

ALARACT 122/2008 HEAT INJURY PREVENTION, DTG 061502Z MAY 08. This message, from the Surgeon General, provides information on heat injury prevention.

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P 061502Z MAY 08

FM PTC WASHINGTON DC//ALARACT//

TO ALARACT

ZEN/RMY/OU=ORGANIZATIONS/OU=ADDRESS LISTS/CN=AL ALARACT(UC) BT UNCLAS QQQQ

SUBJ: ALARACT 122/2008

UNCLASSIFIED//

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC//DACG-PPM//DAMO-DASG// THIS ALARACT MESSAGE IS SENT ON BEHALF OF THE SURGEON GENERAL.//

SUBJECT: (U) HEAT INJURY PREVENTION

REF/A/DOC/AR 40-5/25 MAY 07/AMPN/PREVENTIVE MEDICINE

REF/B/DOC/DASG-PPM-NC/20 APR 07/AMPM/DASG-PPM-NC MEMO SUBJECT: HEAT INJURY PREVENTION POLICY/ [HTTP://USACHPPM.APGEA.ARMY.MIL/HEAT/HEATINJURYPREVENTIONPOLICYAPRIL07.PDF/](http://USACHPPM.APGEA.ARMY.MIL/HEAT/HEATINJURYPREVENTIONPOLICYAPRIL07.PDF/)

REF/C/DOC//TB MED507/AFPAM 48-152(L)/HEAT STRESS CONTROL AND HEAT CAUSALTY MANAGEMENT/07 MAR 03//

1. (U) THIS ALARACT MESSAGE SUPERSEDES THE ALARACT MESSAGE -012256ZAUG07 SUBJECT: HEAT INJURY PREVENTION.
2. (U) IN 2007, THERE WERE 1,840 REPORTED HEAT INJURIES OF WHICH 259 WERE HEAT STROKE AND 3 HEAT-RELATED DEATHS; ONE IN IRAQ, ONE DURING BASIC TRAINING, AND ONE ON A LAND NAVIGATION COURSE.
  - 2.A. COMMANDERS ARE RESPONSIBLE TO PREVENT HEAT INJURIES AND HEAT-RELATED DEATHS. COMMANDERS, NCOS AND SUPERVISORS MUST ENSURE SOLDIERS FOLLOW THESE BASIC, EFFECTIVE PREVENTIVE MEASURES.
  - 2.B. DURING WARM WEATHER TRAINING, ANY SOLDIER WHO EXHIBITS CONFUSION OR ABNORMAL BEHAVIOR SHOULD BE TREATED AS A HEAT STROKE PENDING MEDICAL EXAMINATION. COOLING IS THE HIGHEST PRIORITY. SEE COMMANDER'S, SENIOR NCO'S AND INSTRUCTOR'S GUIDE TO RISK MANAGEMENT OF HEAT CASUALTIES.
  - 2.C. ENSURE SOLDIERS ARE WELL HYDRATED BEFORE AND DURING OPERATIONS AND TRAINING, ESPECIALLY DURING HIGH-RISK SITUATIONS. WATER MUST BE AVAILABLE DURING THESE ACTIVITIES.
  - 2.D. DO NOT ALLOW SOLDIERS TO EMPTY CANTEENS TO LIGHTEN THEIR LOAD.
  - 2.E. ENSURE THERE IS ADEQUATE TIME FOR SOLDIERS TO EAT THEIR MEALS AND DRINK WATER. DO NOT ALLOW SOLDIERS TO USE SALT TABLETS BECAUSE THERE IS AN ADEQUATE AMOUNT OF SALT IN MEALS.
  - 2.F. UPDATE WET BULB GLOBE TEMPERATURE (WBGT) HOURLY WHEN AMBIENT TEMPERATURE IS GREATER THAN OR EQUAL TO 75 DEGREES FAHRENHEIT. CONSIDER THE IMPACT OF CUMULATIVE EFFECT OF INCREASED TEMPERATURES, WHEN PRESENT FOR THREE OR MORE DAYS.
  - 2.G. FOLLOW WORK/REST CYCLE IN HIGH-HEAT CATEGORIES WITH REST IN THE SHADE AND UNIFORM MODIFICATION.
  - 2.H. NCOS AND MEDICAL PERSONNEL NEED TO RECOGNIZE AND RESPOND TO HEAT INJURIES. ENSURE SOLDIERS ARE FAMILIAR WITH SIGNS AND SYMPTOMS OF HEAT INJURY SO THAT CALLS FOR MEDICAL SUPPORT ARE NOT DELAYED. INTEGRATE THE MEDICAL OFFICER INTO ALL UNIT FUNCTIONS. COMMANDERS AND NCOS CAN USE BATTLE BUDDY CHECKS TO PREVENT HEAT INJURIES AND HEAT-RELATED DEATHS. EACH SOLDIER SHOULD BE AWARE OF HIS/HER BATTLE BUDDY'S EATING, DRINKING, AND FREQUENCY OF URINATION, TO HELP RECOGNIZE EARLY SYMPTOMS OF HEAT INJURY.

3. THE CHPPM WEBSITE: [HTTP://CHPPM-WWW.APGEA.ARMY.MIL/HEAT/](http://CHPPM-WWW.APGEA.ARMY.MIL/HEAT/) HAS ABUNDANT INFORMATION ABOUT HEAT INJURY PREVENTION.

4. HQDA POCS FOR THIS MESSAGE ARE COL SCOTT STANEK, COM: 703-681-3160, DSN 761-3160, OR EMAIL: [SCOTT.STANEK@AMEDD.ARMY.MIL](mailto:SCOTT.STANEK@AMEDD.ARMY.MIL); MR. PAUL REPACI, COM: 703-681-2949, DSN 761-2949, OR EMAIL: [PAUL.REPACI@AMEDD.ARMY.MIL](mailto:PAUL.REPACI@AMEDD.ARMY.MIL).

5. EXPIRATION DATE CANNOT BE DETERMINED.

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