

ALARACT 309/2012

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ON BEHALF OF DA WASHINGTON DC//DASG-HSZ//DAMO-DASG//

SUBJECT: COLD WEATHER INJURY PREVENTION FOR 2012-2013 COLD WEATHER
SEASON

REF/A/AR 40-5/PREVENTIVE MEDICINE/25MAY07//
REF/B/MEMORANDUM/HQDA/DASG-PPM-NC/10OCT12/SUBJECT: COLD WEATHER INJURY
PREVENTION PROGRAM, 2012-2013//
REF/C/ATTP 3-97.11/COLD REGION OPERATIONS/28JAN11//
REF/D/FM 4-25.11/FIRST AID (INCL CHANGE 1)/23DEC02//
REF/E/TRADOC REGULATION 350-29/PREVENTION OF HEAT AND COLD
CASUALTIES/06JUL12//
REF/F/TB MED 508/PREVENTION AND MANAGEMENT OF COLD-WEATHER
INJURIES/01APR05//
REF/G/US ARMY PUBLIC HEALTH COMMAND ONLINE RESOURCES LOCATED AT:
[HTTP://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/CIP/PAGES/DEFAULT.ASPX//](http://phc.amedd.army.mil/topics/discond/cip/pages/default.aspx)
REF/H/US ARMY COMBAT READINESS/SAFETY CENTER ONLINE RESOURCES LOCATED
AT:
[HTTPS://SAFETY.ARMY.MIL/MULTIMEDIA/CAMPAIGNS/INITIATIVES/KNOWTHESIGNS/T
ABID/2369/DEFAULT.ASPX//](https://safety.army.mil/multimedia/campaigns/initiatives/knownthesigns/tabid/2369/default.aspx)

1. (U) SITUATION. COLD WEATHER-RELATED INJURIES (CWI) REMAIN A
SIGNIFICANT THREAT TO INDIVIDUAL HEALTH AND UNIT PERFORMANCE DURING
TRAINING AND OPERATIONS. DURING THE 2011 - 2012 COLD WEATHER SEASON,
THERE WERE 235 CWI REPORTED AMONG SOLDIERS: 30 CASES OF HYPOTHERMIA, A
LIFE-THREATENING CONDITION, AND 114 CASES OF FROSTBITE, WHICH CAN LEAD
TO AMPUTATIONS.

2. (U) MISSION. US ARMY (USA) COMMANDERS, SUPERVISORS, AND SOLDIERS AT
ALL LEVELS WILL IMPLEMENT PROTECTIVE MEASURES IN ORDER TO PREVENT CWI
DURING 2012-2013 COLD WEATHER SEASON.

3. (U) EXECUTION.

3.A. CONCEPT OF THE OPERATION.

3.A.1. USA COMMANDERS AND LEADERS WILL ENSURE ALL PERSONNEL ARE
EDUCATED ABOUT THE PREVENTION, RECOGNITION AND TREATMENT OF CWI.

3.A.2 CWI AND OTHER INJURIES RELATED TO COLD WEATHER INCLUDE:

3.A.2.A. INJURIES DUE TO DECREASED TEMPERATURE (HYPOTHERMIA, FROSTBITE, NONFREEZING COLD INJURY).

3.A.2.B. INJURIES DUE TO HEATERS (E.G., BURNS FROM FIRE, ETC.).

3.A.2.C. CARBON MONOXIDE POISONING, AND

3.A.2.D. ACCIDENTS DUE TO IMPAIRED PHYSICAL AND MENTAL FUNCTION RESULTING FROM COLD STRESS.

3.A.3. USA COMMANDERS AND OFFICERS ARE RESPONSIBLE FOR PREVENTING CWI. UNIT NON-COMMISSIONED OFFICERS (NCOS) ARE ACCOUNTABLE FOR THE HEALTH AND SAFETY OF SOLDIERS. SOLDIERS ARE RESPONSIBLE FOR IMPLEMENTING PERSONAL PROTECTIVE MEASURES.

3.A.4. DURING COLD WEATHER EXPOSURES, ANY SOLDIER WHO EXHIBITS UNEXPLAINED DROWSINESS, LACK OF COORDINATION OR MENTAL STATUS CHANGES SHOULD BE PROVIDED APPROPRIATE FIRST AID AND EVACUATED TO THE CLOSEST MEDICAL TREATMENT FACILITY (MTF) AS QUICKLY AS POSSIBLE.

3.B. COORDINATING INSTRUCTIONS.

3.B.1. COMMANDERS, OFFICERS, NCOS AND SUPERVISORS WILL:

3.B.1.A. ENSURE ALL SOLDIERS WHO ARE ISSUED THE EXTENDED COLD WEATHER CLOTHING SYSTEM GENERATION III ARE TRAINED IN THE PROPER WEAR AND CARE OF EACH ITEM. ENSURE ALL SOLDIERS' COLD WEATHER CLOTHING IS CLEAN, DRY AND IN GOOD CONDITION (WITHOUT HOLES OR BROKEN FASTENERS). MORE INFORMATION CAN BE FOUND IN REFERENCE C.

3.B.1.B. ENSURE PERSONNEL CONSUME ADEQUATE FOOD AND MAINTAIN HYDRATION FOR OPTIMAL PERFORMANCE IN THE COLD.

3.B.1.C. ENSURE SOLDIERS' DEPLOYMENT KITS CONTAIN ENOUGH SOCKS, PROPER HEADGEAR, SUNGLASSES, SUNSCREEN, LIP BALM, AND SKIN-CARE ITEMS. USE PROTECTIVE CLOTHING (LOOSE AND IN LAYERS) AND EQUIPMENT PROPERLY.

