



STATE SAFETY OFFICE
HEADQUARTERS, NEW YORK ARMY NATIONAL GUARD
330 OLD NISKAYUNA ROAD
LATHAM, NEW YORK 12110-2224



SAFETY MESSAGE 16-13

ALARACT 072/2016

Avoiding Heat Illness and Fatalities

Important Guidance for All NYARNG Leaders and Soldiers:

The following Urgent ALARACT message concerns using Risk Management and appropriate Pre-Combat Checks and Inspections to insure that Soldiers are prepared for, and have correct equipment on-hand to allow, training and operations under hot and humid conditions.

This information should be disseminated as completely as possible to all Soldiers.

ALARACT 072/2016
DTG: R 031838Z AUG 16
UNCLAS

SUBJ/URGENT ALARACT 072/2016 - AVOIDING HEAT ILLNESS AND FATALITIES

THIS URGENT ALARACT MESSAGE HAS BEEN TRANSMITTED BY JSP ON BEHALF OF HQDA CSA

1. LEADERS AND SOLDIERS SHOULD UNDERSTAND THAT THE PREVENTION OF HEAT INJURIES IS VITAL TO SUSTAINING COMBAT POWER. OVER THE PAST WEEK, THE ARMY SUFFERED TWO FATALITIES THAT MAY BE ATTRIBUTABLE TO HIGH INTENSITY EXERTION IN HOT, HIGH HUMIDITY ENVIRONMENTS. THESE FATALITIES OCCURRED AT FORT BENNING AND FORT JACKSON; AND WHILE EACH HAS DISTINCT CIRCUMSTANCES, THEY ALL SHARE THE SIMILARITY OF INTENSE, PHYSICAL EXERTION IN HOT ENVIRONMENTS IMMEDIATELY PRIOR TO THE ONSET OF THE SYMPTOMS THAT LED TO THE DEATHS. IMPORTANTLY, HIGH AMBIENT TEMPERATURE IS ONLY ONE RISK FACTOR FOR EXERTIONAL HEAT ILLNESS OR FATALITY. OTHER RISK FACTORS INCLUDE: LACK OF HEAT ACCLIMATIZATION, GEAR WORN (IBA, RUCK/KEVLAR, PROTECTIVE MASK, ETC.), CUMULATIVE EXPOSURE TO HEAT, INADEQUATE HYDRATION OR OVER HYDRATION (WATER INTOXICATION), POOR PHYSICAL FITNESS, CONCURRENT ILLNESS, USE OF CERTAIN MEDICATIONS OR SUPPLEMENTS, USE OF ALCOHOL WITHIN THE LAST 24 HOURS, LACK OF SLEEP, PRIOR HISTORY OF HEAT ILLNESS, AGE OLDER THAN 40 AND BEING OVERWEIGHT OR OBESE.

2. PRIOR TO EXECUTING TRAINING/OPERATIONS UNDER HOT AND HUMID CONDITIONS, AS PART OF PRE-COMBAT CHECKS AND INSPECTIONS, COMMANDERS MUST ASK THEMSELVES THE FOLLOWING QUESTIONS:

2. A. HAVE LEADERS, SOLDIERS AND CIVILIANS RECEIVED PROPER TRAINING ON THE PREVENTION, RECOGNITION AND TREATMENT OF HEAT ILLNESS?

2.B. DID WE INTEGRATE RISK MANAGEMENT PROCEDURES FOR OUTDOOR WORK IN HEAT, TO INCLUDE PROPER ACCLIMATIZATION FOR EXERTION IN A HOT ENVIRONMENT, DURING MISSION PLANNING?

2. C. CAN THE OBJECTIVES FOR THIS HIGH INTENSITY TRAINING/OPERATION BE MET DURING ANOTHER PERIOD OF THE DAY (E.G. DAWN OR NIGHT) TO AVOID THE HEAT OF THE DAY?

