



U.S. ARMY



RM RISK MANAGEMENT

OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

THIS WEEK 14-18 SEPT 2026



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MAINTAINING STANDARDS

Aviation demands high discipline, constant vigilance and unwavering adherence to established standards. Read how a breakdown in crew coordination, lack of communication and improper aircraft control led to a preventable Class C mishap during a UH-72A training flight.



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OFF-DUTY SAFETY

A group rock climbing trip at Fort Sill turned into a dangerous rescue after a drill sergeant fell and broke both legs. Discover why leaders must always prepare for the unexpected to protect their Soldiers during recreational outings.



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RIDER DISCIPLINE

A young Soldier survived a 120-mph motorcycle crash after his speeding bike wobbled and flipped. Learn what this wreck taught him about personal maturity, proper gear and rider discipline on the open road.

PRODUCTS & TOOLS



Learn the safety culture and climate within your organization.



A family of information technology systems that underpins the Army Safety and Occupational Health Management System.



A great resource for motorcycle information and learning to be a safe rider.



An interactive, easy-to-use, automated system designed to assist users with the application of risk management.



Make your Soldiers aware of the off-duty hazards they'll face with the Off-Duty Safety Awareness Presentation.



A collection of resources to aid commanders and leaders in the management of range operations and safe weapons handling.

DID YOU KNOW?

RISK MANAGEMENT is always looking for contributors to provide ground, aviation, driving and off-duty safety articles. Don't worry if you've never written an article for publication. Just write about what you know and our editorial staff will take care of the rest. Your story might just save another Soldier's life. Click the **Submit An Article** tab below to share your story.



WHAT'S NEW

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Risk Management wants your ground, aviation, workplace and off-duty safety articles. Share your unique experiences and lessons learned using our easy online form. Don't worry if you've never written a professional article before because our editors will polish your draft to perfection. Your story might even save a Soldier's life.

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POST THIS

Don't be HARD-HEADED

A properly fitted helmet is the most important piece of gear for any motorcycle rider. Take the time to ensure your helmet is the right size and shape for you. A good fit means better protection and a more comfortable ride.

MEASURE YOUR HEAD

Once you know your head shape, it's time to measure for size.

1. Using a soft tape measure, wrap it around your head about an inch above your eyebrows, at the temples.
2. Hold the measurement in inches.
3. Use the chart below to find your corresponding helmet size. If you are between sizes, try on the smaller size first.

CHECK FOR PROPER FITMENT

Now that you have your size, it's time to try on some helmets. Here's how to check for a proper fit:

- Snug as a Bug: The helmet should fit snugly and securely all the way around your head without creating any pressure points.
- Shake Test: Fasten the chin strap and shake your head from side to side and up and down. The helmet should not move or shift.

KNOW YOUR HEAD SHAPE

Just like people, helmets come in different shapes. The first step to finding the right helmet is to determine your head shape.

Most people fall into one of three categories:

- OVAL:** Your head is longer from front to back than it is from side to side. This is the most common head shape.
- INTERMEDIATE OVAL:** Your head is slightly longer from front to back than it is from side to side.
- ROUND:** Your head is nearly as wide as it is long.

LOOK FOR THE DOT STICKER

Remember that most FMVSS No. 218 have certification labels on the back of the helmet. Helmets manufactured on or after May 13, 2013, are required to have the new DOT certification label. Manufacturers are required under FMVSS No. 218 to place a label on or inside the helmet stating the manufacturer's name, size, year of manufacture.

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▶ 166 ELECTROCUTIONS

▶ 43% IN CONSTRUCTION

CRANE ELECTROCUTION

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