3.B.1.D. ENSURE SOLDIERS ARE PROPERLY TRAINED IN RECOGNIZING AND PREVENTING CWI. SEE REFERENCES E AND F FOR ADDITIONAL TRAINING INFORMATION.

3.B.1.E. ENSURE SOLDIERS USE THE BUDDY SYSTEM AND EVACUATE TO THE CLOSEST MTF IF CWI SYMPTOMS DEVELOP.

3.B.1.F. ENSURE OFFICERS, NCOS AND MEDICAL PERSONNEL RECOGNIZE AND APPROPRIATELY RESPOND TO CWI. CONDUCT BUDDY CHECKS TO PREVENT AND TREAT SERIOUS CWI AND PREVENT DEATHS. ENSURE EACH SOLDIER REMAINS ALERT FOR CHANGES IN HIS/HER BUDDY'S PHYSICAL AND MENTAL STATUS THAT MAY REPRESENT EARLY SYMPTOMS OF CWI.

3.B.1.G. ENSURE ONLY ARMY APPROVED HEATERS ARE USED AND PERSONNEL ARE TRAINED ON HOW TO USE THEM PROPERLY. MORE INFORMATION CAN BE FOUND AT [HTTP://PHC.AMEDD.ARMY.MIL/PHC%20RESOURCE%20LIBRARY/HEATERS-JUSTTHEFACTS05FINALW-LINKS.PDF](http://phc.amedd.army.mil/phc%20resource%20library/heaters-justthefacts05finalw-links.pdf).

3.B.2. CWI REPORTING.

3.B.2.A. NON-DEPLOYED MTF SHOULD COORDINATE WITH THEIR SUPPORTING PREVENTIVE MEDICINE (PM) ORGANIZATION FOR REPORTING CWI. PM PERSONNEL

SHOULD REPORT CWI TO US ARMY PUBLIC HEALTH COMMAND (USAPHC) USING THE DISEASE REPORTING SYSTEM INTERNET (DRSI). INFORMATION ON DRSI IS AVAILABLE AT
[HTTP://PHC.AMEDD.ARMY.MIL/TOPICS/HEALTHSURV/DE/PAGES/DRSIREOURCES.ASP](http://PHC.AMEDD.ARMY.MIL/TOPICS/HEALTHSURV/DE/PAGES/DRSIREOURCES.ASP)
X AND FROM THE DRSI HELPDESK (EMAIL:
DISEASE.EPIDEMIOLOGY@AMEDD.ARMY.MIL, COM: 410-417-2377, DSN: 867-2377).

3.B.2.B. DEPLOYED PERSONNEL SHOULD REPORT CWI AS OUTLINED IN THEIR MEDICAL ANNEX.

3.B.3. ADDITIONAL RESOURCES AND GUIDANCE ARE AVAILABLE TO LEADERS AND MEDICAL PERSONNEL.

3.B.3.A. THE USAPHC WEBSITE AT
[HTTP://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/CIP/PAGES/DEFAULT.ASPX](http://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/CIP/PAGES/DEFAULT.ASPX)
PROVIDES COMPREHENSIVE INFORMATION ON CWI INJURY PREVENTION.

3.B.3.B. US ARMY TRAINING AND DOCTRINE COMMAND (USATRADOC) PUBLISHED GUIDANCE TO COMMANDERS FOR PREVENTION OF COLD CASUALTIES IN TRADOC REGULATION 350-29, PREVENTION OF HEAT AND COLD CASUALTIES, 6 JUL 12, AT [HTTP://WWW.TRADOC.ARMY.MIL/TPUBS/REGS/TR350-29.PDF](http://WWW.TRADOC.ARMY.MIL/TPUBS/REGS/TR350-29.PDF).

3.B.3.C. US ARMY COMBAT READINESS/SAFETY CENTER (USACRC) LAUNCHED THE FALL/WINTER SAFETY CAMPAIGN TO PROVIDE INFORMATION TO SOLDIERS, FAMILY MEMBERS, AND CIVILIANS ON UNDERSTANDING THE HAZARDS OF COLD WEATHER ACTIVITIES AND HOW EDUCATION AND INFORMATION CAN GUIDE THEM SAFELY THROUGH THE FALL/WINTER SEASONS. INFORMATION ON THE USACRC FALL/WINTER SAFETY CAMPAIGN IS AVAILABLE AT:
[HTTPS://SAFETY.ARMY.MIL/MULTIMEDIA/CAMPAIGNSINITIATIVES/KNOWTHESIGNS/TABID/2369/DEFAULT.ASPX](https://SAFETY.ARMY.MIL/MULTIMEDIA/CAMPAIGNSINITIATIVES/KNOWTHESIGNS/TABID/2369/DEFAULT.ASPX).

4. (U) SUSTAINMENT. N/A.

5. (U) COMMAND AND SIGNAL.

5.A. OTSG/MEDCOM POC: LTC BRYONY SOLTIS, PREVENTIVE MEDICINE STAFF OFFICER, COM: 703-681-3160, DSN: 761; EMAIL:
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5.B. OTSG/MEDCOM POC: CPT JON SHARP, PREVENTIVE MEDICINE SCIENCE STAFF OFFICER, COM: 703-681-2780, DSN: 761; EMAIL: JON.M.SHARP1@US.ARMY.MIL.

5.C. USARIEM POC: DR JOHN CASTELLANI, RESEARCH PHYSIOLOGIST, COM: 508-233-4953, DSN 256; EMAIL: JOHN.CASTELLANI@US.ARMY.MIL.

6. (U) EXPIRATION DATE: 30 SEP 2013.