EMERGENCY MANAGEMENT MONTHLY

Volume 13 Issue 6   June 2017

Heat Emergencies

Heat Cramps

-Symptoms are involuntary muscle spasms which can occur during or after exercise in a hot environment.

-Consider seeking medical attention if symptoms do not go away with rest and drinking fluids.

Heat Exhaustion

-Symptoms include dizziness, headache, nausea, rapid heartbeat, and pale skin.

-It's recommended to immediately get out of the heat and rest in a cool environment. Drink plenty of water and remove tight or unnecessary clothing. If relief fails within 30 minutes seek medical attention.

Heat Stroke

-Symptoms involve convulsions, fast heart rate, vomiting, diarrhea and temperature above 104°F

-Seek medical attention **immediately** if heat stroke is suspected!

It's Getting Hot

Ever wonder why the temperature says its only 85 degrees outside, but it feels much hotter than that? The temperature on the news and on your phone are typically based on the air temperature alone. The military uses the more accurate **W**et **B**ulb **G**lobe **T**emperature (WBGT) to determine work/rest cycles. The WBGT measures temperature, humidity, wind speed, sun angle and cloud cover. AFI 48-151 lists specifics for water intake rates, and work rest cycles during extreme heat conditions.

Easy Work	Moderate Work	Hard Work
Walking on hard surface @ 2.5 mph with < 30 lb load Guard duty Drill and Ceremony	Walking on hard surface @ 3.5 mph with < 40 lb load Walking on loose sand @ 2.5 mph with no load Light maintenance work Construction equipment operation	Walking on hard surface @ 3.5 mph with > 40 lb load Walking on loose sand @ 2.5 mph with load Loading and unloading pallets Dragging hoses or lines

Unacclimatized Individuals

Flag Color	WBGT (°F)	Easy Work		Moderate Work		Hard Work	
		Work / Rest Cycle	Water Intake Qt/hr[a]	Work[b] / Rest[c] Cycle	Water Intake Qt/hr	Work / Rest Cycle	Water Intake Qt/hr
No Flag	78 - 81.9	No Limit	0.5	50/10 min	0.75	30/30 min	0.75
Green	82 - 84.9	No Limit	0.5	40/20 min	0.75	30/30 min	1.0
Yellow	85 - 87.9	No Limit	0.75	30/30 min	0.75	20/40 min	1.0
Red	88 - 89.9	50/10 min	0.75	20/40 min	0.75	10/50 min	1.0
Black	> 90	40/20 min	1.0	10/50 min	1.0	Not allowed	N/A

Acclimatized Individuals

Flag Color	WBGT (°F)	Easy Work		Moderate Work		Hard Work	
		Work / Rest Cycle	Water Intake Qt/hr	Work / Rest Cycle	Water Intake Qt/hr	Work / Rest Cycle	Water Intake Qt/hr
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Red	88 - 89.9	No Limit	0.75	30/30 min	0.75	20/40 min	1.0
Black	> 90	50/10 min	1.0	20/40 min	1.0	10/50 min	1.0

After resting, check the color of your urine to help determine if you are staying hydrated. The chart below is an easy tool to help determine if you are sufficiently hydrating. This is only a guide as supplements and multivitamins can potential change the color of your urine.

Urine Color	Possible Meaning
Clear	Good hydration, overhydration or mild dehydration
Pale Yellow	Good hydration or mild dehydration
Bright Yellow	Mild or moderate dehydration or taking vitamin supplements
Orange, Amber	Moderate or severe dehydration
Tea-Colored	Severe dehydration

Do You Know When Hurricane Season Begins?

Installation Actions

Highly Recommend running through hurricane season task checklist, Tab A to Appendix 1 to Annex B, Installation Emergency Management Plan 10-2 (JB MDL IEMP 10-2).

For the upcoming Atlantic hurricane season, which runs from **June 1 through November 30**, forecasters predict a 45 percent chance of an above-normal season, a 35 percent chance of a near-normal season, and only a 20 percent chance of a below-normal season.

Personal and Family Hurricane Preparedness

http://www.nhc.noaa.gov/

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http://www.flash.org/hurricanestrong/

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