

Attachment 3 - Safety Guidelines for Hot Environments

The following tables provide safety guidelines to be used for hot environments for all Civil Air Patrol activities.

SAFETY GUIDELINES FOR HOT ENVIRONMENTS

HEAT STAGE	TEMPERATURE RANGE	FLAG COLOR	WORK PERMITTED	EASY WORK (QTS/HOUR)	MODERATE WORK (QTS / HOUR)	HARD WORK (QTS/HOUR)
1	78 - 81.9° F WBGT	White	Easy, Moderate & Hard	½	½	¾
2	82 - 84.9° F WBGT	Green	Easy, Moderate & Hard	½	¾	¾
3	85 - 87.9° F WBGT	Yellow	Easy & Moderate	¾	¾	1
4	88 - 89.9° F WBGT	Red	Easy	¾	1	1
5	90° F + WBGT	Black	No prolonged physical exertion	1	1	1

Table 1. Work Restrictions and Fluid Replacement.

EASY WORK	MODERATE WORK	HARD WORK
<ul style="list-style-type: none"> ◆ Walking on level terrain or hiking with ≤ 15 lb. load ◆ Drill and ceremonies ◆ Marksmanship training 	<ul style="list-style-type: none"> ◆ Walking on rolling terrain or hiking with 15-25 lb load ◆ Calisthenics, team sports, CPFT ◆ Rappelling 	<ul style="list-style-type: none"> ◆ Hiking on steep terrain or with ≥ 25 lb. load ◆ Obstacle courses ◆ Intense fitness drills

Table 2. Work Categories. It would be impossible to create an exhaustive list of every activity and catalog each as easy, moderate, or hard work. This table provides a basis for commanders to make sound decisions. They must use good judgment in classifying the particular activities of their unit as easy, moderate, or hard work, and then follow the appropriate guidelines.

HEAT STRESS & WATER INTOXICATION WARNING SIGNS & SYMPTOMS			
EARLY SIGNS & SYMPTOMS		ACTIONS	
<ul style="list-style-type: none"> ◆ Dizziness ◆ Headache ◆ Dry mouth 	<ul style="list-style-type: none"> ◆ Unsteady walk ◆ Weakness ◆ Muscle cramps 	<ul style="list-style-type: none"> ◆ Remove from training ◆ Rest in shade ◆ Sip water 	<ul style="list-style-type: none"> ◆ If symptoms do not improve in 15-30 minutes, transport to medical facility
LATER SIGNS & SYMPTOMS		IMMEDIATE ACTIONS	
<ul style="list-style-type: none"> ◆ Hot body, high temperature ◆ Confusion; unresponsiveness ◆ Vomiting 	<ul style="list-style-type: none"> ◆ Involuntary bowel movements ◆ Convulsions ◆ Weak or rapid pulse 	<ul style="list-style-type: none"> ◆ Call ambulance immediately ◆ Lay victim down in shade ◆ Elevate feet ◆ Give sips of water 	<ul style="list-style-type: none"> ◆ Begin active cooling if skin is hot ◆ Undress as much as possible ◆ Pour cool water over victim

Table 3. Heat Stress & Water Intoxication.