



Division of DZ into quadrants by combination of centerline road and bisection of DZ.

Marking

Day

Primary- Colored Smoke

Alternate- VS-17 panel

Night

Primary- converging Headlights / ground strobe for far recognition

Alternate- Inverted "Y"

Signs & Symptoms

- Dizziness
- Headache
- Cramps
- Lack of Sweat
- Increased Temperature W/ Altered Mental status (Unconsciousness,)
- Nausea
- Muscle
- Dry Mouth

Leading Risk Factors

- New, Non-Acclimated Soldier to FT Benning
- Intensity and duration of Training
- Poor Physical Condition, High BMI, Overweight
- Medical History (Prior Heat Injuries, Meds)

Treatment Steps

Soldier experienced signs and symptoms of a heat injury.

ARE THERE?

Mental Status Changes?

Or

Unconsciousness?

And

Temperature = or > 101 by Thermo-Scan

Measure a minimum of three times alternating ears (determine average), May need to test Thermo-Scan on a normal soldier to gage accuracy.

No

Yes

Stop, Cool

- Move to Shade(if Possible)
- Loosen Clothing
- Arm Immersion
- Monitor Soldier

If Soldiers get worse or does not improve within 30 mins

Evacuate

Stop, Cool, Call E-911

- Move to Shade(if Possible)
- Loosen Clothing
- Apply Ice Sheets
- Swap Ice Sheets as they Warm
- Monitor Soldiers Status
- Document actions and

Heat Category	WBGT Index (F)	Easy Work		Moderate Work		Hard Work	
		Work/Rest	Water Intake (qt/h)	Work/Rest	Water Intake (qt/h)	Work/Rest	Water Intake (qt/h)
1	79-81.9	NL	1/2	NL	%	45/20 min	%
2 (Yellow)	82-84.9	NL	1/2	50/10 min	%	30/30 min	1
3 (Yellow)	85-87.9	NL	3/4	40/20 min	%	30/30 min	1
4 (Red)	88-89.9	NL	3/4	30/30 min	%	20/40 min	1
5 (Black)	> 90	50/10 min	1	20/40 min	1	10/50 min	1

*The work-rest times and fluid replacement volumes will sustain performance and hydration for at least 4 h of work in the specified heat category. Fluid needs can vary based on individual differences (± 1/4 qt/h) and exposure to full sun or full shade (±1/4 qt/h).

*NL= no limit to work time per hour.

*Rest means minimal physical activity (sitting or standing), accomplished in shade if possible.

*CAUTION: Hourly fluid intake should not exceed 1 1/4 quarts.

*Daily fluid intake should not exceed 12 quarts.

*If wearing body armor add 5°F to WBGT in humid climates

*If wearing NBC clothing (mission-oriented protective posture (MOPP 4)), add 10°F to WBGT index for easy work, and 20°F to WBGT index for moderate and hard work.



Ice Sheet #1
Lay flat on the
Litter
Lay Soldier on Ice
Sheet.



Ice Sheets
#2,3,&4 Rolled
and placed
under each arm
pit, and in the
groin area



Ice Sheet #5
Wrap around the
neck, ensure that
the face is not
covered.



Ice sheet #6
Lay across the
soldiers body.

Swap ice sheets out as they begin warm, continue to monitor the soldier until EMS arrives