



DEPARTMENT OF THE ARMY
UNITED STATES ARMY GARRISON BADEN-WUERTTEMBERG
UNIT 29237
APO AE 09014-9237

IMEU-BW-ZA

7 July 2011

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: United States Army Garrison (USAG) Baden-Wuerttemberg, Command Policy Memorandum #18, Preventing Heat Related Injuries and Illnesses

1. References:

- a. AER 40-50-1, Heat-Injury Prevention Program, 26 Jul 05.
- b. AER 40-50-1G, Programm zur Voreugung hitzebedingter gesundheitlicher Beschwerden, 26 Jul 05.
- c. Army FM 5-19, Composite Risk Management, 21 Aug 06.
- d. DA PAM 385-10, Army Safety Program, 23 May 08 (RAR 003, 19 Jan 10).
- e. AR 385-10, The Army Safety Program, 27 Aug 07 (RAR 003, 14 Jun 10).

2. Purpose: Establish policy and procedures for preventing heat injuries and illnesses.

3. Applicability: All USAG Baden-Wuerttemberg, Heidelberg, Kaiserslautern, and Mannheim Soldiers and DA civilians (Appropriated and Non-appropriated fund).

4. Heat related injuries and illnesses are a very real threat in Germany where temperatures can range from 75 to 100 degrees Fahrenheit (23.89 – 37.78 Celsius). Though heat related injuries may occur throughout the year they are more frequent during the summer months. Preventing heat related injuries and illnesses is simply *“taking care of people.”* However, all too often the focus is on recognizing and treating hot-weather injuries rather than preventing them. Heat related injuries are 100% preventable thru proper risk management.

5. According to health experts, the four attributes that lead to heat related injuries and illnesses are: climate; intensity and duration of activities; individual’s risk factors; and improper re-hydration. Addressing one or all of these factors significantly reduces and/or eliminates the chance of incurring a heat-related injury. Commanders, supervisors and leaders at every level must review AER 40-50-1 and take the precautions outlined in the publication to prevent heat related injuries. Specifically, identify “at risk” personnel and develop a plan specific to heat injury prevention including work rest cycles when required. Know that personnel that have suffered a heat related injury in the past are now more susceptible to experience an additional heat related injury.

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6. The Work Rest Water Consumption Table at Encl 1 must be used in making every reasonable effort to reduce heat stress among our personnel. When support operations must be curtailed, I fully expect leaders to coordinate with affected units to resolve any differences that may impede a unit's ability to accomplish their mission, before curtailing support due to the Wet Bulb Globe Temperature (WBGT) level. Individual directorates, units, organizations and activities are responsible for obtaining the WBGT for the area they will be operating in.

7. Garrison staff elements holding events during summer months must have procedures in place for potential cancellation or postponement of scheduled events when WBGT temperatures exceed 88 degrees F (31 degrees C). Personnel sponsoring such events must ensure event facilitators receive heat injury prevention refresher training. Training must enable them to recognize the signs, symptoms, and treatment of heat-related injuries. Event coordinators must ensure potable water is available (tap water or bottled water) in sufficient quantities to support the participants and spectators of the event.

8. The proponent for this policy memorandum is USAG Baden-Wuerttemberg Safety Office, DSN 373-5277/9082, commercial 06221-17-5277/9082, or email: usagbw.safety@eur.army.mil.

Encl
Work Rest Water Consumption Table


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Commanding

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USAG Baden Wuerttemberg Policy 18 Preventing Heat Injuries

Work/Rest and Water Consumption Table

Applies to average sized, heat-acclimated soldier wearing BDU, hot weather. (See TB MED 507 for further guidance.)

Easy Work	Moderate Work	Hard Work
<ul style="list-style-type: none"> • Weapon Maintenance • Walking Hard Surface at 2.5 mph, < 30 lb Load • Marksmanship Training • Drill and Ceremony • Manual of Arms 	<ul style="list-style-type: none"> • Walking Loose Sand at 2.5 mph, No Load • Walking Hard Surface at 3.5 mph, < 40 lb Load • Calisthenics • Patrolling • Individual Movement Techniques, i.e., Low Crawl or High Crawl • Defensive Position Construction 	<ul style="list-style-type: none"> • Walking Hard Surface at 3.5 mph, ≥ 40 lb Load • Walking Loose Sand at 2.5 mph with Load • Field Assaults

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences ($\pm \frac{1}{4}$ qt/hr) and exposure to full sun or full shade ($\pm \frac{1}{4}$ qt/hr).

- **NL** = no limit to work time per hr.
- **Rest** = minimal physical activity (sitting or standing) at completed in shade if possible.

- **CAUTION: Hourly fluid intake should not exceed 1½ qts.**

Daily fluid intake should not exceed 12 qts.

- If wearing body armor, add 5°F to WBGT index in humid climates.

- If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index.

- If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index.

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

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