

CONSIDER THE COLD



OK, YOU GUYS. LET'S DO THIS...

AND, REMEMBER, THERE'S **NO SUCH THING AS BAD WEATHER...**

...THERE'S JUST **BAD PREPARATION!**

YOU PROBABLY KNOW THE **IMPORTANCE** OF DOING COLD-WEATHER PMCS ON YOUR EQUIPMENT.

BUT HAVE YOU CONSIDERED COLD-WEATHER PMCS FOR YOUR **BODY?**



COLD WEATHER-RELATED INJURIES (CWIS) POSE A REAL THREAT TO PERSONAL HEALTH AND UNIT PERFORMANCE.

LAST WINTER, SOLDIERS REPORTED **111 CWIS**. THESE INCLUDED 12 HYPOTHERMIA CASES, A POTENTIALLY LIFE-THREATENING CONDITION, AND 95 FROSTBITE CASES, WHICH CAN LEAD TO AMPUTATIONS.



THAT'S WHY **EDUCATION** IN PREVENTING, RECOGNIZING AND TREATING CWIS IS SO IMPORTANT. CWIS INCLUDE...



HERE ARE SOME TIPS TO KEEP CWIS AT BAY...

- injuries due to decreased temperature (hypothermia, frostbite, nonfreezing cold injury).



- injuries due to heaters (like burns, etc.).
- carbon monoxide poisoning.
- accidents due to impaired physical and mental function, caused by cold stress.

- Make sure your cold-weather clothing is clean, dry and in serviceable condition (no holes or broken fasteners). Wear clothing in loose layers.



- Use only Army-approved heaters and be sure you know how to use them properly. You can download a fact sheet, *Guidance on the Use of Heaters Inside Tents and Other Enclosed Shelters*, from the United States Army Public Health Command (USAPHC). Click the Resource Materials tab at the top of the main page, then search for "heaters" at: <https://phc.amedd.army.mil/>



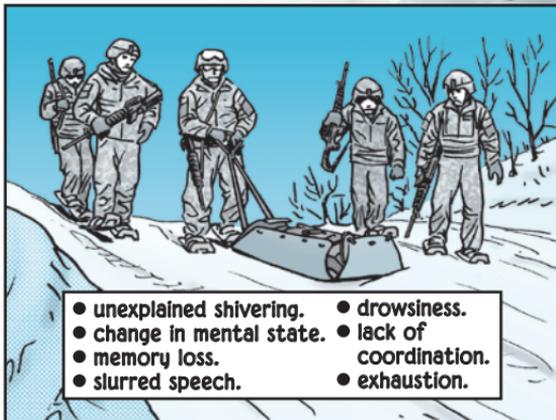
- Eat enough calories and stay hydrated. Avoid alcohol. It can accelerate heat loss.
- For missions, pack sufficient quantities of protective clothing and equipment like socks, proper headgear, sunglasses, sunscreen, lip balm and skin-care items.

PS MORE

FOLLOW THE BUDDY SYSTEM. EVACUATE YOUR BUDDY TO THE CLOSEST MEDICAL TREATMENT FACILITY IF YOU OBSERVE CWI SYMPTOMS SUCH AS...



NOTE: IF MEDICAL CARE IS **NOT** READILY AVAILABLE, GET THE SOLDIER INTO A WARM ENVIRONMENT, REMOVE ANY WET CLOTHING, AND KEEP HIM WARM AND DRY UNTIL MEDICAL PERSONNEL ARRIVE.



- unexplained shivering.
- change in mental state.
- memory loss.
- slurred speech.
- drowsiness.
- lack of coordination.
- exhaustion.



- Report all CWIs to the US Army Combat Readiness Center, as mandated by AR 385-10, Army Safety Program (Nov 13).



UNIT LEADERS, MAKE SURE **ALL** YOUR SOLDIERS AND CIVILIANS ARE TRAINED ON PROPER WEAR, USE, CARE AND MAINTENANCE OF COLD WEATHER CLOTHING AND EQUIPMENT.

Here are more helpful resources:

Cold Injury Prevention (USAPHC):

<http://phc.amedd.army.mil/TOPICS/DISCOND/CIP/PAGES/DEFAULT.ASPX>

TRADOC Regulation 350-29,

Prevention of Heat and Cold Casualties (Jul 2012):

<http://www.tradoc.army.mil/TPUBS/REGS/TR350-29.PDF>

PS Magazine Articles

"Water: It's Not Just for Summer Anymore":

<https://www.logsa.army.mil/psmag/archives/PS2014/734/734-56-57.pdf>

"Don't Be a Casualty of the Cold":

<https://www.logsa.army.mil/psmag/archives/PS2013/733/733-50-52.pdf>

"A Harsh Winter Tests Your Mettle":

<https://www.logsa.army.mil/psmag/archives/PS2011/708/708-52-55.pdf>

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