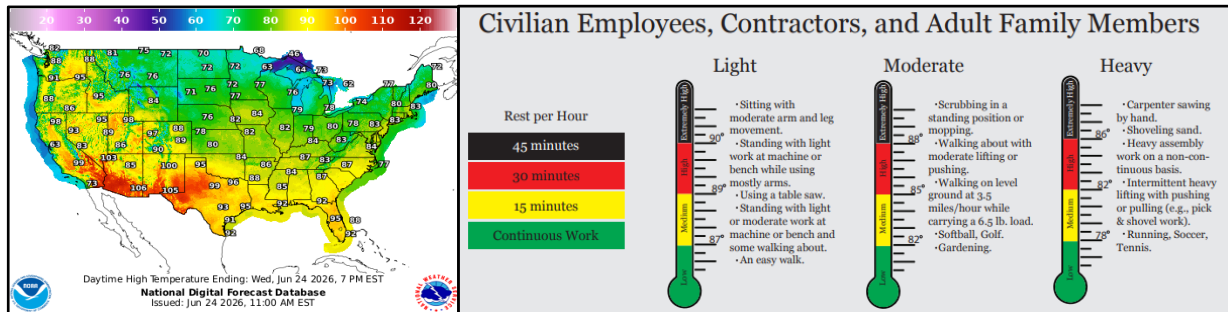


SAFETY ALERT

USARC SAFETY SENDS



HEAT INJURIES



Extremely dangerous heat conditions continue throughout the United States with widespread daily record temperatures. Heat can be very straining on the body and can often lead to heat related injuries or illnesses or worsen existing health conditions. Everyone can be vulnerable to heat, but some more so than others. According to the National Weather Service, young children and infants, older adults, people with chronic medical conditions, and pregnant women are particularly vulnerable to heat.

EXTREME HEAT SAFETY CONSIDERATIONS

- **Extreme Heat Warning - Take Action!** An Extreme Heat Warning is issued when extremely dangerous heat conditions are expected or occurring. Avoid outdoor activities, especially during the heat of the day. If you must be outside, be sure to drink plenty of water and take frequent breaks in the shade. Stay indoors in an air-conditioned space as much as possible, including overnight. Check on family and neighbors.
- **Extreme Heat Watch - Be Prepared!** An Extreme Heat Watch is issued when conditions are favorable for an extreme heat event, but its occurrence and timing is still uncertain. Plan to suspend all major outdoor activities if a warning is issued. If you do not have air conditioning, locate the nearest cooling shelter or discuss staying with nearby family or friends who have air conditioning.
- **Heat Advisory - Take Action!** A Heat Advisory is issued for dangerous heat conditions that are not expected to reach warning criteria. Consider postponing or rescheduling outdoor activities, especially during the heat of the day. If you must be outside, be sure to drink plenty of water and take frequent breaks in the shade. Stay in a cool place, especially during the heat of the day and evening.
- US Army Public Health Command Work/Rest Times and Fluid Replacement Guide: https://armyeitaas.sharepoint-mil.us/:b:/r/sites/USAR-USARC-SAFETY/Shared%20Documents/Summer%20Safety%20Campaign/FY26%20Summer%20Safety%20Campaign/Fluid_Replacement_Work-Rest_Guidelines.pdf?csf=1&web=1&e=kf651q
- US Army Public Health Command: Military Efforts Preventing Severe Heat Illness <https://ph.health.mil/topics/discond/hipss/Pages/Heat-Related-Illness-Prevention.aspx>

ENSURE WIDEST DISSEMINATION AND POST ON BULLETIN BOARDS

SAFETY ALERT

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