

UNCLASSIFIED/

Subject: ALARACT 382/2011 - ALARACT COLD WEATHER INJURY PREVENTION FOR 2011 FALL/WINTER SEASON
 Originator: ALARACT RELEASE AUTHORITY(UC)
 DTG: 141556Z Oct 11 Precedence: PRIORITY DAC: General
 To: AL ARACT(UC), ALARACT

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THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC//DASG -HSZ//DAMO -DASG//

THIS ALARACT MESSAGE IS SENT ON BEHALF OF THE SURGEON GENERAL//

SUBJECT: ALARACT COLD WEATHER INJURY PREVENTION FOR 2011 FALL/WINTER SEASON

REF/A/AR 40 -5/PREVENTIVE MEDICINE/25MAY07//

REF/B/HQDA MEMORANDUM/SUBJECT: COLD WEATHER INJURY PREVENTION PROGRAM, 2011 -2012/22SEP11//

REF/C/TRADOC REGULATION 350 -29/PREVENTION OF HEAT AND COLD CASUALTIES/20JAN10//

REF/D/TB MED 508/PREVENTION AND MANAGEMENT OF COLD -WEATHER INJURIES/01APR05//

REF/E/US ARMY PUBLIC HEALTH COMMAND ONLINE RESOURCES LOCATED AT:

HTTP://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/CIP/PAGES/DEFAULT.ASPX//

