

Chapter 20

Weather

20-1. Heat injury prevention

a. General.

(1) Exposure to excessive heat may cause injury and threaten the well-being of military and Civilian personnel. Heat injuries pose a threat to personnel involved in both indoor and outdoor exercise and operations. Heat injuries are preventable and can be avoided by following the precautions outlined in TB Med 507 and this regulation.

(2) Commanders/directors will designate, either verbally or in writing, "mission essential" personnel by name and/or position. These individuals will be made aware of their responsibility to report for duty regardless of temperature and humidity levels.

b. Responsibilities.

(1) Installation Operations Center (IOC) will notify all organizations via email and some by telephone when the heat category is 3 or above.

(2) The Civilian Personnel Advisory Center (CPAC) will notify the appropriate unions when the decision is made to administratively dismiss Civilian personnel.

(3) Directors/supervisors will take precautions and administrative action as required for indoor and outdoor work under excessive heat as outlined below.

(4) Commanders will ensure Wet Bulb Globe Temperature (WBGT) monitors are located in all training areas and used by trained personnel.

c. Curtailment/release guidance.

(1) *Personnel working outside.* At the beginning of the hot weather season, work/training schedules should make allowance for an acclimatization period of approximately 2 weeks. Where possible, outside work/training should be scheduled during the cooler parts of the day. During this acclimatization period, work/training schedules should provide for increasingly longer work periods alternating with rest periods.

(2) The WBGT Index is a temperature by which air temperature, air movement, relative humidity, and radiant heat can be expressed as favorable or unfavorable for certain types of activities. The following guidance will be adhered to for outside activities upon receipt of WBGT observations:

(a) If the WBGT Index exceeds 82 degrees Fahrenheit (CAT II), caution must be used in planning heavy work or exercise for troops/workers that are not acclimatized.

(b) When the WBGT Index reaches 85 degrees Fahrenheit (CAT III), strenuous work should be suspended during the acclimatization period. After personnel have been acclimatized, work may be carried on at a reduced scale at this temperature. Frequency and/or duration of rest or relief periods should be increased. Care should be taken that ample water is consumed and that appropriate clothing is worn.

(c) When the WBGT Index reaches 88 degrees Fahrenheit (CAT IV), strenuous work should be curtailed for all personnel during the acclimatization period. Acclimatized personnel who are in good physical condition can continue to work at a reduced scale at a WBGT of 88 degrees Fahrenheit to 90 degrees Fahrenheit for periods not exceeding 6 hours a day. Frequency and duration of rest or relief periods should be increased. Care should be taken to insure that ample water is consumed and that appropriate clothing is worn.

(d) When the WBGT Index reaches 90 degrees Fahrenheit (CAT V), non-essential or non-mission outside work should be halted. Efforts should be made to provide inside work for those employees whose outside activities have been suspended. For example, when grass mowing operations are suspended, grass mowing equipment could be taken to the shop for operator maintenance.

(e) Use the WBGT index as a guide. In addition to the above, follow table 20-1 which is the Work/Rest Water Consumption Table. Good judgment on the part of the supervisor is essential in scheduling or curtailing outside training/work. The above guidance is general and cannot cover every possible situation. Each case must be considered on an individual basis. Supervisors must consider intensity of the work, physical condition of employee, acclimatization factors, duration of task, WBGT, and importance of the task.

(3) *Command Ceremonies.* During periods of excessive heat, command ceremonies will be conducted in the morning hours.

d. *Recognition of heat injury.* Commanders, cadre, medical, and safety personnel should be knowledgeable in recognition, prevention, and emergency treatment of heat illnesses. Preventive Medicine Service (PMS) personnel are available as consultants on prevention of heat injuries.

(1) *Heat cramps.* Heat Cramps are a form of muscle cramp brought on by exertion and insufficient salt.

(2) *Fainting.* Fainting can occur in an effort to cool the body. Skin blood vessels dilate so much that blood flow to the brain is reduced, resulting in symptoms of dizziness, headache, nausea, vomiting, and fainting.

(3) *Heat exhaustion.* Heat Exhaustion occurs when more fluid is lost from sweating and respiration than is taken in, so there is not enough fluid to cool the body off.

(4)*Heat Stroke*. Heat Stroke is caused by an increase in the body's core temperature and can lead to death. The body has plenty of fluid, but the external temperature is too much so the body is unable to eliminate its excess heat.

Work/Rest and Water Consumption Table

Applies to average sized, heat-acclimated soldier wearing BDU, hot weather. (See TB MED 507 for further guidance.)

