Summer Safety Campaign

EIGHTH ARMY
"PACIFIC VICTORS"

Author
Day Month Year

Overall classification of this briefing is CLASSIFICATION//CAVEAT.

Summer Safety Campaign
Key Emphasis

- Heat Injury
  - Five steps of heat injury risk management
  - Mild and extreme heat injuries
  - Rapid Cooling (Iced Sheets)
- Destructive Weather
  - Destructive Weather Plans
  - Historical precedence

Heat Injury Prevention

- **Leader actions**
  - Know your Service Members (SM)
  - Provide time for new SM to acclimatize
  - Plan more strenuous activities early or late in the day
  - Remember: Exposure to heat stress is cumulative; 3 successive days of CAT 5 exposure increases the risk for heat injuries
  - Use local Wet Bulb measurements to gauge mitigation measures
  - Any signs of “goofy” behavior warrants immediate treatment (and evacuation unless it rapidly clears)

- **Service Members actions**
  - Stay physically fit
  - Maintain adequate levels of hydration (flavored drinks “authorized”)
  - Eat well-balanced meals
  - Communicate any symptoms of heat injury to 1st-line supervisor

Five Steps of Heat Injury Risk Management

- Identify Hazards
- Assess Hazards
- Develop Controls
- Implement Controls
- Supervise and Evaluate

Symptoms of Mild Injury

- Dizziness
- Headache
- Nausea
- Unsteady walk
- Weakness
- Muscle cramps
- These folks need rest, water, evaluation

Mild Heat Injury Management

- Rest SM in shade
- Loosen uniform/ remove head gear
- Have personnel drink 2 quarts of water over 1 hour
- Evacuate if no improvement in 30 min, or if condition worsens

Heat Stroke

- Abnormal brain function- elevated body temperature
- Examples:
  - Confused
  - Combative
  - Passed out
  - Sudden death

Heat Stroke

- When a SM's brain isn't working correctly- **COOL** and **CALL**
- Treat any SM who develops abnormal brain function during warm weather activity as a heat stroke victim
- The sooner a victim with heat stroke is cooled, the less damage will be done to his brain and organs

Rapid Cooling

Iced Sheet Treatment

Stop cooling when casualty starts shivering or rectal temp is 100 F. (Medic or EMT task)
Basic load: 8 sheets/company in large cooler of ice water.

IDENTIFY HAZARDS / ASSESSS HAZARDS / DEVELOP CONTROLS / IMPLEMENT CONTROLS / SUPERVISE-EVALUATE

Destructive Weather Agenda

- Weather Patterns
- Historical Flood Areas
- Crisis Action System

Seasonal Weather

- Mid-June to late-July: "Jang-Ma"
  - Heaviest rain, flooding
- July to mid-September: Monsoon rains and typhoons
  - Heavy rain, winds, flooding
- Biggest threat to mission and resources
- Hardest weather to forecast

Seasonal Forecast

- Normal
  - 15” rain in July, 10” in August
  - 2-3 typhoon passages
  - Localized flooding will occur
  - We can impacts by taking protective measures

Monsoon Season

- The awesome power of flash floods can move boulders, uproot trees, destroy buildings and bridges and trigger catastrophic mud slides
- You will not always have a warning that these deadly sudden floods are coming

Flood Safety

- The heaviest rainfall may not occur during the official monsoon season.
- Existing weather may be different than the forecast.
- Flooding may occur in areas of light rainfall.

