

# Heat Injury Controls



## Decision to accept risk is made at the appropriate level

- Made in accordance with appropriate MACOM regulation.



## Identified controls are in place

- Update WBGT hourly when ambient temperature is  $\geq 75^{\circ}\text{F}$ .
- Adhere to work/rest cycle in high heat categories. Rest in shade.
- For tasks requiring continuous effort, adhere to guideline and allow several hours of rest afterwards.
- Training event incorporates good prior planning.



## Monitor and enforce hydration standard

- Encourage frequent drinking, but not to exceed 1 ½ quarts per hour or 12 quarts per day. Make water more palatable, if possible, by cooling.
- Do not allow soldier or trainees to empty canteens to lighten load (consider imposing a penalty in time events).
- Ensure soldiers are well hydrated before training. Ask about urine; urine is clear if well hydrated.
- Check Riley (water) Card or Ogden Card frequently.



## Monitor and enforce eating of meals

- Ensure all meals are eaten during the meal break.
- Ensure adequate time to eat and drink 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 NCO's, 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 injuries in dispersed training.



## Follow clothing recommendations

- Heat category 1-2: No restrictions.
- Heat category 3: Unblouse trouser legs, unbuckle web belt.
- Heat category 4-5:
  - Unblouse trouser legs, unbuckle web belt.
  - Remove t-shirt from under BDU top or remove BDU top down to t-shirt (depends whether biting insects are present).
  - Remove helmets unless there are specific safety reasons to keep them on (ex: range).
- MOPP 4: Add 10°F to WBGT index for easy work, and 20°F to WBGT index for moderate and hard work.