2.D. ARE LEADERS DOING DAILY ASSESSMENTS OF THE HAZARDS ASSOCIATED WITH INTENSE PHYSICAL ACTIVITY IN EXTREME HEAT CONDITIONS BY REGULARLY MONITORING THE HEAT INDEX FOR OUR TRAINING/OPERATIONAL AREAS AND APPLYING SMART WORK/REST CYCLES WITH PROPER HYDRATION?

[HTTPS://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/HIPSS/PAGES/DEFAULT.ASPX](https://phc.amedd.army.mil/topics/discond/hipss/pages/default.aspx)

2.E. HAVE LEADERS IDENTIFIED AND MARKED SOLDIERS WHO ARE AT RISK FOR HEAT ILLNESS, SPECIFICALLY THOSE WHO HAVE SUSTAINED A PRIOR HEAT ILLNESS, BY MONITORING E-PROFILE?

2. F. ARE ROUTINE INSPECTIONS BEING DONE ON EQUIPMENT TO TREAT HEAT ILLNESS (E.G., HEAT MONITORING DEVICES, COOL ZONES AND EQUIPMENT, ICED SHEETS, ETC.). IS A PRECHECK BEING DONE ON THIS EQUIPMENT JUST PRIOR TO ALL HIGH INTENSITY TRAINING/OPERATIONS AND IS THE EQUIPMENT STRATEGICALLY PLACED FOR IMMEDIATE MEDICAL TREATMENT?

2. G. HAVE MEDICAL SUPPORT AND EVACUATION PLANS BEEN TESTED/REHEARSED IN COORDINATION WITH THE LOCAL MEDICAL TREATMENT FACILITY?

3. ALL HEAT ILLNESSES THAT REQUIRE MEDICAL INTERVENTION OR RESULT IN LOST DUTY TIME WILL BE REPORTED IN ACCORDANCE WITH AR 385-10 AND BRIEFED TO THE FIRST GENERAL OFFICER IN THE CHAIN OF COMMAND.

4. THE FOLLOWING HYPER-LINKS ARE TOOLS FOR COMMANDERS AND LEADERS TO HELP AVOID FUTURE HEAT ILLNESS FATALITIES:

4. A.

[HTTPS://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/HIPSS/PAGES/RESOURCEMATERIALS.ASPX](https://phc.amedd.army.mil/topics/discond/hipss/pages/resourcematerials.aspx)

4. B. [HTTP://WWW.TRADOC.ARMY.MIL/TPUBS/REGS/TR350-29.PDF](http://www.tradoc.army.mil/tpubs/regstr350-29.pdf)

4. C.

[HTTPS://SAFETY.ARMY.MIL/MEDIA/VIDEOLIBRARY/VIDEOPLAYER/TABID/112/VIDEOID/181/HEAT-CAN-KILL.ASPX](https://safety.army.mil/media/videolibrary/videooplayer/tabid/112/videoid/181/heat-can-kill.aspx)

5. THIS ALARACT MESSAGE EXPIRES ON 01 AUG 2017.

To find previously published Safety Messages go to our NYARNG Safety Website:

<http://dmna.ny.gov/safety/>

New York Army National Guard Safety Office Points of Contact:

Safety and Occupational Health Manager:

CPT Alicia Howard

alicia.l.howard.mil@mail.mil

(518) 786-6097

Occupational Health Specialist:

CW2 Thomas Brunschmid

thomas.j.brunschmid.mil@mail.mil

(518) 786-4329

Safety Specialist:

1LT Matthew S. Williams

matthew.s.williams117.mil@mail.mil

(518) 786-6040

Safety Specialist:

SFC Chuck Austin

charles.b.austin2.mil@mail.mil

(518) 786-6121

M-Day Safety Office POC's:

CW3 Russ Hall

russell.l.hall3.mil@mail.mil

SFC Dan McCoy

daniel.p.mccoy2.mil@mail.mil