

**APPENDIX G  
PREVENTION OF HEAT INJURY**

**1. POINTS OF CONTACT (POC) :**

- a. Preventive Medicine Activity, Brooke Army Medical Center (BAMC): 295-2500/2311.
- b. Reference FSH Reg 40-6, Prevention of Heat Injury.
- c. For current Wet Bulb Globe Temperature (WBGT) Information Call:
  - (1) Camp Bullis (automated reading): 295-7608
  - (2) BAMC: 295-2445

**2. GUIDELINES FOR PHYSICAL ACTIVITY:**

- a. Category 1, or White (WBGT Index: 78° - 81.9° F): Extremely intense physical exertion may precipitate heat exhaustion or heat stroke; therefore, caution should be taken.
- b. Category 2, or Green (WBGT Index: 82° - 84.9° F): Discretion should be used in planning heavy exercise for unseasoned personnel.
- c. Category 3, or Yellow (WBGT Index: 85° - 87.9° F): Strenuous exercise, such as marching at standard cadence should be suspended in unseasoned personnel during their first three weeks of training. At this temperature training activities may be continued on a reduced scale after the second week of training. Outdoor classes in the sun should be avoided when the WBGT exceeds 85° F.
- d. Category 4, or Red (WBGT Index: 88° - 89.9° F): Strenuous exercise should be curtailed for all recruits and other trainees with less than 12 weeks training in hot weather. Hardened personnel, after having been acclimatized each season, can carry on limited activity for periods not exceeding 6 hours a day.
- e. Category 5, or Black (WBGT Index: 90° F and above): Physical training and strenuous exercise should be suspended FOR ALL PERSONNEL (excluding essential operational commitments not for training purposes, where the risk of heat casualties may be warranted).
- f. Officers and NCOs supervising physical activities should be familiar with guidelines outlined in the TB MED 507, Prevention Treatment, and Control of Heat Injury (NAVMED P-5052-5/AFP 160-1).
- g. The WBGT Index and related categories are excellent guides for planning activities; however, heat injuries may occur to individuals with certain medical problems at WBGT temperature of 75° F and lower. On-site assessments must be made. Ensure adequate water and dietary intake.
- h. Approximately 2 weeks with progressive degrees of heat exposure and physical exertion should be allowed for substantial acclimatization.

i. When possible, physical activities should be planned during the coolest time of the day (early morning or late evening). The activities should be limited in intensity and time for unseasoned personnel.

j. Wearing of body armor or NBC warfare protective uniforms in effect adds 10° F to the measured WBGT. Appropriate precautions should be taken and adjustments made accordingly.

**3. RECOGNITION OF HEAT INJURY:**

a. Heat cramps:

(1) Symptoms: Active sweating, muscle cramps.

(2) Treatment: Remove to cool area. Massage extremities. Contact medical facility.

b. Heat exhaustion.

(1) Symptoms: Profuse sweating, headache, nausea, tingling extremities, weakness, vomiting, skin cool and moist, rapid pulse.

(2) Treatment: Remove to cool area. Elevate feet. Evacuate to medical facility.

c. Heatstroke:

(1) Symptoms: High body temperature, unconsciousness, convulsions, delirium, skin hot, dry and flushed.

(2) Treatment: Lower body temperature immediately. Remove clothing, immerse in water, if available, otherwise sprinkle with water and fan to increase evaporation. Elevate feet. Massage extremities and trunk. Remove to medical facility ASAP. Continue cooling measures during transportation.