

SUBJECT: COLD WEATHER INJURY PREVENTION FOR 2010 FALL/WINTER SEASON

REF/A/AR 40-5/PREVENTIVE MEDICINE/25MAY07//

REF/B/HQDA MEMORANDUM/SUBJECT: COLD WEATHER INJURY PREVENTION PROGRAM, 2010-2011/26OCT10//

REF/C/TRADOC REGULATION 350-29/PREVENTION OF HEAT AND COLD CASUALTIES/20JAN10//

REF/D/TB MED 508/PREVENTION AND MANAGEMENT OF COLD-WEATHER INJURIES/01APR05//

REF/E/HQDA ALARACT 303/2008/SUBJECT: COLD WEATHER-RELATED INJURY PREVENTION//

REF/F/US ARMY PUBLIC HEALTH COMMAND ONLINE RESOURCES LOCATED AT:

[HTTP://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/CIP/PAGES/DEFAULT.ASPX//](http://phc.amedd.army.mil/topics/discond/cip/pages/default.aspx//)

1. (U) PURPOSE: PROVIDE GUIDANCE ON THE PREVENTION OF COLD WEATHER INJURIES AMONG SOLDIERS, FAMILY MEMBERS, AND DA CIVILIANS.

2. (U) THIS ALARACT MESSAGE SUPERSEDES REFERENCE E (ALARACT 303/2008).

3. (U) DURING THE 2009-10 COLD SEASON, THERE WERE 282 REPORTED COLD WEATHER INJURIES AMONG SOLDIERS OF WHICH 31 WERE HYPOTHERMIA AND 131 WERE FROSTBITE CASES.

4. (U) COLD WEATHER-RELATED INJURIES INCLUDE: (1) INJURY DUE TO DECREASED TEMPERATURE (HYPOTHERMIA, FROSTBITE, NONFREEZING COLD INJURY), (2) INJURY DUE TO HEATERS (E.G., BURNS FROM FIRE, ETC.) (3) CARBON MONOXIDE POISONING, AND (4) ACCIDENTS DUE TO IMPAIRED PHYSICAL AND MENTAL FUNCTION RESULTING FROM COLD STRESS.

5. (U) COMMANDERS AND LEADERS NEED TO MAKE SURE ALL SOLDIERS ARE EDUCATED ABOUT THE PREVENTION, RECOGNITION AND TREATMENT OF COLD WEATHER-RELATED INJURIES. COMMANDERS ARE RESPONSIBLE FOR PREVENTING COLD WEATHER-RELATED INJURIES. UNIT NCOS ARE ACCOUNTABLE FOR THE HEALTH AND SAFETY OF THEIR TROOPS. SOLDIERS ARE RESPONSIBLE FOR IMPLEMENTING PERSONAL PROTECTIVE MEASURES.

6. (U) DURING COLD WEATHER TRAINING, ANY SOLDIER WHO EXHIBITS DROWSINESS, LACK OF COORDINATION OR MENTAL STATUS CHANGES SHOULD BE TAKEN TO A MEDICAL FACILITY IMMEDIATELY.

7. (U) COMMANDERS, NCOS AND SUPERVISORS MUST ENSURE SOLDIERS FOLLOW THESE BASIC, EFFECTIVE PREVENTIVE MEASURES.

7.A. (U) ENSURE SOLDIERS ARE PROPERLY TRAINED IN RECOGNIZING AND PREVENTING COLD WEATHER INJURIES.

7.B. (U) ENSURE SOLDIERS' DEPLOYMENT KITS CONTAIN ENOUGH SOCKS, HATS, SUNGLASSES, SUNSCREEN, LIP BALM, AND SKIN-CARE ITEMS. USE PROTECTIVE CLOTHING (LOOSE AND IN LAYERS) AND EQUIPMENT PROPERLY.

7.C. (U) ENSURE SOLDIERS' COLD WEATHER CLOTHING IS CLEAN, DRY AND IN GOOD CONDITION (WITHOUT HOLES OR BROKEN FASTENERS).

7.D. CONSUME ADEQUATE FOOD AND MAINTAIN HYDRATION FOR OPTIMAL PERFORMANCE IN THE COLD.

7.E. (U) USE THE BUDDY SYSTEM AND REPORT TO THE UNIT MEDIC/MEDICAL OFFICER IF YOU OR A BUDDY DEVELOPS COLD WEATHER-RELATED INJURY SYMPTOMS.