Easy Work	Moderate Work	Hard Work
<ul style="list-style-type: none"> • Weapon Maintenance • Walking Hard Surface at 2.5 mph, < 30 lb Load • Marksmanship Training • Drill and Ceremony • Manual of Arms 	<ul style="list-style-type: none"> • 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 or High Crawl • Defensive Position Construction 	<ul style="list-style-type: none"> • Walking Hard Surface at 3.5 mph, ≥ 40 lb Load • Walking Loose Sand at 2.5 mph with Load • Field Assaults

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr).

- **NL** = no limit to work time per hr.
- **Rest** = minimal physical activity (sitting or standing) accomplished in shade if possible.

- **CAUTION: Hourly fluid intake should not exceed 1½ qts.**

Daily fluid intake should not exceed 12 qts.

- If wearing body armor, add 5°F to WBGT index in humid climates.

- If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index.

- If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index.

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
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 Health Information Operations Division at (800) 222-9698 or CHPPM - Health Information Operations@apg.amedd.army.mil.
For electronic versions, see <http://chppm-www.apgea.army.mil/heat>. Local reproduction is authorized.
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Table 20-1. Work/Rest and Water Consumption Table

e. *Procedures for the preventing heat injury.* Water loss must be replaced, preferably by periodic intake of small amounts of water throughout the work period. Thirst is not an adequate indicator for water intake since it means the body is already low on fluids. Personnel with ample water supplies will frequently dehydrate unless drinking is encouraged or required by command. However, water intoxication or over-hydration occurs by drinking too much water too quickly. This dilutes the electrolytes in the blood causing interference with brain, heart, and muscle functions and may result in death. Symptoms of water intoxication are the same as other heat injuries although bloating and swelling may also exist. More serious symptoms include vomiting, muscle twitching, delirium, seizures, and coma. Therefore, hourly fluid intake should not exceed 1.5 quarts.

20-2. Cold weather injury prevention

a. *General.* Successful cold injury prevention requires vigorous command leadership and proper use of preventive measures which are enforced. Prior planning, cold weather training, and the provision of proper clothing and equipment are paramount. Direct specific preventive measures toward conservation of total body heat, and avoiding unnecessary prolonged exposure of personnel to cold, moisture, and activities favoring cold injury.

b. Responsibilities.

(1) The Installation Safety Office will promote cold weather injury prevention and provide supervisors and safety officers/NCOs with written materials and videos upon request.

(2) Commanders will:

(a) Appoint a cold weather injury prevention officer/NCO in accordance with TB Med 81.

(b) Include safety in planning.

(c) Ensure suitable cold weather gear is available and serviceable, taking appropriate exercises to avoid constriction of the extremities by clothing and footgear.

(d) Train supervisors in cold weather responsibilities.

(e) Train troops in cold weather injury prevention procedures, proper cold weather operational procedures, and carbon monoxide hazards.

(f) Ensure all equipment is ready, such as weapons winterized and tent stoves checked.

(g) Monitor cold weather for changes to prevent cold weather injuries. Refer to the Installation Safety Office website or SharePoint Portal to access reference materials “Wind Chill Chart” and “Cold-Weather Casualties and Injuries Chart.”

(h) Frequently observe Service Members/employees for early signs and symptoms of cold injury.

(i) Follow guidance in TB Med 81 and other policies.

(3) Cold weather control officer/NCO will:

(a) Follow guidance in TB Med 81 and other appropriate guidelines and policies to prevent cold weather injuries.

(b) Frequently observe Service Members for early signs and symptoms of cold injury.

(c) Encourage taking appropriate exercises to avoid constriction of the extremities by clothing and footgear.

(4) Individual Service Members will:

(a) Be familiar with cold weather injury signs and symptoms, and watch for them by doing self-checks and observing others.

(b) Be familiar with cold weather injury prevention procedures, proper cold weather operational procedures, and carbon monoxide hazards.

(c) Maintain cold weather gear in serviceable condition and wear it as directed by leaders.

c. Types of Cold Weather Injuries.

(1) *Hypothermia.* Hypothermia occurs when the body is exposed to colder temperatures or aggravated by wetness, wind, and exhaustion, and is unable to recover the body heat that is lost. Severe hypothermia can lead to death.

(2) *Frostnip.* Frostnip is the freezing of the top layers of the skin tissue and is generally reversible. Skin is white, waxy, and numb. The top layer feels hard and rubbery but deeper tissue is still soft. It is typically seen on cheeks, earlobes, fingers, and toes.

