pilots and sensor operators to being the only ANG wing with a space targeting mission, the synopsis detailed numerous ways the 188th showed innovation and modernization.

After Rice and Anderson awarded distinguished Airmen for their accomplishments, Anderson spoke to 188th Wing members about how they set the example as resilient and innovative Guardsmen.

"This organization is on the leading edge for who we are and what we do as 21st century Guard Airmen," Anderson stated.

While enlisted Airmen gathered to listen to Anderson during the enlisted call, Rice toured the wing's sensitive compartmented information facility (SCIF) and learned how the 188th's one-of-a-kind operations enhance ISR to supported units and provides more efficient, effective and timely solutions for battlefield commanders.

Rice and Anderson were also shown the remote air, zonal operations, reach back-processing, assessment and dissemination (RAZORBack PAD) system. Using the RAZORBack PAD, the 188th showed the ability to monitor video footage from aircraft, such as the MC-12 and the UH-60 "Black Hawk," in the air while in a forward location.



Before departing from the wing, Rice and Anderson expressed how impressed they were with the 188th's mission and capabilities.

"You have figured it out," Anderson said. "You have taken advantage of that resiliency in our Airmen, that adaptability [and] innovative mentality, and you've capitalized on it... When we talk about the 21st century Guard Airman, it is right here in Arkansas."