7.F. (U) NCOS AND MEDICAL PERSONNEL NEED TO RECOGNIZE AND APPROPRIATELY RESPOND TO COLD WEATHER-RELATED INJURIES. MAKE SURE SOLDIERS ARE FAMILIAR WITH SIGNS AND SYMPTOMS OF COLD INJURIES IN ORDER TO OBTAIN PROMPT MEDICAL SUPPORT. COMMANDERS

AND NCOS MUST REQUIRE SOLDIERS TO USE BATTLE BUDDY CHECKS TO PREVENT COLD INJURIES AND COLD WEATHER-RELATED DEATHS. EACH SOLDIER SHOULD BE AWARE OF CHANGES IN HIS/HER BATTLE BUDDY'S PHYSICAL AND MENTAL STATUS THAT REPRESENT EARLY SYMPTOMS OF COLD INJURY.

7.G. (U) ENSURE THAT ONLY ARMY APPROVED HEATERS ARE USED AND PERSONNEL ARE TRAINED ON HOW TO USE THEM.

8. (U) NON-DEPLOYED UNITS AND DEPLOYED PERSONNEL REPORTING.

8.A. (U) NON-DEPLOYED UNITS SHOULD COORDINATE WITH THEIR SUPPORTING PREVENTIVE MEDICINE ORGANIZATION FOR REPORTING COLD WEATHER INJURIES. PREVENTIVE MEDICINE PERSONNEL SHOULD REPORT COLD WEATHER INJURIES TO US ARMY PUBLIC HEALTH COMMAND (PROVISIONAL) USING THE DISEASE REPORTING SYSTEM INTERNET (DRSI). INFORMATION ON DRSI IS AVAILABLE AT [HTTPS://DATA.NMCPHC.MED.NAVY.MIL/ADRSI/LOGIN.ASPX](https://data.nmcpHC.med.navy.mil/adrSI/login.aspx) AND FROM THE DRSI HELPDESK (EMAIL: DISEASE.EPIDEMIOLOGY@AMEDD.ARMY.MIL, COM: 410-417-2377, DSN: 867-2377).

8.B. (U) DEPLOYED PERSONNEL SHOULD REPORT COLD WEATHER INJURIES AS OUTLINED IN THEIR MEDICAL ANNEX.

9. (U) ADDITIONAL RESOURCES AND GUIDANCE ARE AVAILABLE TO LEADERS AND MEDICAL PERSONNEL.

9.A. (U) THE US ARMY PUBLIC HEALTH COMMAND (PROVISIONAL) WEBSITE AT [HTTP://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/CIP/PAGES/DEFAULT.ASPX](http://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/CIP/PAGES/DEFAULT.ASPX) PROVIDES COMPREHENSIVE INFORMATION ON COLD WEATHER-RELATED INJURY PREVENTION.

9.B. (U) US ARMY TRAINING AND DOCTRINE COMMAND PUBLISHED GUIDANCE TO COMMANDERS FOR PREVENTION OF COLD CASUALTIES IN TRADOC REGULATION 350-29, PREVENTION OF HEAT AND COLD CASUALTIES, 20 JAN 10, AT [HTTP://WWW.TRADOC.ARMY.MIL/TPUBS/REGS/TR350-29.PDF](http://www.tradoc.army.mil/tpubs/regs/tr350-29.pdf).

9.C. (U) US ARMY COMBAT READINESS/SAFETY CENTER (USACRC) LAUNCHED THE 2010 FALL/WINTER SAFETY CAMPAIGN WHICH RUNS 01 OCT 10 - 31 MAR 11 PROVIDING INFORMATION TO SOLDIERS, FAMILY MEMBERS, AND CIVILIANS ON UNDERSTANDING THE HAZARDS OF COLD WEATHER ACTIVITIES AND HOW EDUCATION AND INFORMATION CAN GUIDE THEM SAFELY THROUGH THE FALL AND WINTER SEASONS.

10. (U) POCS:

10.A. (U) HQDA PREVENTIVE MEDICINE STAFF OFFICER: COL ROBERT L. MOTT, COM: 703-681-3160, DSN: 761, EMAIL: ROBERT.L.MOTT@US.ARMY.MIL; HEALTH SYSTEMS SPECIALIST: MR PAUL REPACI, COM: 703-681-2949, DSN: 761, EMAIL: PAUL.REPACI@US.ARMY.MIL.

10.B. (U) HQDA AOC-CAT: SURGEON ACTION OFFICER, COM: 703-693-4821, DSN: 223-4821, EMAIL: OTSG.AOCCAT@CONUS.ARMY.MIL.

11. (U) EXPIRATION DATE: 30 SEP 11.