



# HEAT KILLS

## Prevention Works

Always drink when you are thirsty

Refill your water bottles at every opportunity

If your urine is dark or if you have not urinated drink more water

Eat regular meals containing salt

Too much water and not enough salt can make you sick

## How to Spot Trouble

Look after your mates and yourself. Keep an eye out for those with:

Dizziness

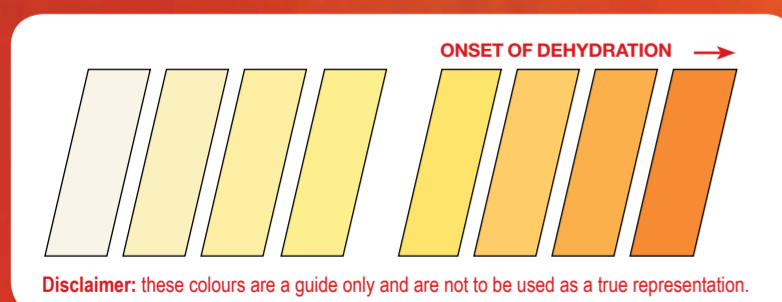
Feeling sick or have vomited

Suffering from a fever

If you see your mate acting strangely or looking confused and disorientated begin first aid

## Urine Chart

The clearer the colour the better hydrated you are. You should aim to produce urine no darker than the third colour (from left to right) along the chart.



Disclaimer: these colours are a guide only and are not to be used as a true representation.

## Look after your mate

**S**pot the hazard  
**A**ssess the risk  
**F**ix the problem  
**E**valuate the results

# HOT WEATHER CASUALTIES AND INJURIES CHART II

Remember the acronym **H-E-A-T** when training in hot weather:

**H** heat category; **E** exertion level; **A** acclimatisation; **T** time of heat exposure and recovery time

## Heat Exhaustion

### Cause

- > Heart working too hard to pump blood to the skin for cooling
- > Inadequate acclimatisation increases your risk
- > Low blood pressure leads to faint/exhaustion
- > Dehydration increases risk

### Prevention

- > Allow for acclimatisation
- > Get physically fit before going into the field - fitter soldiers handle the heat better
- > Monitor Wet Bulb Globe Temperature (WBGT)
- > Keep soldiers in shade wherever possible
- > Observe work-rest cycles
- > Identify high-risk individuals
- > Look out for your mates
- > Eat all meals in barracks and the field
- > Teach early recognition of signs and symptoms
- > Re-evaluate training if several heat casualties occur

### Symptoms and signs

- > Dizziness
- > Fatigue
- > Weakness
- > Headache, nausea
- > Faint or collapse
- > Rapid pulse
- > Alert and orientated

### First-Aid

- > Start cooling by best means available
- > Move to shade and remove shirt and trousers
- > Lay casualty flat and raise feet
- > Spray/pour water on soldier and fan for cooling effect
- > Monitor soldier with NCO or instructor
- > Assess soldier's mental status every few minutes
- > Have a soldier drink one litre (water bottle) of cool water every 30 minutes up to two litres
- > Casualties who recover within 60 minutes should be assessed by an advanced medic or RMO before returning to work
- > If not improved in 60 minutes, EVACUATE as a PRI 1 casualty while continuing to cool

## Heat Stroke

### Cause

- > Inability of body to cool down leading to progressive rise in body temperature to above 40.6C
- > The increased body temperature causes damage to body tissues, particularly the brain, liver and gut.
- > Intense exercise like running, obstacle courses or fire and movement creates the greatest risk.
- > The combination of high external temperatures and intense physical activity can be deadly.

### Prevention

- > Measure the heat threat (WGBT)
- > Follow work-rest tables in SAFETYMAN (Chap.25)
- > Plan medical support for high heat injury risk activities operations
- > Ensure appropriate evacuation capabilities available
- > Don't wear T shirts underneath DPCU when doing fire and movement or any heavy work in the heat

### Symptoms and signs

- > Altered mental status, agitation, confusion, delirium or disorientation.
- > Any soldier who is confused or acting strangely in a hot environment has heatstroke until proven otherwise
- > Elevated core temperature >40°C
- > Can progress to loss of collapse, coma, and seizures

### First-Aid

- > This is a **medical emergency** 20% die and 20% will be permanently impaired!
- > **Evacuate** soldier to the nearest medical facility immediately!
- > **Begin cooling aggressively.** Move to a shaded area, strip clothing to underwear. Pour water over body, especially the head, and fan vigorously
- > Assess soldier's mental state every few minutes
- > Do not give water to unconscious soldier
- > Advanced medics must measure core body temperature
- > Monitor airway and breathing
- > If breathing stops, begin CPR
- > Evacuate in an open-sided vehicle to allow airflow to assist in cooling the casualty, while continuing to pour water over them.

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**F**ix the problem  
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