SOLDIERS LEADERS CIVILIANS FAMILIES

Take 5

Safe on the Slopes

- Warm up before hitting the slopes
- Wear the proper protective gear
- Dress in layers
- Take frequent breaks to avoid dehydration and overheating
- Watch the weather

U.S. ARMY
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U.S. ARMY COMBAT READINESS/SAFETY CENTER
https://safety.army.mil

ARMY SAFE is ARMY STRONG

A BAND OF BROTHERS & SISTERS