

Safety
SUMMER HEALTH AND SAFETY HAZARDS

SUGGESTED IMPROVEMENTS. *The proponent of this pamphlet is the ACoFS, G1. Users are invited to send comments and suggested improvements to the Commander III Corps and Fort Hood, ATTN: AFZF-GA, Fort Hood, TX 76544-5056.*

1. FH Pamphlet 385-5, 4 March 1983, is changed as follows:

Page A-1. Paragraph 1a(3), is superseded as follows:

(3) Heat stroke (sunstroke) is the most serious form of heat injury and may lead to death if not recognized and treated early. It is caused by damage to the heat regulation mechanism of the brain, resulting from prolonged exposure to high temperature. There are two types of heatstroke; both are medical emergencies. Classic heatstroke (CHS) is most common in the elderly, ill, and infants. CHS usually develops over a period of a few days. Victims are dehydrated, have an elevated body temperature, often 104F or above, and usually have red flushed skin. Exertional heatstroke (EHS) occurs typically in young fit people, developing rapidly over a few hours. An elevated temperature is present, however, severe dehydration isn't usually present and the victim may be sweating profusely. EHS often occurs during exertion with initial symptoms of chills, throbbing head pressure, nausea, and unsteadiness.

Page A-2. Paragraph 2b(2), line 8, change "685" to read "287".

Page A-7. Paragraph 10, is superseded as follows:

10. FLOODED LOW WATER CROSSINGS.

a. During sudden downpours or long periods of rain, numerous low water crossings on the installation often become flooded.

b. Local streams can rise several inches during the time it takes a vehicle to ford a stream; a vehicle stalled on a low water crossing can become completely submerged within minutes. Vehicle operators will not attempt to cross low water crossings when any water flows over the road.

2. Post this change per DA Pam 310-13.

3. File this change in front of the publication.

FOR THE COMMANDER:



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