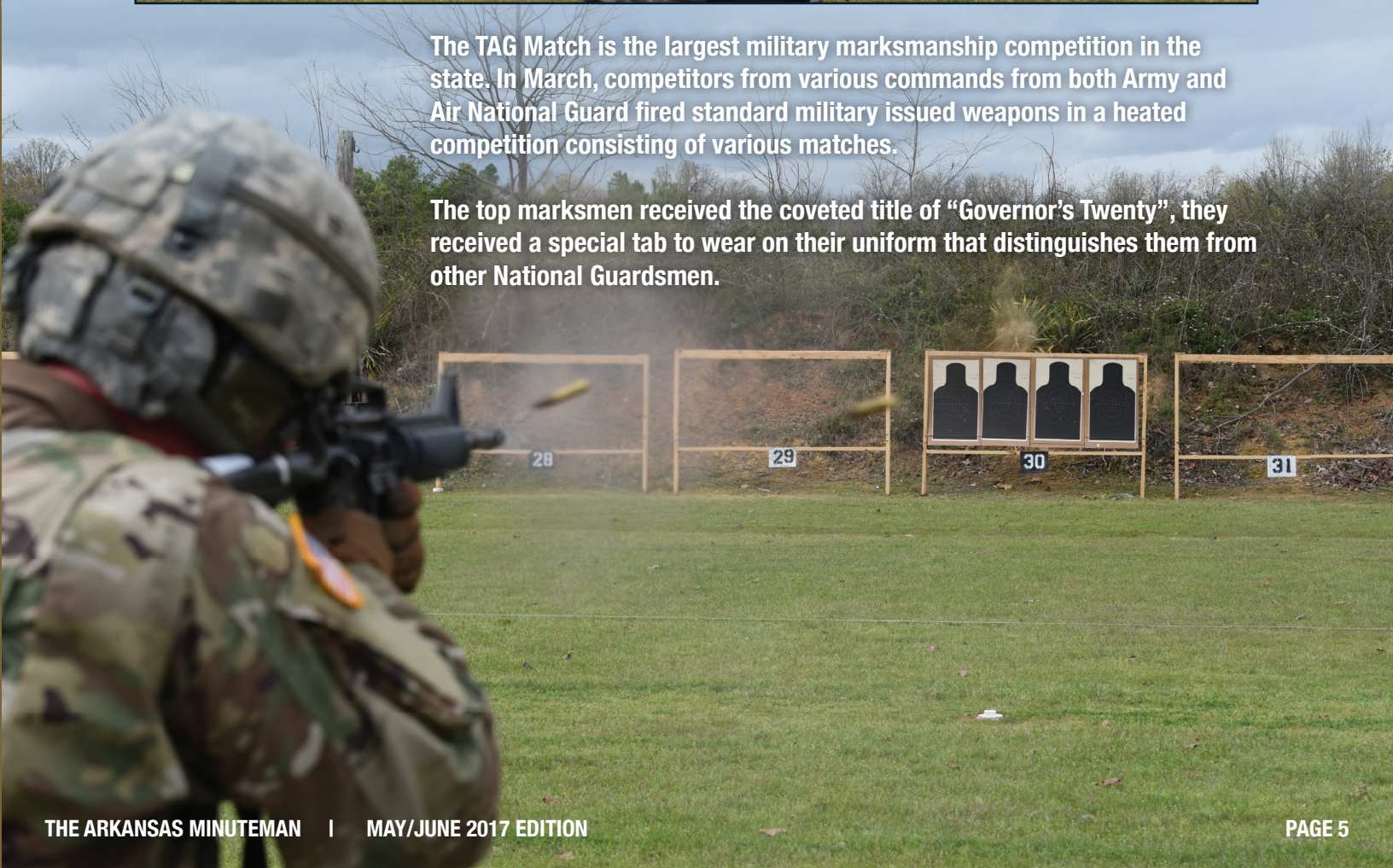
TAG MATCHES

By Specialist Stephen Wright



The TAG Match is the largest military marksmanship competition in the state. In March, competitors from various commands from both Army and Air National Guard fired standard military issued weapons in a heated competition consisting of various matches.

The top marksmen received the coveted title of "Governor's Twenty", they received a special tab to wear on their uniform that distinguishes them from other National Guardsmen.



HOWIE'S HOW TO

By Specialist Stephen Wright

PACKING FOR AN FTX

"No Soldier should be compelled to walk until he actually enters battle. From that point forward, he should carry nothing but what he wears, his ammunition, his rations and his toilet articles. When battle is concluded he should get new uniforms, new everything."

– General George Patton, Jr.

Leaders should understand the limitations of a Soldier's load and the abilities, or lack thereof, due to the weight of his gear. Soldiers that are overloaded with unnecessary gear risk injury and potentially restrict the mobility of their unit.

THINGS TO THINK ABOUT Weather, Terrain, Operations

According to Howie's experts at the 39th Infantry Brigade Combat Team, you should consider packing:

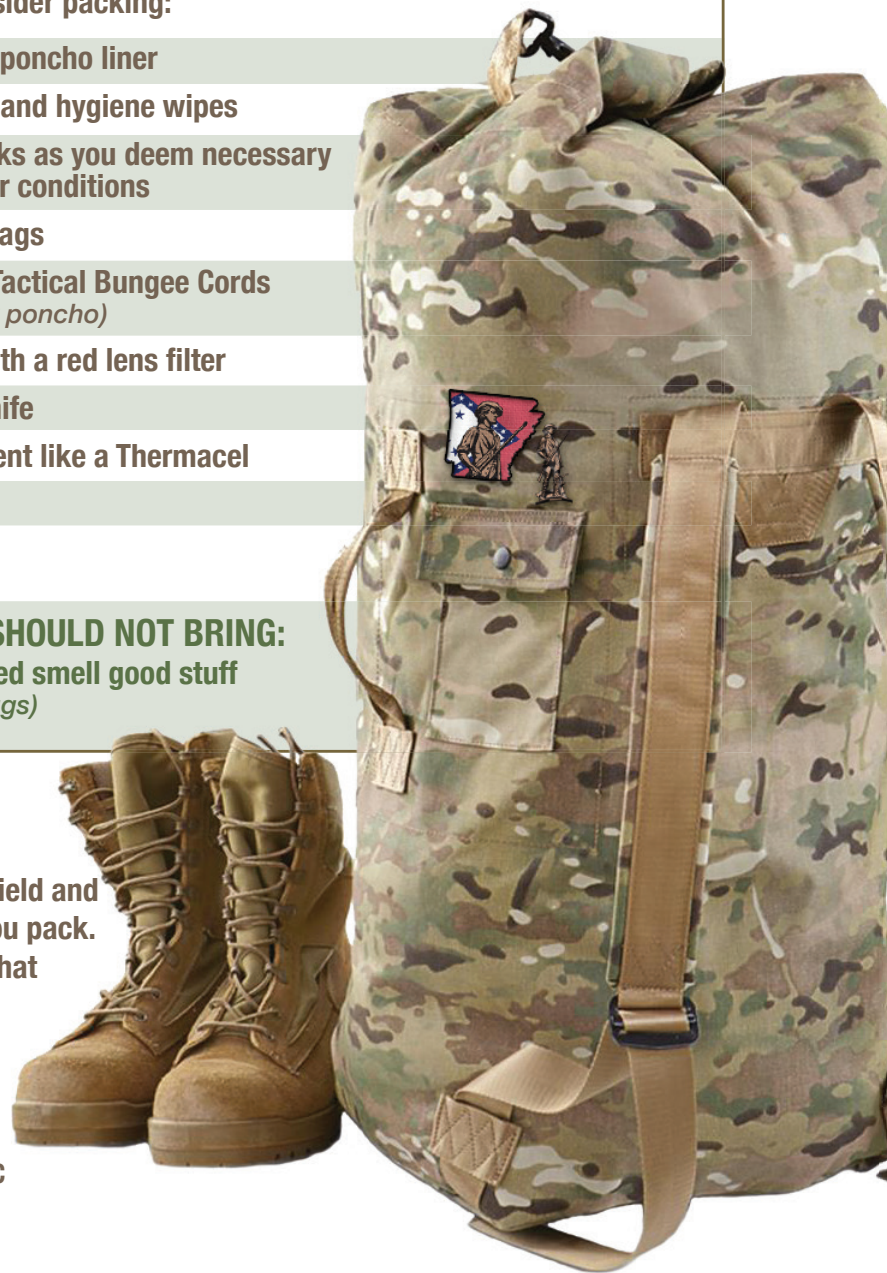
- Poncho with poncho liner
- Foot powder and hygiene wipes
- As many socks as you deem necessary given weather conditions
- Waterproof bags
- 550 Cord or Tactical Bungee Cords (to hang your poncho)
- Headlamp with a red lens filter
- Multi-tool/knife
- Insect repellent like a Thermacel
- A lighter
- A watch

