

## Supply Information

Item	NSN
Sunscreen Lotion	6505-01-121-2336
Non-alcohol Lotion Base Sunscreen	6505-01-267-1486
DEET Insect Repellent	6840-01-284-3982
Permethrin (IDA Kit) ("Shake & Bake")	6840-01-345-0237
Hearing Protection - Sound Guard Earplugs	6515-00-137-6345

**Figure 1: Fluid Replacement and Work/Rest Guide**

Heat Cat	WBGT Index, °F	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (Qt/H)	Work/Rest (min)	Water Intake (Qt/H)	Work/Rest (min)	Water Intake (Qt/H)
1	78° - 81.9°	NL	½	NL	¾	40/20	¾
2	82° - 84.9°	NL	¾	50/10	¾	30/30	1
3	85° - 87.9°	NL	¾	40/20	¾	30/30	1
4	88° - 89.9°	NL	¾	30/30	¾	20/40	1
5	> 90°	50/10 min	1	20/40	1	10/50	1

**Easy Work** = Walking hard surface 2.5 mph <30# load, Weapon maintenance, Marksmanship training

**Moderate Work** = Patrolling, Walking in sand 2.5 mph no load, Calisthenics

**Hard Work** = Walking in sand 2.5 mph with load, Field assaults

**Figure 2: Wind Chill Temperature Table**

Wind (MPH)	Temperature (°F)									
	40	30	20	10	0	-10	-20	-30	-40	
Calm	40	30	20	10	0	-10	-20	-30	-40	
5	36	25	13	1	-11	-22	-34	-46	-57	
10	34	21	9	-4	-16	-28	-41	-53	-66	
15	32	19	6	-7	-19	-32	-45	-58	-71	
20	30	17	4	-9	-22	-35	-48	-61	-74	
25	29	16	3	-11	-24	-37	-51	-64	-78	
30	28	15	1	-12	-26	-39	-53	-67	-80	
35	28	14	0	-14	-27	-41	-55	-69	-82	
40	27	13	-1	-15	-29	-43	-57	-71	-84	
45	26	12	-2	-16	-30	-44	-58	-72	-86	
50	26	12	-3	-17	-31	-45	-60	-74	-88	
55	25	11	-3	-18	-32	-46	-61	-75	-89	
60	25	10	-4	-19	-33	-48	-62	-76	-91	

Frostbite Times ▶

30 minutes

10 minutes

5 minutes

## Insects

To reduce exposure to harmful insects, particularly ticks and mosquitoes, use the DOD Insect Repellent System:



## Displaced Animals

Stress can change the temperament of normally friendly pets. Wild and domesticated animals will seek shelter in unusual places to avoid danger. Do not handle displaced animals. Do not keep pets/mascots. Contact animal control specialists for help.

## Hazardous Plants

Some plants can irritate the skin if touched. When burned they can irritate the skin and lungs. Avoid skin contact with plants when possible and wash contaminated skin and clothing after contact. Leaves of three – leave them be.

## Personal Protective Equipment (PPE)

The level of personal protective equipment (PPE) required will depend upon your role in the effort. Anticipate and bring items such as a hard hat, goggles, heavy work gloves, steel-toed boots and hearing protection. Some PPE items may not be standard issue for most U.S. military personnel.

## Military Vaccine Requirements

Refer to MILVAX at <http://www.vaccines.army.mil/> for up-to-date vaccine requirements.

DISTRIBUTION UNLIMITED

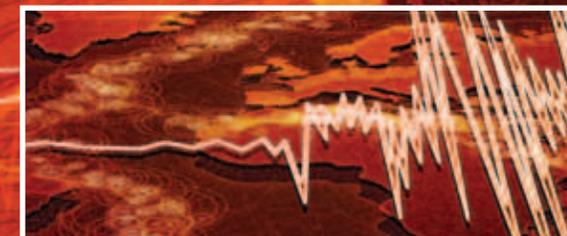


<http://phc.amedd.army.mil>

SIPRNet: <http://usachppm1.army.smil.mil>

(800) 222-9698/ DSN 584-4375/ (410) 436-4375

SHG-024-0711



# Deployment Health Guide: Earthquake Response

USAPHC

This deployment health guide provides information that can help reduce your risk of injury and disease when deployed in response to a disaster. Army G-1 Personnel Policy Guidance (<http://www.armyg1.army.mil/MilitaryPersonnel/ppg.asp>) requires that you also receive a preventive medicine briefing prior to your deployment.

## Overview

Earthquakes strike suddenly, violently, and without warning. If an earthquake occurs in a populated area, it may cause many deaths and injuries, and extensive damage.

The main hazards associated with an earthquake are unstable structures, fire, electrical hazards, carbon monoxide, physical injury, heat and cold stress, hazardous materials, and confined spaces.

