

Heat Injury Controls



Decision to accept risk is made at the appropriate level

- See TRADOC Reg 385-2, para 1-5e. (<http://go.usa.gov/3EbCH>)



Identified controls are in place

- Monitor and record Wet Bulb Globe Temperature (WBGT) hourly.
- Adhere to work/rest cycle in high heat categories.
- Run in formation at a double arm interval (the extra space helps an individual's heat dissipate during runs).
- For tasks requiring continuous effort, adhere to the Work/Rest Times and Fluid Replacement Guide (<http://go.usa.gov/3Ebg3>) and other guidelines for warm weather training conditions. Allow several hours of rest afterwards.



Monitor and enforce hydration and eating

- Encourage frequent drinking. Do not exceed 1½ quarts per hour or 12 quarts per day. If possible, cool water to make it more pleasant to drink.
- Do not allow Soldiers to empty canteens to lighten load.
- Ensure Soldiers are well hydrated before training. Ask about urine color - urine is nearly clear if well hydrated.
- Ensure adequate time to drink and to eat entire meals.
- Table salt may be added to food when the heat category is high. Salt tablets are not recommended.



Execute random checks

- Spot checks by Cadre, Senior NCOs, and Drill Instructors.
- Enforce battle buddy checks — need to be aware of each other's eating, drinking and frequency of urination.
- Plan placement of leaders to observe and react to heat casualties in dispersed training like land navigation.



Follow clothing recommendations

- Heat category 1-2: Normal wear.
- Heat category 3: Unblouse trouser legs, loosen belt.
- Heat category 4-5:
 - » Unblouse trouser legs, loosen belt.
 - » Remove t-shirt from under ACU top or remove top down to t-shirt (depends whether biting insects are present).
 - » Remove helmets unless there are specific safety reasons to keep them on (such as being on a firing range).
- MOPP 4: Add 10°F to WBGT index for easy work, and 20°F to WBGT index for moderate and hard work.
- Body Armor: Add 5°F to WBGT index.

Have Soldiers take cold showers at the end of the day when moderate or heavy work was performed in Heat Category 3 or higher, to “dump” excess body heat.