THINGS YOU SHOULD NOT BRING:

- Lotion/scented smell good stuff (it attracts bugs)

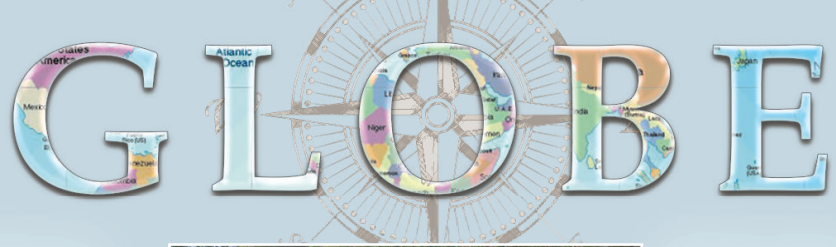
These are items that are more than likely need in any environment. The length of time you're in the field and the weather conditions will determine the items you pack. As always, consult with your NCOs to determine what items are mandatory regardless of conditions.

Special thanks to our seasoned campers at the 39th IBCT:
Master Sgt. Casey Southern, Brigade Master Gunner
Master Sgt. William Lynn, Brigade Operations NCO
Sgt. 1st Class Justin Fisher, K-FOR23 Operations/Plans NCOIC



THE GUARD ACROSS THE

By Zac Lehr



As summer arrives Soldiers and Airmen of the Arkansas National Guard continue their mission here at home and around the world...



The 119th MPAD PAO Mission continues to fulfill its mission to provide transparent care and custody of detainees and military commissions

proceedings by facilitating media access to Joint task Force Guantanamo operations. Members of the unit are scheduled to return home later this year.



While the 119th works their mission in Guantanamo, Soldiers from the 39th's Bravo Company, Brigade Special Troops Battalion, departed on a nine month

mobilization to Kosovo. Their mission is a continuance of NATO's mission to support a safe and secure environment for the people of Kosovo as well as supporting freedom of movement for all. In coming months more soldiers from the 39th will join Bravo Company on the mission.



The 1-153 IN BN continues their mission at Camp Lemonnier in Djibouti, where they maintain security at U.S. installations and forward operating sites.

