

Safety...

# HEAT KILLS, PART I

PHYSICAL LABOR COMBINED WITH HOT WEATHER IS A SUREFIRE RECIPE FOR HEAT ILLNESS AND INJURY.

HEAT INJURIES POSE A DANGER IN TRAINING AND COMBAT, DISABLING OR KILLING SOLDIERS EVERY YEAR.



## What Causes Heat Injury?

High air temperatures, high humidity and hard physical work create heat stress in the body. If the body can't get rid of the heat efficiently, body temperature can rise to dangerous levels. Other factors (fatigue, dehydration, wearing body armor) increase the risk of heat illness and injury.

Best defense against heat injury?  
Drink plenty of water

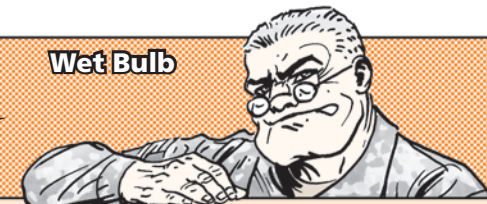


## Risks to Look For

- Not used to heat (non-acclimatized). After 10-14 days of heat and exercise, a Soldier's response to heat stress usually improves.
- Poor fitness
- Overweight
- Sick (cold, flu, sore throat, fever, etc.)
- Taking medications such as antihistamines, decongestants, high blood pressure medications or antidepressants
- Use of alcohol in the last 24 hours
- Earlier heat injuries
- Donating blood
- Sunburn and heat rash (prevent effective sweating)

Unit leaders, pay attention to these risks for heat injury in Soldiers...

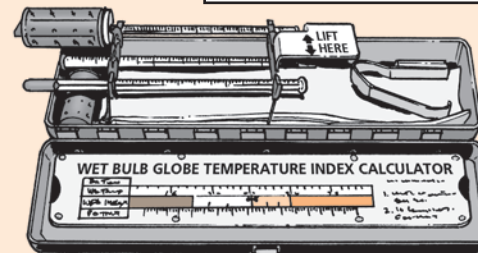
## Wet Bulb



UNIT LEADERS SHOULD ALSO PAY ATTENTION TO...

- The heat category of the past few days as measured by the wet bulb globe temperature index calculator. Once you've found out the heat category, follow the guidelines in the work/rest and water consumption table.  
For each heat category and work intensity level, the table tells you how long a Soldier can work, how much rest he needs, and how much water he should drink.

Use wet bulb globe to determine heat category



Item	NSN 6665-
Wet bulb globe temperature kit (without tripod)	00-159-2218
Wet bulb globe temperature kit (with tripod)	01-381-3023

- The level of hard work during the past few days. How long and hard has the work or training been? Has your unit had several cases of heat injury in the past few days? If so, you may have to reduce the amount or hours of work.

## Work/Rest and Water Table

Order the Work/Rest and Water Consumption Table at the U.S. Army Public Health Command website: <https://usaphcapps.amedd.army.mil/hioshoppingcart>

Type *work/rest* in the search block.

You can also order other instructional materials at this website, including the handy *Heat Injury Prevention (HIP) Pocket Guide*.

Here are just a few must-reads to understand, prevent and treat heat injuries: TRADOC Regulation 350-29, *Prevention of Heat and Cold Casualties (Jul 12)*. You'll find it online at the U.S. Army Training and Doctrine Command: <http://www.tradoc.army.mil/tpubs/regs/tr350-29.pdf>

TB Med 507, *Heat Stress Control and Heat Casualty Management (Mar 03)*. You'll find it online at the Army Publishing Directorate:

[http://armypubs.army.mil/med/DR\\_pubs/dr\\_a/pdf/tbmed507.pdf](http://armypubs.army.mil/med/DR_pubs/dr_a/pdf/tbmed507.pdf)

The Heat Illness Prevention web page on the U. S. Army Public Health Command website: <http://phc.amedd.army.mil/topics/discond/hipss/Pages/HeatInjuryPrevention.aspx>

Next month, we'll discuss types of heat injuries and their symptoms and treatment.