

SAFETY ALERT

USARC SAFETY SENDS



🔥 BEAT THE HEAT 🔥



Summer heat is a real threat to Soldier readiness—on duty, at home, and during physical training. Heat illness can escalate fast, but every Soldier can prevent it with smart hydration, early recognition of symptoms, and disciplined heat-risk practices. Protect yourself and your battle buddies.

SUMMER HEAT SAFETY: 14 ESSENTIAL TIPS

Hydrate Regularly: Drink water throughout the day; pale-yellow urine means you're hydrated.

Use Work/Rest Cycles: Follow WBGT-based work/rest guidance to prevent overheating.

Know Early Symptoms: Dizziness, nausea, headache, heavy sweating, or weakness signal heat exhaustion.

Identify Heat Stroke: Confusion, collapse, seizures, or hot/dry skin require emergency cooling and 911.

Acclimatize Gradually: Full acclimatization takes 10–14 days; most gains occur in the first week.

Train Smart: Schedule intense activity for early morning or evening.

Monitor WBGT: Leaders must track heat category and adjust training accordingly.

Fuel Your Body: Eat balanced meals; electrolytes support hydration but don't replace water.

Wear Heat-Appropriate Gear: When authorized, reduce layers and loosen gear for airflow.

Buddy Check Often: Watch for slowed responses, confusion, or unusual behavior.

Limit Alcohol & Energy Drinks: Both increase dehydration and heat-injury risk.

Seek Medical Help Early: If symptoms persist or worsen, get medical evaluation immediately.

Use Shade & Cooling: Take breaks in shade, use cooling towels, and remove gear when safe.

Protect Skin: Sunburn reduces the body's ability to cool itself; use sunscreen off duty and when authorized.

Stay vigilant, stay hydrated, and look out for your fellow Soldiers. Your readiness depends on it.

Twice the Citizen. Combat Ready!

SAFETY ALERT

SAFETY ALERT

SAFETY ALERT