They are also providing security for DoD personnel at USAFRICOM designated locations. Additionally the 1-153rd works with the military forces of partner nations in order to advance their professionalism, capability, competency and capacity.



Soldiers of the Arkansas Army National Guard's 39th IBCT, 2-153rd IN "Gunslingers" Battalion, headquartered in Searcy, Arkansas, recently arrived

at Soto Cano Air Base prior to being deployed in support of a Regionally Aligned Forces training mission. They are training Partner Nation Soldiers in Guatemala, Honduras, and El Salvador, in the areas of information sharing, tactical training and the Military Decision Making Process. This training will help the Partner Nations strengthen their forces to counter regional threat networks and secure their borders. The mission is also conducts training through the use of interpreters, classroom instruction, practical exercises and marksmanship training.



Here on Camp Robinson the bulk of the deployed Soldiers from of the 77th ECAB returned home from their deployment to several Middle Eastern countries

on Friday May 5, 2017. The members of the 77th who did not come home with the rest of their unit are helping with the transition to the unit taking over their duties in-country and will be return soon.





FLOODING IN NORTHEAST ARKANSAS

Over 120 Arkansas Guardsmen deployed to Northeast Arkansas supporting 8 different disaster relief operations due to recent and continued flooding. The Soldiers assisted local authorities with traffic control points, evacuation missions and refueling missions.





By Specialist Stephen Wright



ROAD WARRIOR



MSgt John Wilson

188th Wing
Cybersecurity Unit
By Zac Lehr

This month's Road Warrior is Master Sgt. John Wilson, a member of the 188th Wing Cybersecurity unit. His duties include overseeing various programs to ensure the confidentiality, integrity and availability of IT resources within the unit.

He has been an Arkansas Guardsman for 24 years and grew up in Northwest Arkansas.

Wilson said, "(I) had always dreamed of being a pilot since I was a little kid. As I neared High School graduation I knew I wanted to join the Air National Guard and I decided to enlist in June of 1993 and returned from tech school to work as an F-16 Aircraft Armament Systems Specialist. Although, I had dreams of being a pilot I was happy just to be around the aircraft and be out on the flight line. There was nothing more gratifying in my eyes then hearing the sound of a jet fighter in the air and knowing that I was a part of making it happen."

Wilson currently resides in Richardson, Texas and drives 252 miles one way, 504 miles round trip and a total of 6,048 miles a year to attend drill.

Wilson says drilling so far from home is not a burden to him but his family has had to make sacrifices.

He said, "My family is who really makes the sacrifices. When I am gone for drill weekend, spend two weeks for annual training or go on deployment, they are the ones that step up and say "Don't worry, we will take care of it while you are gone". Often times I miss events that my family is involved in as a result of being gone for drill and for me that is sometimes difficult but they always support me, they always support what I do for the guard and they are always there for me.

"It makes all the difference in the world to do what I do when you have such a wonderful support system at home."

Wilson said, "When I enlisted in the 188th I lived in Northwest Arkansas and the unit had a flying mission that utilized the F-16 airframe. After moving to Texas back in 2006, I could have transferred to a unit that is only a 45 minute drive from home but the people of the 188th were like a second family to me. So I drive four plus hours each way because the 188th is my family, it's my second home and I could not imagine being anywhere else! I do it because I believe our unit has the best people in the Air National Guard, I do it because I believe in the mission and because I am honored and privileged to give back to my country through my service.

"As I near retirement I can honestly say that joining the 188th was a defining moment in my life, it has helped mold me into the individual I am today and it's one of the best decisions I ever made!"