## Communication

Other Federal, state, and local officials may have higher authority than your agency and they may be coordinating the on-scene efforts. Communicate with them and understand how your mission fits into the response efforts.

## Site Safety

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Before you begin any response efforts, an on-scene safety officer should brief you about site safety and health issues. As conditions and missions change, the safety officer should provide updated information to allow for adjustments in safety measures.

## Unstable Structures

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Ground movements and tremors can damage walkways, parking lots, roads, and buildings. Don't work around any damaged building until it has been certified safe by an engineer or architect. Assume all structures are unsafe until they are inspected. Leave at once if shifting or noise signals a possible collapse. Be cautious of aftershocks and further building collapse. Do not disturb debris without proper personal protective equipment. Some debris may contain asbestos and lead-based paint or be covering toxic corrosive hazards.

## Fire

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Fire protection systems may be inoperable. Bring two or more fire extinguishers with a UL rating of at least 10A (suitable for putting out wood, paper and cloth fires) to each cleanup job. Broken gas and electric lines can combine to create dangerous fires. Evacuate the area if you smell gas or see downed power lines and report the event to the utility company. Never operate gasoline-powered equipment or work with tools that might create a spark when gas odors are present.

## Electrical Hazards

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Do not restore power to damaged electrical equipment until it has been inspected by a qualified electrician. If you must work near a downed power line, contact the utility company to de-energize and ground or shield the power lines.

## Carbon Monoxide

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Carbon monoxide is a colorless and odorless gas and it can kill you. Gasoline- or diesel-powered pumps, generators and pressure washers produce carbon monoxide. Never operate

gasoline-powered equipment indoors. Symptoms of low-level exposure include shortness of breath, mild nausea, and mild headaches. If you suspect carbon monoxide exposure, move to fresh air immediately and seek medical attention.

## Physical Injury

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Moving debris can cause cuts, scrapes, bruises, and sprains especially to the hands, back, knees, and shoulders. Wear leather gloves, safety goggles, and steel-toed shoes. Avoid lifting more than 50 pounds per person. Be sure you've had a tetanus vaccination within the past 10 years.

## Heat and Cold Stress

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### Heat

- ▶ Full heat acclimatization takes 7-14 days of physical exertion in the heat. Physical exertion should start slowly but increase in intensity and duration.
- ▶ Drink enough water to replace sweat loss. If your urine becomes dark yellow and infrequent, drink more fluid.
- ▶ Use work-rest cycles and when possible, work during the cooler hours of the day. (See Figure 1)
- ▶ Get medical attention for heat cramps, exhaustion, or stroke.
- ▶ Use sunscreen.

### Cold

- ▶ Remember **C-O-L-D**: keep clothing Clean, avoid Overheating, wear clothing Loose and in layers, and keep clothing Dry. (See Figure 2)
- ▶ Use the buddy system to check for signs of cold injury.
- ▶ Get medical help for loss of sensitivity in any body part, mental slowness, or uncontrollable shivering.

## Hazardous Materials

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Earthquakes may dislodge or rupture tanks, drums and pipes containing hazardous materials. Contact the local fire department or hazardous materials team before moving unidentified containers. In contaminated areas, wear protective clothing and respirators. Wash exposed skin areas frequently.

## Confined Spaces

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Toxic gases, a lack of oxygen, or explosive conditions may exist in a confined area. Because many toxic gases and vapors cannot be seen or smelled, **never** enter a confined space unless you have been properly trained; even to rescue a fellow worker! Contact the fire department for help.

If you are certified to enter confined spaces:

- ▶ Molding or fermenting agricultural materials in confined spaces may generate large amounts of toxic gases which could cause lung damage or death if inhaled.
- ▶ Turn on fans or blowers in silos and other storage areas at least 30 minutes before entering and leave them on while working.

## Bloodborne Pathogens

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If you come in contact with blood or other body fluids, treat the blood and body fluids as infectious. Wear gloves and eye protection. If necessary, you can improvise with a towel or plastic bag to avoid contact.

## Dealing with Human Remains

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In disasters, there is the possibility of coming in contact with people who have died under tragic circumstances. Leave in place and notify mortuary affairs or your chain of command. Note that human and animal remains do not pose a disease threat for people not directly involved with recovery.

If you do work directly with remains:

- ▶ Wear latex or similar gloves with a cut-proof inner glove.
- ▶ Limit exposure to the stimuli - use screens and barriers to reduce views.
- ▶ You may experience a variety of feelings. Do not keep these emotions inside. They are normal, and are best worked through by talking with your team.
- ▶ Do not hesitate to talk with a chaplain or with a mental health provider in your area.