



Did You Know?

The risk of becoming a heat casualty exists year-round. By maintaining a high degree of physical fitness, proper body weight, acclimatizing to the heat and rehydrating appropriately, you can each do your part to minimize the risk.



Training in the Heat

The very nature of our profession as Soldiers — training outdoors, wearing uniforms and carrying equipment — practically guarantees we will be exposed to heat stress. The latest data from the Armed Forces Health Surveillance Branch indicates that in 2015, more than 250 Soldiers suffered from heat stroke and another 1,100 suffered from other less severe forms of heat illness that required medical attention and led to lost duty time. It may be unrealistic to hope for zero heat illnesses, but through proper training, education and preparation we can minimize the number of Soldiers who suffer from a serious or even fatal heat illness.

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Heat Illness-Related Mishaps Claim Soldiers' Lives

A Soldier collapsed after completing the 2-mile run portion of an APFT. He reportedly suffered a medical event while being treated for heat injury and was transported to a civilian medical center, where he was pronounced dead.

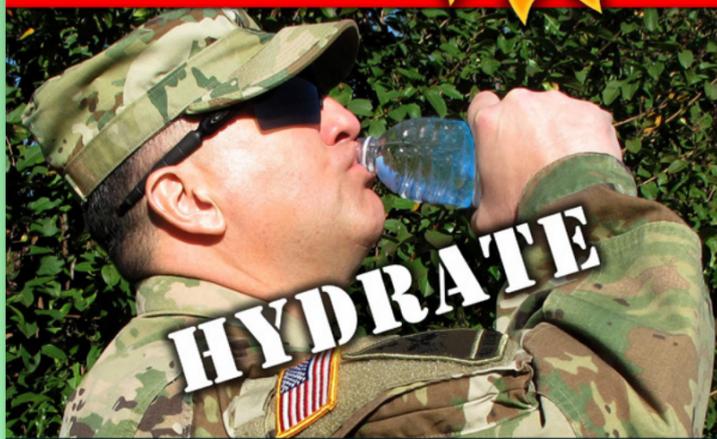
Three Soldiers fell out for heat stress while conducting weapons-fire training on the range. One Soldier continued to decline and was air-evacuated for treatment and died that evening. Hyperthermia has been cited as the cause of death.

A Soldier collapsed near the completion of a foot march. First responders applied ice blankets and the Soldier was evacuated to a hospital for treatment of kidney failure and a collapsed lung. His core body temperature was brought to normal, but the Soldier died of cardiac arrest the next day.

[Click here to view more Preliminary Loss Reports on the USACRC website](#)

ANOTHER SOLDIER LOST

DON'T LET THIS BE YOU!



Heat illnesses are preventable. Ensure you and your battle buddies stay properly hydrated.



<https://safety.army.mil>

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Heat Illness Prevention

Army Public Health Center Heat Illness Prevention resources

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