

HEAT KILLS, PART II

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

HEAT INJURIES POSE A DANGER IN TRAINING AND COMBAT. SWEAT, SPIRALS, OR KILLS. SOLDIERS OVER YEAR.

The heat category of the past few index calculator. Once you've worked and water consumption. For each heat category, Soldier can work, how long...

...of hard work duration has been? Has your uniform have to reduce...

Work Rest Schedule website: <https://www.army.mil/heat> in the... You can also order other...

ON PAGES 50-51 OF PS 740 (JUL 14), WE DISCUSSED THE CAUSES, RISKS AND SOURCES OF INFORMATION FOR HEAT INJURY.

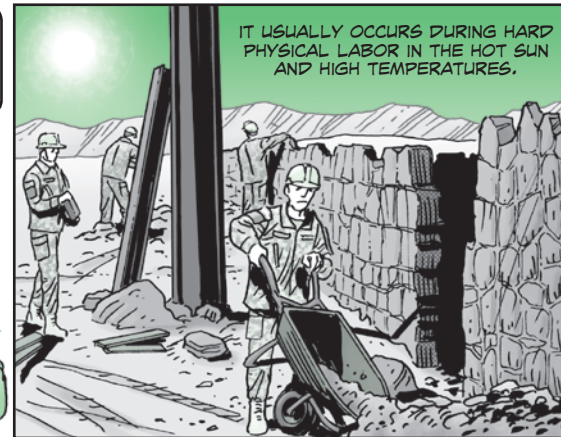
IN THIS ARTICLE, WE'LL DISCUSS TYPES OF HEAT INJURIES, THEIR SYMPTOMS, TREATMENT AND PREVENTION.

EXERTIONAL HEAT ILLNESS (EHI) REFERS TO DISORDERS CAUSED BY TOTAL BODY HEAT STRESS...

...PRIMARILY MUSCLE CRAMPS, HEAT EXHAUSTION AND HEAT STROKE.

THE TWO MAJOR KINDS OF EHI ARE HEAT EXHAUSTION AND HEAT STROKE.

HEAT EXHAUSTION IS THE INABILITY TO CONTINUE WORKING OR EXERCISING BECAUSE OF EXPOSURE TO HEAT.



IT INVOLVES A LOSS OF BODY FLUIDS THROUGH SWEATING.

IF YOU DON'T REPLACE THE FLUIDS YOU'VE LOST, YOU'LL SUFFER HEAT EXHAUSTION.

HERE ARE THE SYMPTOMS...



- Sweating
- Weakness
- Dark-colored urine
- Muscle cramps
- Dizziness
- Nausea
- Headache
- Confusion
- Clumsiness/lack of coordination
- Fainting

AND HERE'S THE TREATMENT FOR SOMEONE SUFFERING FROM HEAT EXHAUSTION...

- Move the person out of the heat and into an air-conditioned room where he can rest. If you can't get him inside, move him to the nearest cool, shady place.
- Loosen his uniform; remove head gear.

- Have him drink 2 quarts of water over a 1-hour period. (Make sure he doesn't drink more than 2 quarts.)



- If he doesn't improve within 30 minutes, or if his condition worsens, get him to a medic or doctor.

Heat Stroke



LEFT UNTREATED, HEAT **EXHAUSTION** CAN PROGRESS TO HEAT **STROKE**.

A BODY SUFFERING FROM HEAT STROKE CAN'T CONTROL ITS OWN TEMPERATURE.

CORE BODY TEMPERATURE CLIMBS ABOVE 105°F. THIS IS THE **MOST DANGEROUS** FORM OF HEAT INJURY.

IT CAN DAMAGE THE BRAIN AND OTHER ORGANS. IT CAN EVEN **KILL YOU**.

Here are the symptoms:

- Heavy sweating
- Vomiting
- Combative
- Convulsions/chills
- Confusion/mumbling
- Fainting

Here's the treatment for someone suffering from heat stroke:

- Call for immediate evacuation to a hospital.
- While waiting for transportation, begin rapid cooling of the heat stroke victim. The faster the body is cooled, the less damage to the brain and organs.
- Move the person out of the heat and into an air-conditioned room or at least to the nearest cool, shady place.
- Strip off ACU to underwear.
- Fan air over the body while wetting the skin with water from cloths.



- If ice is available, soak sheets in ice water. Cover all of the body except the face with iced sheets.



Prevention

SOLDIERS SELDOM HAVE THE OPTION OF STAYING IN THE COOL INDOORS ALL THE TIME.

SO WHEN YOU **MUST** GO OUT INTO THE SUN AND HEAT, FOLLOW THESE GUIDELINES TO **PREVENT** HEAT EXHAUSTION AND HEAT STROKE.

- Wear lightweight, loose-fitting clothing and a helmet or boonie hat.
- Slather on sunscreen, SPF 30 or higher.
- Take extra precautions in extreme heat and humidity. Drink 24 ounces of fluid 2 hours before work or exercise. Drink another eight ounces right before. And during work or exercise, drink another eight ounces every 20 minutes whether you're thirsty or not.
- Avoid alcohol. It will make you lose more fluids and worsen the problem.
- Drink extra fluids, at least eight glasses of water, fruit juice or vegetable juice each day. During times of extreme heat and humidity, consider switching to sport drinks with electrolytes.



Recommended Reading

HERE'S READING MATERIAL TO HELP YOU LEARN EVEN MORE ABOUT PREVENTING AND TREATING 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

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>