Prepare Your SM for the Worse

- Identify swimmers and non-swimmers
- Provide personal flotation devices
- Conduct training in survival swimming

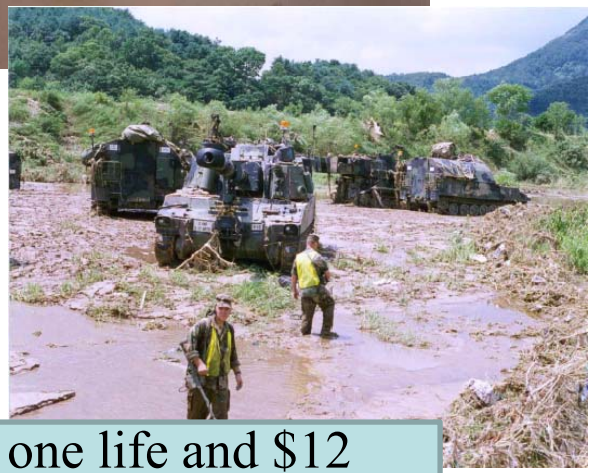
Destructive Weather Tips in Assembly Areas

- Monitor water levels in rivers and streambeds
- Establish a “decision point” to initiate recovery
- Conduct terrain walks of assembly areas
- Develop, brief, and rehearse egress plan

Preventive Measures for Leaders

- Train all personnel on safety precautions to take **prior** to and during heavy rain and flood conditions.
- Continuously monitor weather conditions
- Follow “Road Condition” advisories
- Be prepared to take immediate action to protect personnel and property

Firing Point 180 (RLFC)



Loss of one life and $12 million of equipment

Preventive Measures for Everyone

- Restrict vehicle travel.
- Avoid flooded areas or areas subject to flooding.
- Do not attempt to cross flowing streams or drive through flooded roadways.
- Do not camp or park vehicles along streams and washes.
- If advised, evacuate immediately. Don't wait even if it has stopped raining. It may still be raining upstream from your location

Thunderstorm safety

- Thunderstorms affect relatively small areas.

- Typically they are 15 miles in diameter and last an average of 30 minutes.

- All storms are dangerous and produce lightning, which kills more people per year than tornadoes.

- Thunderstorms can also cause:
  - Flash Flooding
  - Strong Winds
  - Hail
  - Tornadoes

Lightning

• Occurs with all thunderstorms and averages 93 deaths and 300
• injuries each year.

• Deaths in recent years occurred
•while people were:

- Boating
- Standing Under A Tree
- Playing Soccer
- Swimming
- Riding On A Lawnmower
- Fishing In A Boat
- Golfing
- Talking On The Telephone
- Mountain Climbing
- Bike Riding

Thunderstorm safety

- Move to a sturdy building, do not take shelter in sheds or under isolated trees.

- Phone lines & metal pipes can conduct electricity, unplug appliances that are not necessary for weather information and only use the phone for an emergency.

- Get to higher ground if flash flooding / flooding is occurring.

- Once flooding begins, abandon cars and climb to higher ground.

•* Do Not attempt to drive to safety, remember most flash flood
•deaths occur in cars.

Thunderstorm safety

- **If outdoors**: Find a low spot away from trees, fences, and poles.
- Make sure the place you choose isn't subject to flooding.

- If you're **in the woods**: Take shelter under the shorter trees.

- If you feel your skin tingle or your hair stand on end, squat low to the ground on the balls of your feet. Place your hands on your knees with your head between them.

- Make yourself the smallest target possible & minimize your contact with the ground.

- When **boating or swimming**: Go to land and find shelter immediately

Summer Safety Campaign (Recreational)

ALCOHOL AND WATER SPORTS DON'T MIX!

Summer Safety Campaign (Recreational)

SWIMMING IN OPEN WATERS

- Never swim alone.
- IF not sure of area, don't swim there!
- Swim only in guarded areas.
- Swim parallel to shore.
- Never swim where "No Swimming" signs are.

Summer Safety Campaign (Recreational)

SAFE BOATING RULES TO FOLLOW:

- Know your boat
- Don’t overload
- Keep a good lookout for other boats/objects
- Operate at safe and legal speeds
- Take sufficient fuel in proper containers
- Learn boating laws and obey them
- Never operate a boat while intoxicated

Disciplined, Fit, Ready…

The Warfighter's premier assignment