

SAFETY ALERT



DEPARTMENT OF THE ARMY
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AFZF-GA-SAFE

MEMORANDUM FOR SEE DISTRIBUTION

AUG 02 2004

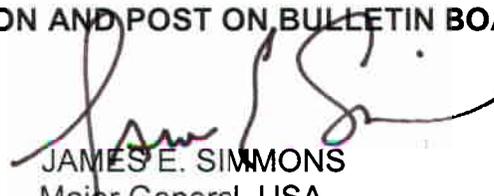
SUBJECT: Heat Injury Prevention – Safety Alert 04-01

1. So far this spring and summer, we have already experienced several heat injuries. With the thermometer still climbing, we need everybody to get engaged in heat stress prevention. Fort Hood Reg. 350-16, dated 26 April 2004 contains excellent risk management guidance to mitigate heat stress. Guidance for leaders in the regulation is keyed to the Army's standard Five Step Risk Management Process and is summarized below:

- a. Identify Hazard. Are Soldiers acclimatized and in good physical shape – prior history of heat stress, overweight, illness, taking medications or dietary supplements/aids such as Ephedra, alcohol in last 24 hours, and/or over 40 years old?
- b. Assess Hazard. Identify Soldiers who are at risk and know hydration status. Assess water consumption needs, work/rest requirements, and uniform modifications.
- c. Develop Controls. Publish SOP. Plan medical support, adjust training schedule, and arrange for adequate water. Identify high risk Soldiers. WBGT at site. Develop hydration-monitoring system. Use water consumption cards. Know training guides (GTA 05-08-012).
- d. Implement Controls. Ensure controls are identified and effectively implemented, monitor hydration and enforce adequate meals are eaten and water consumed, execute random checks, and follow clothing recommendations.
- e. Supervise and Evaluate. Enforce SOP, periodically reevaluate mission/hazards to ensure controls are on target. Take immediate action when controls seem inadequate or outdated, and keep chain of command abreast of status. Unit Safety representatives report heat injury cases to the installation Safety Office (287-4261/7038) IAW FHR 350-16.

2. Leaders taking positive steps to prevent heat stress losses effectively support the Chief of Staff of the Army's 2004 Safety Campaign Plan. The main tenet of this Plan is for leaders to take aggressive action, target specific areas of risk, hold leaders and Soldiers accountable, and establish a clear and consistent message. Leaders can make this happen!

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