PROMOTIONS

39TH IBCT

SPC ARIAS BRYAN
PFC BAILEY JACOB FALTON
SPC BAILEY LARRY SHON JR
PV1 BARBER ETHAN ZECHARIAH
PFC BESS QUANDARRIUS OBRYANT
SGT BROOKS KEITH ANDREW
SPC BROWN ANTHONY LEE
SGT BROWN SIR RICO LAMAR
PFC BROWN TEVEN MARTEZ
SPC BURTON KEVIN JACKSON
PV1 CALDERA JEFFREY NORRIS
SPC CAPLES DYLAN PHILLIP
PV1 CARLTON MARKEL JERMAINE
PV1 CARMAN CHRISTOPHER BOYD
PV1 COLBURN NOEL ELIJAH
SGT COOPER DUSTIN NICHOLAS
SPC CRONCE SARAH ELLEN
SPC CRUTCHFIELD BRAYLIN JORELL
PFC DAVIS TRENT ALLEN
PFC DIXON ZACKERY LEE
PV1 ESTLINBAUM ASH LEE
PV1 EVANS AYANNA LYNNETTEJADA
PFC FLETCHER DYMONDS NICKOL
SGT GARNER ANDREW DYWANE
SPC GATES NATHAN LUCAS
SGT HALL RONNIE DELL JR
SGT HALTER DANIEL RYAN
SPC HARDING COLTON VAUGHN
PV2 HARVEY DEKOTA JAMES
SPC HATFIELD MICHAEL DOUGLASS J
PFC HOGUE PAYTON ANDREW
PV1 HOLLIS MALOREE TAYLOR
PFC HOLLOWAY LATREY MARQUISE
SPC HULL JORDON TAYLOR
PFC HUNT JUSTIN MALIK
PFC JACKSON DWIGHT LADARIUS
PV1 JAMAR FRIENCCELLO KTRAIL
PV1 JOHNSON KAYLA L
SPC JONES QUINTERRY DENZEL
SGT KUTZER MARCY JEAN
PV1 LITTON DARREN ZAYNE
PV2 LOVELESS JOSHUA MICHAEL
PV1 LOWRY JOSHUA HUNTER
PV1 LUCAS DELUNO MORTELL
PV1 MATTHEWS LOGAN STANLEY
SPC MCCAMEY DOMINIQUE DESEAN
PFC MCCLENDON JEREMY TAYLOR
PV1 MCDOWELL JONATHAN
PV2 MCMUNN CALEB SETH
SGT MURRAY CODY EUGENE

SPC PECK BRANDON LEE
PFC POWELL BRETT ANTHONY JR
PV1 ROBERTS ETHAN WILL
PV2 ROBY KAMRON VITION
PV1 ROGERS AARON CHASE
SFC SCREETON FARRIS COY
SPC SHELL AUSTIN COLE
PV1 SMITH CALEB STEPHEN
SPC STRICKLAND TAVARIS JAMAL
PV1 STRODE HOUSTON BRYANT
PV1 VAUGHAN TAVION JAMAE
SPC VO TONY
SFC WHITTLE HOWARD JAMES
SPC WILKERSON MILES ALEXANDER
PFC WILLIAMS CHASE DALTON
PV2 WILLIAMS JUSTIN CRAIG
SPC WOOD SLATON DEANE
PV1 YATES CHRISTOPHER DAVID II
PV1 YOUNGER DANIEL TRENT

77TH CAB

PFC BAILEY BLAKE ANDREW
PFC COOPER CHRISTOPHER ALEXANDE
SPC CRONIN JEREMIAH D
SPC DUNLAP NICHOLAS TANNER
PV2 GILES STANLEY DEVONE
PFC LEWIS BRAXTON KEITH
PFC MILLER HAZEL BROOKLYNNMARIE
PFC NEIL JOEY LYNN
PV2 RECE DESTINY MORGAN
PV2 TALBERT ANDRE MORRIS JR
PFC WALDRUP JACOB RYAN

87TH TC

SGT BURGAN TYLER ADAM
1SG CROSBY CARLOS DEANDRE
PV1 DAVENPORT NICHOLAS TYLER
PV2 DONE KENDRICK
PV1 FOSTER JORDAN LEI
SPC GORE ROBERT DILLON
SPC GRAY DAKOTA RAY
PV1 HARRELL TYLER MONROE
PV2 HATTON AMBER KABRE
PV2 JOHNSON BRADEY WILLIAM
PV1 LEE DANIELLE EVE
PV1 MAY MICHELLE
PFC MAYFIELD MARSHEA DANGELA
PV1 MOONEYHAM CODY DALE
PV2 MORGAN TYLER CRAIG
SGT NORTHCUTT JAMES ROBERT
SPC PIERSON GEORGE DANIEL
SGT WARNER JASON CARL
PV2 WILSON ZIYAN TASHEA