(3) *Frostbite.* Frostbite includes freezing all layers of the skin and possibly freezing muscle and bone. Skin is white and wooden-feeling all the way through and possibly without feeling.

(4) *Trench Foot.* Trench Foot is caused by prolonged exposure of the feet to cool, wet conditions. This can occur at temperatures as high as 60 degrees Fahrenheit if the feet are constantly wet. The skin is initially reddened with numbness, tingling pain, and itching, then becomes pale and mottled and finally dark purple, grey or blue. If circulation is impaired for more than 24 hours, the victim may lose the entire foot. Service Members should check their feet regularly to see if they are wet; change socks at least once a day and do not sleep with wet

socks. Cases of trench foot should not walk out but be evacuated by litter since the feet are susceptible to damage by walking on them.

(5) *Chilblains*. Chilblains are caused by repeated exposure of bare skin to cold but above freezing temperatures. Redness and itching will appear, particularly on the cheeks, ears, fingers, and toes. The redness and itching will return with future exposure because the cold exposure causes permanent damage to the capillaries, and the redness and itching will return with future exposures.

(6) *Snow Blindness*. Snow blindness occurs when there is glare from ice and snow. This condition is not likely to occur on a hazy or cloudy day. A scratchy feeling when eyelids close could be an early symptom of snow blindness.

(7) *Dehydration*. Dehydration is an abnormal depletion of body fluids which occurs during cold weather because liquids are difficult to find and inconvenient to drink.

(8) Slower thinking and reaction time are phenomena of low temperatures and can cause accidents.

d. *Prevention*. Prevention is the buddy system and self-check by watching out for signs and symptoms.

(1) All personnel are susceptible to cold injury. Certain factors increase the likelihood of sustaining injury.

(a) A previous cold injury increases the risk for another cold injury.

(b) Fatigue contributes to cold injury. Personnel may become exhausted and fail to carry out simple preventive measures.

(c) Nicotine and alcohol greatly increases the danger of cold injury.

(d) Too little physical activity contributes to cold injury causing a decreased body heat production. Over-activity, with rapid and deep breathing, can cause the loss of large amounts of body heat and perspiration markedly reduces the insulating quality of clothing.

(2) Proper dressing includes wearing one pair of socks and glove inserts at a time. Several loose layers of clothing are recommended. When sweating during hard work, remove a layer or two of clothing. Protect ears and nose when temperatures are extremely low. Wear insulated boots in cold, damp weather and in snow, slush, or when the ground is frozen. This is especially important when movement is limited or when riding in open vehicles.

(3) Keep the body, especially the feet, clean and dry by changing socks and massaging feet at least every 12 hours or whenever there is a break in action.

(4) Avoid extremes of activity and inactivity; exercise the feet and hands; and massage the face for better blood circulation.

(5) When possible, eat hot foods and drink warm liquids when exposed to cold weather.

(6) Sit or stand on insulating material such as cardboard instead of cold or wet ground.

(7) Avoid handling cold materials with bare hands. Avoid letting any bare skin touch cold metal, snow, or other objects that retain the cold.

(8) In extreme cold, tighten and relax arm and leg muscles, do knee bends, stamp feet, run in place, or wiggle toes and fingers. If possible, elevate feet to help blood circulation.

(9) Remove boots before getting into sleeping bags.

e. *Treatment.* Seek medical treatment as soon as possible.

f. *Prevention of Carbon Monoxide Overexposure.* Commanders will:

(1) Ensure personnel are trained in the hazards of carbon monoxide.

(2) Ensure personnel know the most common source of carbon monoxide is the exhaust from internal combustion engines and field heaters in confined spaces without adequate ventilation; for example, communication vans and other enclosed areas where portable internal combustion engines and heaters are used.

(3) Ensure personnel do not sleep in, on, or near fuel-powered vehicles while the engine or heater is running.

(4) Provide adequate ventilation when engines, generators, battery chargers, and space heaters are operated.

(5) Ensure personnel are trained to recognize the warning signs and symptoms of carbon monoxide overexposure and how to perform emergency first aid treatment.

(a) *Signs and symptoms.* Cherry red lips or grayish tint to lips and mouth, throbbing temporal headache, excessive yawning, generalized weakness, dizziness, dimness in vision, nausea, vomiting, muscular uncoordination and collapse, increase pulse/respiration, and unconsciousness.

