



July is Heat Injury Prevention Month

According to OSHA, “Heat is the leading cause of death among all weather-related phenomena, and it is becoming more dangerous, as 18 of the last 19 years were the hottest on record.”

SAFETY ALERT: WATCH THIS!



Click the icon to watch the video, or go to: <https://safety.army.mil/MEDIA/Video-Library/Video-Player/VideoId/383/heat-illness-prevention>

HEAT INJURY PREVENTION MEASURES

Heat Illness associated with physical exertion is known as exertional heat illness (EHI). EHI is a spectrum of disorders to include dehydration, mild heat cramps, heat exhaustion (when the cardiovascular system cannot maintain the high blood flow required for both movement and sweating), and heat stroke. 1-4 Hyponatremia, or exertional hyponatremia, occurs when excessive water consumption causes an imbalance to the body chemistry.



Monitor Hydration Status



Follow Work/Rest and Water Consumption



Track Water Consumption



Use Shade When Available



Ensure Soldiers Eat Food



Limit Caffeine & Energy Drinks

Safety Tools & Resources

(Click a title to visit the website)



[The New York Army National Guard Safety Webpage](#)



[The Army National Guard Safety Website](#)



[Is your command compliant? Initiate a Command Safety Assessment](#)



[The United States Army Combat Readiness Center Website](#)



[The future of Safety Reporting and Statistics for the Army](#)



[Create & Manage your deliberate risk management worksheets online](#)

Safety Joke of the Month

Although they say, “safety is no laughing matter,” with effective control measures implemented – it can be!



If you are interested having your Safety joke published, please submit your joke and contact information to LTC Alexander Prezioso at: alexander.prezioso.mil@army.mil

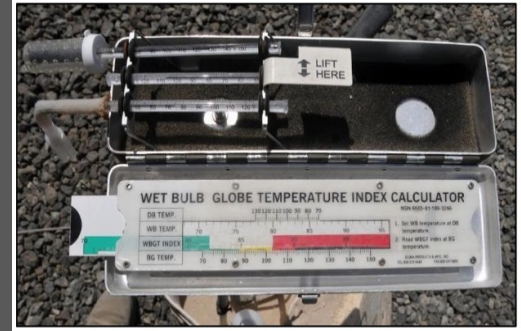
Heat Casualty Signs, Symptoms & Actions

Heat cramps: a first sign to catch	
<ul style="list-style-type: none"> • Muscle pain or spasms (abdomen, arms, legs) 	<ul style="list-style-type: none"> • Stop activity, move to shade • Drink juice/water with 1/2 pack salt or sports drink
Heat Exhaustion: catch signs early and treat	
<ul style="list-style-type: none"> • Dizziness • Headache • Nausea • Weakness • Clumsy/unsteady walk • Muscle cramps 	<ul style="list-style-type: none"> • Rest in shade • Loosen uniform/remove head gear • Ensure excess water has not been consumed, limit to 2 quarts over 1-hour period • Evacuate if no improvement in 30 min, or if condition worsens
Heat Stroke: a medical emergency	
<ul style="list-style-type: none"> • Convulsions and chills • Vomiting • Confusion, mumbling • Possibly combative • Passing out (unconscious) 	<p>COOL and CALL (ASAP)!</p> <ul style="list-style-type: none"> • Strip clothing • Rapid cool (ice sheets) • Call for ER evacuation • Continue cooling during transport • Keep same person to observe for mental change during transport
Hyponatremia: a medical emergency	
<ul style="list-style-type: none"> • History of large water consumption • Confusion • Vomiting (liquid, no food)/ repeat vomiting • Clear urine • Convulsions 	<p>Water intoxication (overconsumption of water) requires medical treatment ASAP!</p>
When in doubt – call 911 for emergency evacuation!	



Wet Bulb Risk Cat.

Category	WBGT, °F	WBGT, °C	Flag Color
1	< 82	< 27.8	White
2	82 - 84.9	27.8-29.3	Green
3	85 - 87.9	29.4 - 31.0	Yellow
4	88 - 89.9	31.1 - 32.1	Red
5	≥90	≥ 32.2	Black



Work /Rest Times & Fluid Replacement Guide

Applies to average size, heat-acclimated Soldier wearing army combat uniform, hot weather.

Heat Category	WBGT Index (°F)	Easy Work		Moderate Work		Hard Work	
		Work/Rest (minutes)	Fluid Intake (quarts/hour)	Work/Rest (minutes)	Fluid Intake (quarts/hour)	Work/Rest (minutes)	Fluid Intake (quarts/hour)
1	78° - 81.9°	NL	½	NL	¾	40/20 (70)*	¾ (1¼)*
2 (GREEN)	82° - 84.9°	NL	½	50/10 (150)*	¾ (1)*	30/30 (65)*	1 (1¼)*
3 (YELLOW)	85° - 87.9°	NL	¾	40/20 (100)*	¾ (1)*	30/30 (65)*	1 (1¼)*
4 (RED)	88° - 89.9°	NL	¾	30/30 (80)*	¾ (1¼)*	20/40 (50)*	1 (1¼)*
5 (BLACK)	> 90°	50/10 (180)*	1	20/40 (70)*	1 (1¼)*	10/50 (45)*	1 (1½)*

NL = No limit to work time per hour.

*Use the amounts in parentheses for continuous work when rest breaks are not possible. Leaders should ensure several hours of rest and rehydration time after continuous work.

This guidance will sustain performance and hydration for at least 4 hours of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr). Rest means minimal physical activity (sitting or standing) in the shade if possible. Body Armor - Add 5°F to WBGT index in humid climates. NBC (MOPP 4) - Add 10°F (Easy Work) or 20°F (Moderate or Hard Work) to WBGT Index.

CAUTION: Hourly fluid intake should not exceed 1½ qts. Daily fluid intake should not exceed 12 qts.

Quick Links

- <https://phc.amedd.army.mil/topic/s/discond/hipss/Pages/Heat-Related-Illness-Prevention.aspx>
- <https://phc.amedd.army.mil/PHC%20Resource%20Library/diseases-epi-heat-illness-factsheet.pdf>
- <https://ephc.amedd.army.mil/HIPCatalog/viewItem.aspx?id=259>
- <https://www.osha.gov/heat-exposure/rulemaking>

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