PV1 WITCHER GUNNER DEAN

142ND FAB

PV1 ASHWORTH ROBERT JAMES
SPC BAIRD KRISTEN MAY
PV1 BEAUMONT MERRICK CHANDLERHO
PV1 BRYSON LANDAN ADNEY
PV2 CALANDRO JONATHAN MICHAEL
SSG CARLSON JOSEPH WARREN
PV1 CASTELLANOSORDUNA ASHLEY JA
PV1 CLINE RYAN LEE
SPC COLLINS ANDREW BERNARD
SPC COLLINS AUSTIN SHERWIN
PV1 COLLINS GARRIN HEATH
PV2 CUNNINGHAM SAMANTHA JEAN
SPC EDWARDS SEBASTIAN WILLIAM
SPC ELIASEN CLAYTON LUKE
PV1 FOX TONI LYNN
PFC FRANKLINBENAC ALEXA GABRIEL
PV1 GUTIERREZ ALEXANDER
SPC HOLTHUSEN CODY LEE
SGT JONES JONATHAN W
SGT KELL TREY ALLEN
MSG KOMP AMANDA RENEE
PFC LAPPIN RACHEL LILLIAN
PV1 LAWS ALYSSA NICOLE
PV1 LOPEZ SALVADOR MANUEL
SPC MCCONNELL TIFFANY KAY
SPC MINO EMILY ELIZABETH
PV1 MOORE ETHAN JAYOTIS
PV1 OLIVER SETH JOSEPH
PV2 PEARSON MATAYO VENTRIZE
PV1 PHAM DIEP HOAI
PV1 QUIROGA REYNALDO JR
SGT SALAZAR EDUARDO JESUS
PV1 SMITH MICHAEL RAY
SPC SPENCER SAMANTHA FAYELYNN
PFC STEPHENS AUTUMN ELANE
PV1 THURMAN JAMES AARON
SPC VALLE EDUARDO ANTONIO
SPC WILSON HUNTER RYAN

233RD RTI

SFC JONES MARK STEVEN

FORT CHAFFEE JMTG

PV2 FLOYD HUNTER SCOTT
PV1 POWELL ERIK ROBERT

JFHQ

SFC CROSBY TAMEKA MARVETTE

MEDCOM

CPT MCCONNELL RICHARD BOWEN II
PV1 MILLER JOHN CADEN

ROBINSON MTC

MSG SMITH ROGER ALAN

188TH WING

SSGT BALDUCCI JONATHAN
SRA BARBEE LOGAN
SSGT CARSON CODY
TSGT CARTER PRESTON
SSGT COATY GUNDER
SRA COLEMAN SAGE
TSRA COSTILOE JOSEPH
SSGT DANE WILLIAM
SGT DOVE MEGAN
SRA GRAY ARCHIE
SRA HUDDLESTON CRAIG
SRA HUNTER JOSPEH
TSGT KERBY MARY
TSGT KIEFFNER NATHAN
TSGT LAMAR STEVEN
TSGT LAYTON KENNETH
SRA QUARSHIE EMMANUEL
SRA TEARE PATRICIA
SRA TRACY KAYLA
TSGT WEINSINGER DEREK
TSGT WILEY JORDAN
SRA WILLMON AARON
SRA ZIMMERMAN MICHAEL

189TH AW

SSGT BRANDON MAGEE



As a member Arkansas Na Guard, I am a le and the safety soldiers starts wi

Most employees in the civilian workforce are different than Soldiers in the National Guard. Civilian businesses generally expect employees to perform their work and comply with the company's policies and procedures. With few exceptions employees are not expected to be leaders.

In these types of work environments the only direct leadership may come from a shift leader, a site supervisor or equivalent middle management type. This is not the case when it comes to our Soldiers. Unlike their civilian counterparts every one of our Soldiers is expected to be a leader. Our men and women are leaders, If not by virtue of their rank, then by the virtue of being a Soldier. This is one of the many factors that make our citizen Soldiers different than ordinary civilians.

