



Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm

Ten Commandments Of Preventing Heat Injury

1. Provide adequate water and ensure water breaks are taken every 15 to 20 minutes. Do not exceed 1 1/4 quarts per hour. Daily fluid intake should not exceed 12 quarts. Thirst is not an adequate indicator of dehydration. Alcohol, coffee, and soft drinks are not good substitutes for water. Do not use salt tablets!
2. Ensure soldiers gradually adjust to working in the heat. Acclimatization is essential in preventing heat injuries.
3. Schedule work/rest periods. Schedule heavy work for the cooler part of the day (morning or late afternoon). The body generates more heat when heavy work is being performed.
4. Avoid overexertion. Use mechanical aids whenever possible. Assign tasks between several soldiers to reduce the stress on individuals.
5. Use shaded areas: trees, buildings, and tents to reduce radiant heating. The temperature in the sun and under the canopy of a tree can vary from 8 °to 20 °F.
6. Encourage use of sunscreens to protect exposed skin.
7. Wear loose-fitting, lightweight, light-colored clothing. Do not layer clothing; more clothing increases the risk of heat injury. Consider the additional heat load from protective equipment when planning and scheduling activities.
8. Monitor WBGT so the heat-stress index can be evaluated. Environmental conditions such as direct sunlight, humidity, and exposure to toxic agents add to heat stress. The wind reduces the amount of heat stress by increasing the evaporation of sweat.
9. Train soldiers to recognize and treat heat injuries and encourage them to monitor each other for signs of heat stress.
10. Conduct safety meetings to emphasize special heat injury prevention procedures. Be prepared to provide medical assistance.