

HEAT INJURIES

**Additional training materials can be obtained from
the CHPPM Website**

<<http://usachppm.apgea.army.mil/heat/#HT>>

ESSENTIAL IN PEACE, INDISPENSABLE IN WAR



OBJECTIVES

- Recognize sign and symptoms that lead to heat injuries.
- Have a working knowledge on how to prevent heat injuries from occurring



ESSENTIAL IN PEACE, INDISPENSABLE IN WAR

TYPES OF HEAT INJURIES

- Heat Cramps
- Heat Exhaustion
- Heat Stroke



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TYPES OF HEAT INJURIES

- **Heat Cramps**

- ✓ The result of excessive salt and water losses due to profuse sweating in soldiers whose bodies are attempting to rapidly lose heat. It presents as intermittent muscle cramps, which usually occur on the legs (calves and thighs).



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TYPES OF HEAT INJURIES

- Heat Cramps

- Heat Exhaustion

- ✓ More severe form of heat injury. It implies a significant loss of water from the body. Signs and symptoms are
 - Weakness
 - Exhaustion
 - Headaches
 - Dizziness
 - Profuse sweating and elevated body temperature.



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TYPES OF HEAT INJURIES

- Heat Cramps
- Heat Exhaustion
- Heat Stroke
 - ✓ Most serious of heat injuries
 - ✓ Manifests with a body core temperature of 41 degrees Celsius and above.
 - ✓ May present with confusion, aggressive behavior, and may progress into a comatose state. **It is a medical emergency!**



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FACTORS INFLUENCING HEAT INJURY



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FACTORS INFLUENCING HEAT INJURY

- Unacclimatized Personnel
- Overweight & Fatigue
- Heavy Meals & Hot Foods
- Alcohol/Drugs
- Fever
- Tight Clothing

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PREVENTING HEAT INJURIES

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PREVENTING HEAT INJURIES

- **Replace water**

- ✓ What Not to Drink

- Carbonated drinks (feeling of being bloated)
- Alcohol, coffee, tea (diuretic property)
- Hot drinks, when cooler ones are available
- Commercially available Oral Rehydration Solutions (unpalatable, designed to replace fluid lost in diarrhea, but not suitable for use during activities in heat)



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PREVENTING HEAT INJURIES

- Replace water
- Avoid excessive salt



ESSENTIAL IN PEACE, INDISPENSABLE IN WAR

PREVENTING HEAT INJURIES

- **Replace water**
- **Avoid excessive salt**
- **Maintain acclimatization**



ESSENTIAL IN PEACE, INDISPENSABLE IN WAR

PREVENTING HEAT INJURIES

- **Replace water**
- **Avoid excessive salt**
- **Maintain acclimatization**
- **Maintain good physical condition**



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PREVENTING HEAT INJURIES

- **Replace water**
- **Avoid excessive salt**
- **Maintain acclimatization**
- **Maintain good physical condition**
- **Establish work/rest schedules**



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- **Establish work/rest schedules**
- **Wear proper clothing**



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- **Wear proper clothing**
- **Participate in training**



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PREVENTING HEAT INJURIES

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- **Avoid excessive salt**
- **Maintain acclimatization**
- **Maintain good physical condition**
- **Establish work/rest schedules**
- **Wear proper clothing**
- **Participate in training**
- **Use WBGT Index**

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REVIEW OF MAIN POINTS



ESSENTIAL IN PEACE, INDISPENSABLE IN WAR