One of our greatest tasks, especially for a non-commissioned officer, is to ensure the overall welfare of those we lead. Soldiering can undoubtedly be dangerous at times and we obviously have to be prepared to accept a certain amount of risk. What we can never allow ourselves to do is accept any unnecessary risks. We do a pretty good job of watching each other's six while deployed but statistics show that we are failing here at home.

We lose more Soldiers to needless accidents than we do to combat related injuries. We are losing more of our troops to private motor vehicle (PMV) and motorcycle (POM) accidents than for any other reason. When we include losses due to ATV, boating, hunting, firearms and other significant causes, the numbers overwhelmingly exceed our combat losses.

The majority of these accidents happen between drills or during "non-duty" periods. Unlike active component

Soldiers, the National Guard cannot exert the positive day-to-day influence that our active components can. We can't ensure Soldiers fill out a TRIPs ticket every time they want to drive over 50 miles to see their boyfriend or girlfriend. We aren't able to perform safety checks on a Soldier's car prior to Friday afternoon dismissals.

Without the day-to-day influence on our Soldiers what can we as leaders really do? As NCOs the answer is simple. We have to do our jobs.

If you are an NCO, your obligation to your Soldiers is clearly laid out in the NCO Creed: "My two basic responsibilities will always be uppermost in my mind—accomplishment of my mission and the welfare of my Soldiers."

Safety Leadership is more than ensuring your Soldiers are wearing their reflective belts during a PT formation. Safety leadership is ensuring that Soldiers understand the importance of doing the right thing even when no one is watching. If we are to minimize risky behavior we have to produce a culture that supports and promotes a strong safety ethic.

As a leader, it's up to you to promote a positive safety culture for your troops. This begins with placing emphasis on the Commander's Safety Program as well as ensuring Soldiers complete their mandatory safety training. But it does not end there. Leaders have to maintain open communication with their Soldiers as well as other key leaders. You have to emphasize off duty (or non-duty) safety since this is when most serious accidents happen.

Lastly, you have to set the example. You are a leader and the safety of your Soldiers starts with you.

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HEAT PREVENTION



Annual Training is fast approaching and now is the time to prepare for the effects.

According to the Centers for Disease Control and Prevention (CDC) an average of 658 people die each year in the United States as a result of extreme heat. The Army is not immune to heat injury and hundreds of Soldiers suffer from heat illness each year. Over the past five years, more than 2000 Soldiers have been hospitalized due to heat stroke and other heat related illnesses Army wide.

Fortunately leaders and Soldiers can take preventative measures to reduce the risk of serious heat illness. Leaders should arrange training schedules so the most strenuous activities take place in the early morning rather than during the hottest parts of the day. Strenuous

activities should not be scheduled back-to-back. There is a cumulative effect of repetitive days of training in warm or hot conditions, therefore leaders may also need to modify training based on the prior day's weather and their Soldier's activity level. Soldiers can help reduce their personal risk by taking care of their bodies.

Preparing for the heat starts with a year-round approach to maintaining physical fitness and a healthy body weight. An out of shape Soldier has three times the risk of suffering an external heat injury. A Soldier who is both out of shape and overweight has eight times the risk.

Soldiers and leaders must also remember that proper hydration can help prevent heat illness. While there is no consensus for the best method of determining hydration status in the field a combination of urine frequency and color assessment, body weight changes and thirst sensation are helpful indicators. The presence of two of those three markers indicates dehydration is likely, while three out of three indicates dehydration is very likely.

Serious heat illnesses are preventable but doing so requires a synchronized approach between leaders and Soldiers.

When we take time to prepare, there's no reason we can't beat the heat.

SUMMER'S HERE!

'Tis the season for cookouts and fun outdoor activities.

But when the temperature spikes so do injuries. Don't let your safety take a back seat, Soldier. Injuries and illness can affect your readiness.

Here are eight essential tips to help you stay safe this summer.

IN THIS ARTICLE

Don't drink and operate motor vehicles.

Stay hydrated to avoid heat exhaustion.

Wear sunscreen and sunglasses to protect your skin and eyes from UV rays.