(b) *Treatment.* Remove individual from contaminated environment to fresh air. If respiration is weak/absent, administer artificial respiration and seek medical help.

g. *Safe operating procedures of field heaters.* Reference TM 10-4500-200-13 and local unit SOPs for safe operating procedures.

20-3. Lightning protection

a. *General.*

(1) While lightning strikes are not predictable, recognized precautions can decrease the likelihood of lightning casualties.

(2) Thunderstorms build up tremendous electrical potential, which searches for the shortest and easiest path to the ground. Therefore, lightning is attracted by metal fences, wires and/or the tallest object available, such as trees, isolated buildings, antennas, animals or people in open areas.

b. *Troop precautions.* In the event of an electrical storm, take the following measures.

(1) When marching in formation, troops will increase the minimum distance and interval to twice that normally maintained.

(2) Troops will not use radios nor carry radios with antennas extended.

(3) Troops will evacuate from areas containing TV antennas, relay antennas, or vehicles with whip antennas.

(4) Troops will take shelter in dense woods, a grove of trees, or a deep ravine. Avoid isolated trees. Troops will maintain a low profile in an open, flat area. Retain only minimum metal objects when taking shelter. Stack weapons, metal helmets, radios, etc., away at least 50 meters from personnel.

(5) Personnel will dismount from dozers, graders, and all other metal machinery and move to a safe distance, approximately 100 yards, depending upon terrain and condition.

(6) Personnel will not huddle together, if unavoidably caught in flat, open space, or on a bare hilltop. Instead, scatter with a minimum of 15 feet between people to reduce the attraction of lightning to a mass of bodies.

(7) Personnel in an outside area should avoid hilltops, haystacks, lone trees, flagpoles, fences, overhead wires, tents, and small unprotected buildings in the open, and other metallic objects such as artillery pieces and open top vehicles, to include HMMWVs and trucks.

(8) Personnel should seek shelter in as large a building as possible. A well-grounded metal frame building offers the most protection. When inside, stay away from electrical wiring, fireplaces, stoves, showers, bathtubs, sinks, cold water pipes, and other possible conductors of electricity. Stay away from windows and doors. Take off head phones to electrical devices.

(9) Avoid water, including bathing.

(10) Upon approach of an electrical storm, the senior person at the range or training area will make a decision regarding the lightning hazard and halt activities as necessary.

c. *Protective measures.* In the event warning is provided of impending electrical storm or lightning is noticed within Fort Lee limits, the unit commander, officer or NCO in charge of training, or other senior individual present will:

(1) Cease all outside training immediately. Lightning may strike several miles from a parent cloud so wait for 30 minutes after the last observed lightning or thunder before resuming training.

(2) Move personnel into a building if possible.

(3) Ensure all personnel remove Kevlar helmets and stack weapons at least 50 meters away from personnel. If time is not available, stack weapons and Kevlar helmets on the ground or on firing line rifle rest within view of where troops are located.

(4) Move personnel to one of the following areas if a building is not available:

(a) Area protected by lightning rods.

(b) *Lightning Dispersal Area.* Areas pre-designated as a lightning protection area will be marked with signs reading "Lightning Dispersal Area." Areas are located at the ranges and training sites.

(5) Move personnel into dense woods, a low area, ditch, ravine, or to the foot of a steep hill if a building or lightning dispersal area is not available.

(6) Move personnel away from fences, electrical wiring, vehicles, masses of metal, or other possible conductors of electricity.

(7) Keep personnel in building or within lightning dispersal area or other safe area until lightning stops.

(8) Instruct personnel if they feel their hair stand on end, to crouch down on the balls of their feet with heels touching together but not touching the ground, and place their hands over their ears to minimize hearing damage from thunder.

d. *General protective measures.* The following general rules apply during an electrical storm:

(1) Do not play golf, fish, or participate in other activities which involve the use of metallic instruments in open spaces. Do not ride tractors, golf carts, motorcycles, and bicycles during lightning storms.

(2) Do not swim, operate boats, or participate in any aquatic activities during electrical storms.

(3) Keep to a minimum telephone use during electrical storms. Telephone lines conduct energy from lightning.

(4) Move personnel immediately off playgrounds to a permanent structure at the approach of and during an electrical storm.

(5) Do not use personal plug-in electrical appliances such as hair dryers, toothbrushes, or razors during an electrical storm.