1. (U) SITUATION. COLD WEATHER -RELATED INJURIES (CWI) REMAIN A MAJOR THREAT TO INDIVIDUAL HEALTH AND UNIT PERFORMANCE DURING TRAINING AND OPERATIONS. DURING THE 2010 - 2011 COLD SEASON, THERE WERE 306 -CWI REPORTED AMONG SOLDIERS: 38 -CASES OF HYPOTHERMIA, A LIFE -THREATENING CONDITION, AND 162 -CASES OF FROSTBITE, WHICH CAN LEAD TO AMPUTATIONS.
2. (U) MISSION. US ARMY (USA) COMMANDERS, SUPERVISORS, AND SOLDIERS AT ALL LEVELS WILL IMPLEMENT PROTECTIVE MEASURES IN ORDER TO PREVENT CWI DURING FALL/WINTER 2011 COLD SEASON (01 OCT 11 - 31 MAR 12).
3. (U) EXECUTION.
 - 3.A. (U) CONCEPT OF THE OPERATIONS.
 - 3.A(1) (U) USA COMMANDERS AND LEADERS WILL ENSURE ALL PERSONNEL ARE EDUCATED ABOUT THE PREVENTION, RECOGNITION AND TREATMENT OF CWI.
 - 3.A(2) (U) CWI INCLUDE:
 - 3.A(2)(A) (U) INJURIES DUE TO DECREASED TEMPERATURE (HYPOTHERMIA, FROSTBITE , NONFREEZING COLD INJURY).
 - 3.A(2)(B) (U) INJURIES DUE TO HEATERS (E.G., BURNS FROM FIRE, ETC.).
 - 3.A(2)(C) (U) CARBON MONOXIDE POISONING, AND
 - 3.A(2)(D) (U) ACCIDENTS DUE TO IMPAIRED PHYSICAL AND MENTAL FUNCTION RESULTING FROM COLD STRESS.
 - 3.A(3) (U) USA COMMANDERS / OFFICERS ARE RESPONSIBLE FOR PREVENTING CWI. UNIT NON-COMMISSIONED OFFICERS (NCOS) ARE ACCOUNTABLE FOR THE HEALTH AND SAFETY OF THEIR SOLDIERS. SOLDIERS ARE RESPONSIBLE FOR IMPLEMENTING PERSONAL PROTECTIVE MEASURES.
 - 3.A(4) (U) DURING COLD WEATHER EXPOSURES, ANY SOLDIER WHO EXHIBITS UNEXPLAINED DROWSINESS, LACK OF COORDINATION OR MENTAL STATUS CHANGES SHOULD BE PROVIDED APPROPRIATE FIRST AID AND MEDICALLY EVACUATED TO THE CLOSEST EMERGENCY ROOM AS QUICKLY AS POSSIBLE.
 - 3.B. (U) COORDINATING INSTRUCTIONS.
 - 3.B(1) (U). COMMANDERS, OFFICERS, NCOS AND SUPERVISORS WILL:
 - 3.B(1)(A) (U) ENSURE ALL SOLDIERS WHO ARE ISSUED THE EXTENDED COLD WEATHER CLOTHING SYSTEM GENERATION III ARE TRAINED IN THE PROPER WEAR AND CARE OF EACH ITEM. ENSURE ALL SOLDIERS' COLD WEATHER CLOTHING IS CLEAN, DRY AND IN GOOD CONDITION (WITHOUT HOLES OR BROKEN FASTENERS).
 - 3.B(1)(B) ENSURE PERSONNEL CONSUME ADEQUATE FOOD AND MAINTAIN HYDRATION FOR OPTIMAL PERFORMANCE IN THE COLD.
 - 3.B(1)(C) (U) ENSURE SOLDIERS' DEPLOYMENT KITS CONTAIN ENOUGH SOCKS, HATS, SUNGLASSES, SUNSCREEN, LIP BALM, AND SKIN-CARE ITEMS. USE PROTECTIVE CLOTHING (LOOSE AND IN LAYERS) AND EQUIPMENT PROPERLY.
 - 3.B(1)(D) (U) ENSURE SOLDIERS ARE PROPERLY TRAINED IN RECOGNIZING AND PREVENTING CWI.
 - 3.B(1)(E) (U) ENSURE SOLDIERS USE THE BUDDY SYSTEM AND REPORT TO THE UNIT MEDIC/MEDICAL OFFICER IF CWI SYMPTOMS DEVELOP.
 - 3.B(1)(F) (U) ENSURE OFFICERS, NCOS AND MEDICAL PERSONNEL RECOGNIZE AND APPROPRIATELY RESPOND TO CWI. CONDUCT BATTLE BUDDY CHECKS TO PREEMPTIVELY IDENTIFY AND TREAT CWI AND PREVENT DEATH S. ENSURE EACH SOLDIER REMAINS ALERT FOR CHANGES IN HIS/HER BATTLE BUDDY'S PHYSICAL AND MENTAL STATUS THAT MAY REPRESENT EARLY SYMPTOMS OF CWI.
 - 3.B(1)(G) (U) ENSURE ONLY ARMY APPROVED HEATERS ARE USED AND PERSONNEL ARE TRAINED ON HOW TO USE THEM PROPERLY.
 - 3.B(2) (U) CWI REPORTING.
 - 3.B(2)(A) (U) NON-DEPLOYED MILITARY TREATMENT FACILITIES SHOULD COORDINATE WITH THEIR SUPPORTING PREVENTIVE MEDICINE (PM) ORGANIZATION FOR REPORTING CWI. PM PERSONNEL SHOULD REPORT CWI TO US ARMY PUBLIC HEALTH COMMAND I TO US ARMY PUBLIC HEALTH COMMAND (USAPHC) USING THE DISEASE REPORTING SYSTEM INTERNET (DRSI). INFORMATION ON DRSI IS AVAILABLE AT HTTP://PHC.AMEDD.ARMY.MIL/TOPICS/HEALTHSURV/DE/PAGES/DRSISOURCES.ASPX AND FROM THE DRSI HELPDESK (EMAIL: DISEASE.EPIDEMIOLOGY@AMEDD.ARMY.MIL, COM: 410 -417-2377, DSN: 867 -2377).
 - 3.B(2)(B) (U) DEPLOYED PERSONNEL SHOULD REPORT CWI AS OUTLINED IN THEIR MEDICAL ANNEX.
 - 3.B(3) (U) ADDITIONAL RESOURCES AND GUIDANCE ARE AVAILABLE TO LEADERS AND MEDICAL PERSONNEL.
 - 3.B(3)(A) (U) THE USAPHC WEBSITE AT HTTP://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/CIP/PAGES/DEFAULT.ASPX PROVIDES COMPREHENSIVE INFORMATION ON CWI INJURY PREVENTION.
 - 3.B(3)(B) (U) US ARMY TRAINING AND DOCTRINE COMMAND (USATRADOC) PUBLISHED GUIDANCE TO COMMANDERS FOR PREVENTION OF COLD CASUALTIES IN TRADOC REGULATION 350 -29, PREVENTION OF HEAT AND COLD CASUALTIES, 20 JAN 10, AT HTTP://WWW.TRADOC.ARMY.MIL/TPUBS/REGS/TR350 -29.PDF.
 - 3.B(3)(C) (U) US ARMY COMBAT READINESS/SAFETY CENTER (USACRC) LAUNCHED THE 2011 FALL/WINTER SAFETY CAMPAIGN, WHICH RUNS FROM 01 OCT 11 - 31 MAR 12, TO PROVIDE INFORMATION TO SOLDIERS, FAMILY MEMBERS, AND CIVILIANS ON UNDERSTANDING THE HAZARDS OF COLD WEATHER ACTIVITIES AND HOW EDUCATION AND INFORMATION CAN GUIDE THEM SAFELY THROUGH THE FALL/WINTER SEASONS. INFORMATION ON THE USACRC FALL/WINTER SAFETY CAMPAIGN 2011 IS AVAILABLE AT: HTTPS://SAFETY.ARMY.MIL/MULTIMEDIA/CAMPAIGNINITIATIVES/FALLANDWINTERSAFETYCAMPAIGN2011/TABID/2174/DEFAULT.ASPX
4. (U) SUSTAINMENT. (U) N/A.
5. (U) COMMAND AND SIGNAL.
 - 5.A. (U) POCs:
 - 5.A(1) (U) OTSG/MEDCOM: COL ROBERT MOTT, DEPUTY FUNCTIONAL PROPONENT FOR PREVENTIVE MEDICINE, COM: 703 -681-3130,

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5.B. (U) EXPIRATION DATE: 30 SEP 12.