SUMMER S

8 TIPS TO STAY INJURY AND ILLN

1 DON'T DRINK AND SWIM (OR PILOT A BOAT)

Mixing alcohol with piloting or sailing a boat and swimming is a bad idea. Half of water recreation deaths among young adults involve alcohol.

It can be easy to overlook your safety while enjoying the good vibes of a booze cruise. Be smart. Always have a designated pilot. Check out these five keys to staying safe on the water.

2 WEAR INSECT REPELLENT TO AVOID BUG-BORNE ILLNESS AND DISEASE

Mosquitos and ticks can carry diseases like West Nile Virus or Lyme disease that'll derail your fun plans.

Beat them to the bite. Wear insect repellants containing at least 20 percent DEET.

Always check yourself for ticks if you're in the woods, bushes, or tall grass.

Know the symptoms of Lyme disease and consult your medical health professional if you're bitten.

If you're at drill weekend, the new Army Combat Uniforms (ACU-Ps) repel bugs and insects. Learn more about how the new uniform technology repels insects and supports medical readiness.

3 KEEP YOUR COOKOUT CLEAN AND BACTERIA-FREE

Barbecuing? Learn the safe minimum cooking temperatures to make sure all meat is cooked thoroughly.

Also, know what foods need to be kept cold (meat, poultry, seafood, and dairy products) and only select foods that can be left outside in high heat. Always keep raw meat away from ready-to-eat foods. If you're hosting, refrigerate leftovers immediately after cooking. Remember...Clean, Separate, Cook, Chill.

4 WEAR SUNSCREEN AND SUNGLASSES WHEN OUTSIDE

Most annual trainings take place during the summer, where you'll spend plenty of time exposed to the sun and heat. Take the proper precautions to guard your eyes and skin from damage. Protect yourself by wearing sunglasses whenever you are outside. Choose a pair that says "100 percent UV protection."

If parts of your body are exposed to the sun, make sure to use sunscreen. Apply it all over your body at least 30 minutes before you go outside. Find out how to get relief if you do get sunburned.



SURVIVAL GUIDE

HEAT-FREE



5 GUARD AGAINST HEAT EXHAUSTION AND DEHYDRATION

Whether you're working, playing in the heat, or drilling with your unit, it's important to protect yourself against heat-related injuries:

Drink plenty of water. Use our Hydration Calculator to figure out how much you should be drinking based on your activity level and weight.

Take breaks. Avoid prolonged periods of outside activity. Avoid the sun during peak hours. The sun is at its hottest from about 10 a.m. to 4 p.m. If possible, avoid hard outdoor work during this time.

6 WEAR HEARING PROTECTION IN NOISY ENVIRONMENTS

Loud noises start to damage your hearing when they reach 85 decibels or above. Many summer sounds, such as fireworks, lawn mowers, loud concerts, and the roar of crowds at sporting events, can be harmful to your ears if you don't wear proper hearing protection.

Don't forget your ear plugs or ear muffs when operating noisy machinery (e.g., lawn mowers) or attending loud, crowded events.

Learn more about how to protect your hearing.

7 LEAVE FIREWORKS TO THE PROS AND DON'T USE THEM AT HOME

Fireworks are a common cause of summer injury.

Some fireworks that are often thought to be safe, such as sparklers, can reach temperatures above 1,000 degrees, and can burn users and bystanders.

Keep your guests and family members safe. Don't play with fireworks at home and follow these firework safety guidelines.

8 WEAR A HELMET IF YOU RIDE A MOTORCYCLE, ATV, OR BICYCLE

Here's a sobering statistic: motorcycle crashes are the leading cause of death—unrelated to war—among U.S. service members.

When operating motorcycles, ATVs, and bicycles, ALWAYS wear a helmet (and other personal protective equipment), follow the speed limit, and avoid driving at night.

Follow these motorcycle safety tips to keep yourself ready and protected.



WANT MORE?

For more tips on how to stay safe in the sun check out the [Centers for Disease Control and Prevention's Skin Cancer Safety Guide](#).

Heading outside? [Watch this video from the ARNG Aviation & Safety Division](#) to learn how to protect yourself on the road, in the water, and during other fun summer activities.

[Learn more about driving safety and weapon safety.](#)

YEAR IN REVIEW

By Specialist Stephen Wright

