DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY EUROPE REGIONAL MEDICAL COMMAND
CMR 442
APO AE 09042

MCEU-S

9 JUN 2003

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Heat Injury Prevention

1. References.

a. US Army Safety Center Memorandum, 7 Apr 03, Subject: Prevention of Heat Injuries.
b. AE PAM 385-15, Leaders Operational Accident Prevention Guide, May 03.
c. TB MED 507, Prevention, Training and Control of Heat Injury, Mar 03.
d. FM 21-10, Field Hygiene and Sanitation, Jun 00.
e. FM 21-1, Foot Marches, Jun 90.
f. FM 21-10W/CHG 1, Physical Fitness Training, OCT 98.
g. FM 4-10.17, Preventive Medicine Services, Aug 02.
h. FM 4-25.12, Unit Field Sanitation Team, Jan 02.
i. "Countermeasure" US Army Safety Center Bulletin, Apr 03.

2. Recently, the US Army Safety Center noted that a number of soldiers participating in rigorous physical training events took performance enhancing supplements or medications that affected their body's cooling system and resulted in heat casualties. Substances included "fat burners" that contain Ephedra, Ma Huang, and other stimulants as well as prescription drugs known to cause adverse effects during strenuous activity.

3. I want all leaders within the ERMC to review their local policies and plans for rigorous training events such as EIB, EFMB and land navigation NLT 15 Jun 03 and ensure they are changed to conform to the following US Army Safety Center guidance.

4. Pre-planning events for such activities must include the following actions:

a. Warn the soldier against the use of performance enhancing supplements or medications that may adversely affect the body's cooling mechanism.

b. Conduct a medical screening of soldiers with acute or chronic medical problems, those taking prescription or over the counter medications or dietary supplements and those with a history of previous heat injury.

c. These warnings will be stated during safety briefings prior to training events.

5. The following link is helpful in preventing and managing the adverse effects of heat injury and stress.
http://chppm-www.apgea.army.mil/heat/

6. Let us be pro-active leaders in ensuring the safety of our soldiers during the upcoming summer months.

ELDER GRANGER
Brigadier General, USA
Commanding

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