USAG-Humphreys Safety Gram

26-07 28 July 2026

Heat Injuries Prevention During Summer



General Preparedness

Summers in Korea can be extremely hot and humid, leading to a high risk of heat-related injuries such as heat exhaustion and heat stroke. Personnel must take proactive measures to prevent these conditions.

Hydration and Diet

- Drink plenty of water throughout the day, even if you do not feel thirsty. Avoid excessive caffeine and alcohol, which can lead to dehydration.
- Consume balanced meals to replace salts and minerals lost through sweating.

Work and Outdoor Activities

- Follow the work/rest cycles according to the WBGT (Wet Bulb Globe Temperature) index.
- Schedule strenuous outdoor activities during the cooler parts of the day, such as early morning or late evening.
- Wear lightweight, loose-fitting, and light-colored clothing. Use hats and sunscreen to protect against sunburn.

Recognizing Heat Injuries

- **Heat Exhaustion:** heavy sweating, weakness, cold/pale/clammy skin, fast/weak pulse, nausea, and fainting. Move to a cooler area, loosen clothing, and sip water.
- **Heat Stroke:** Symptoms include a high body temperature (above 103°F), hot/red/dry skin, rapid/strong pulse, and possible unconsciousness. Call 911 immediately and attempt to cool the person down.

Work/Rest/Water Consumption Table

Applies to average sized, heat acclimated soldier wearing BDU, hot weather

Easy Work	Moderate Work	Hard Work
• Weapon Maintenance • Walking Hard Surface at 2.5 mph, < 30 lb Load • Marksmanship Training • Drill and Ceremony	• Walking Loose Sand at 2.5 mph, No Load • Walking Hard Surface at 3.5 mph, < 40 lb Load • Calisthenics • Patrolling • Individual Movement Techniques, i.e. Low Crawl, High Crawl, etc.	• Walking Hard Surface at 3.5 mph, ≥ 40 lb Load • Walking Loose Sand at 2.5 mph with Load • Field Assaults

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest	*Water Intake (Qt/H)*	*Work/Rest*	*Water Intake (Qt/H)*	*Work/Rest*	*Water Intake (Qt/H)*
1	78° - 81.9°	NL	½	NL	¾	40/20 min	¾
2 (GREEN)	82° - 84.9°	NL	½	50/10 min	¾	30/30 min	1
3 (YELLOW)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (RED)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (BLACK)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

- The work-rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/h) and exposure to full sun or full shade (± ¼ qt/h).
- **NL** = no limit to work time per hour.
- **Rest** means minimal physical activity (sitting or standing), accomplished in shade if possible.
- ***CAUTION: Hourly fluid intake should not exceed 1½ quarts.***

  Daily fluid intake should not exceed 12 quarts.
- If wearing body armor add **5°F** to WBGT in humid climates.
- If wearing NBC clothing (MOPP 4) add **10°F** to WBGT.

For additional copies contact: U.S. Army Center for Health Promotion and Preventive Medicine (800) 222-9698
Also see http://chppm-www.apea.army.mil/heat for electronic versions of this document and other heat injury prevention resources.

USAG-Humphreys Safety Gram

26-07 28 July 2026

여름철 온열질환예방

일반적인 대비



한국의 여름은 매우 덥고 습하여 열탈진 및 열사병과 같은 온열 관련 손상의 위험이 높습니다. 인원들은 이러한 상황을 예방하기 위해 적극적인 조치를 취해야 합니다.

수분섭취 및 식단

- 목이 마르지 않더라도 하루 종일 물을 충분히 마시십시오.
- 탈수를 유발할 수 있는 과도한 카페인과 알코올 섭섭취는 피하십시오.
- 땀으로 손실된 염분과 미네랄을 보충하기 위해 균형 잡힌 식사를 하십시오.

업무 및 야외활동

- WBGT (습구흑구온도) 지수에 따른 작업/휴식 주기를 따르십시오.
- 이른 아침이나 늦은 저녁과 같이 하루 중 서늘한 시간대에 격렬한 야외 활동을 계획하십시오.
- 가볍고 헐렁하며 밝은 색상의 옷을 입으십시오.
- 햇볕에 타지 않도록 모자와 자외선 차단제를 사용하십시오.

온열질환인지

- **Heat Exhaustion:** 심한 땀 흘림, 쇠약, 차갑고/창백하며/축축한 피부, 빠르고/약한 맥박, 메스꺼움 및 기절. 더 시원한 곳으로 이동하고 옷을 느슨하게 하며 물을 조금씩 마시십시오..

- **Heat Stroke:** 103°F (약 39.4°C) 이상의 높은 체온, 뜨겁고/붉으며/건조한 피부, 빠르고/강한 맥박, 의식 상실 가능성이 증상으로 나타납니다. 즉시 911 에 전화하고 환자의 체온을 낮추기 위해 노력하십시오.

Work/Rest/Water Consumption Table

Applies to average sized, heat acclimated soldier wearing BDU, hot weather

Easy Work	Moderate Work	Hard Work
• Weapon Maintenance • Walking Hard Surface at 2.5 mph, < 30 lb Load • Marksmanship Training • Drill and Ceremony	• Walking Loose Sand at 2.5 mph, No Load • Walking Hard Surface at 3.5 mph, < 40 lb Load • Calisthenics • Patrolling • Individual Movement Techniques, i.e. Low Crawl, High Crawl, etc.	• Walking Hard Surface at 3.5 mph, ≥ 40 lb Load • Walking Loose Sand at 2.5 mph with Load • Field Assaults

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest	*Water Intake (Qt/H)*	*Work/Rest*	*Water Intake (Qt/H)*	*Work/Rest*	*Water Intake (Qt/H)*
1	78° - 81.9°	NL	½	NL	¾	40/20 min	¾
2 (GREEN)	82° - 84.9°	NL	½	50/10 min	¾	30/30 min	1
3 (YELLOW)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (RED)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (BLACK)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

For additional copies contact: U.S. Army Center for Health Promotion and Preventive Medicine (800) 222-9698
Also see http://chppm-www.apea.army.mil/heat for electronic versions of this document and other heat injury prevention resources.

- The work-rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/h) and exposure to full sun or full shade (± ¼ qt/h).
- **NL** = no limit to work time per hour.
- **Rest** means minimal physical activity (sitting or standing), accomplished in shade if possible.
- ***CAUTION: Hourly fluid intake should not exceed 1½ quarts.***

  Daily fluid intake should not exceed 12 quarts.
- If wearing body armor add **5°F** to WBGT in humid climates.
- If wearing NBC clothing (MOPP 4) add **10°F** to WBGT.