

# Victory Keys to Safety



## Avoid heat injuries

### Remember heat injuries are Cumulative

- H- Heat category past 3 days
- E- Exertion level past 3 days
- A- Acclimation/ other individual risk factors
- T- Temperature/rest overnight

**Cluster of heat injuries on prior days = HIGH RISK**



### Develop and Implement controls

- Ensure water points are accessible/utilized and that leaders recognize and enforce policy
- Track Wet Bulb Globe Temp (WBGT) and hydration of soldiers
- Utilize fluid replacement/ work /rest guidelines and soldiers are checking their urine (clear urine)



### Recommendation for work duration/fluid replacement during operations

Heat Category	WBGT Index (°F)	Moderate Work (Minutes)	Water Intake (qt/hr)
1	78 - 81.9	No Limit	¾
2	82 - 84.9	150	1
3	85 - 87.9	100	1
4	88 - 89.9	80	1¼
5	> 90	70	1½

For more information on heat injuries reference TB MED 507/AFPAM 48-152 or contact the V Corps safety office

## 'Victory Returns'

Victory Safety Key # 2  
19 August 2004, 370-5661  
[www.vcorps.army.mil/safety](http://www.vcorps.army.mil/safety)