(6) Do not handle flammable material in open containers.

e. *Lightning casualties.* In many instances, personnel are only temporarily stunned and paralyzed and can be revived with prompt first aid measures. Immediate attention should be directed to those who may appear to be dead. Individuals who are stunned or dazed, but moving about, can usually recover alone. Those whose breathing and/or heartbeat have stopped need immediate attention. Should such a casualty occur, a qualified person should begin artificial respiration and cardiopulmonary resuscitation, treat for shock, and evaluate as a litter case to the hospital emergency room.

20-4. Tornadoes

a. *General.*

(1) Tornadoes can occur at any time of the year; however, in Virginia, peak tornado occurrence is May through September. Tornadoes are most likely to occur between 1500 and 2100 hours, but have been known to occur at all hours of the day or night. The average tornado moves from southwest to northeast, but has been known to move in any direction. The average forward speed is 30 mph but may vary from nearly stationary to 70 mph.

(2) Develop or review a unit tornado safety plan. One way to better prepare is to know the difference between a watch and a warning.

(a) A tornado watch means conditions are favorable for tornadoes and severe thunderstorms.

(b) A tornado warning means a tornado has been seen or detected by radar. The warning will give the location of the tornado and the areas immediately affected by the storm.

b. When a tornado warning is issued:

(1) The Fort Lee Installation Operation Center (IOC) will employ the Installation's Mass Warning and Notification System (MWNS) to provide mass warning and notification to the installation with severe weather notifications that have already been established and provided

by the Wakefield Forecast Office of the National Weather Service. IOC will put information out via e-mail and will activate a post-wide siren with tornado watches and warnings, and will announce “All Clear” messages. If the electricity goes off, phone calls will be made.

(2) If there is enough time, turn off all electrical equipment.

(3) Move to an interior room or hallway on the lowest floor, away from windows. Stairwells are good but avoid elevators as they may lose power.

(4) Get under a sturdy piece of furniture if available.

(5) If there is no time to go anywhere else, try to get up against something that will provide support or deflect falling debris; cover your head with your arms.

(6) *Outdoors, trailers, vehicles.* Try to find shelter immediately in the nearest sturdy building. If no buildings are close, lie down flat in a ditch or depression and cover your head with your arms. Open areas will decrease chances of being struck by falling trees and power lines. If it is raining, be aware of flash flooding in any ditch or depression.

(7) Assume the tornado protection position: sit on the floor, lean all the way forward, interlock your fingers together and place your open hands behind your head. This position offers the greatest degree of protection to vital parts of the body from flying debris, which causes the most deaths and injuries.

(8) Stay away from windows if at all possible.

(9) It is not advised that employees leave work early if threatening weather is expected. It is safer inside the workplace than in a car if tornado-strength winds are imminent.

(10) After a tornado passes, listen for the “all clear” announcement on a local radio station and Fort Lee alert system before leaving your shelter. Be alert to fire hazards such as broken electric wires or damaged electrical equipment and gas or oil leaks. Report broken utility lines to appropriate authorities.

20-5. Hurricane/tropical storm

a. General.

(1) Tropical Cyclone is the general term used for all circulating weather systems moving counterclockwise over tropical waters in the Northern Hemisphere. Tropical cyclones are classified as follows:

(a) A tropical depression is an organized system of clouds and thunderstorms with a defined circulation and maximum sustained winds of 38 mph (33 knots) or less.

(b) A tropical storm is an organized system of strong thunderstorms with a defined circulation and maximum sustained winds of 39 to 73 mph (34-63 knots).

(c) A hurricane is an intense tropical weather system with a well-defined circulation and maximum sustained winds of 74 mph (64 knots) or higher.

(2) A hurricane watch is issued for a coastal area when there is a threat of hurricane conditions within 24-36 hours.

(3) A hurricane warning is issued when hurricane conditions are expected in a specified coastal area within 24 hours or less. Hurricane conditions include winds of 74 miles an hour (64 knots) and/or dangerously high tides and waves. Actions for protection of life and property should begin immediately when the warning is issued.

(4) Flash flood watch means a flash flood is possible in the area; stay alert.

(5) Flash flood warning means a flash flood is imminent; take immediate action.

b. IOC will employ the Installation's Mass Warning and Notification System (MWNS) to provide mass warning and notification to the installation with severe weather notifications that have already been established and provided by the Wakefield Forecast Office of the National Weather Service. IOC will put information out via e-mail and will activate a post-wide siren with hurricane watches and warnings, and will announce "All Clear" messages. If the electricity goes off, phone calls will be made.

c. When a hurricane watch is issued, follow these safety procedures:

(1) Know evacuation routes.

(2) Keep battery-operated radio on-hand.

(3) Fill water containers to ensure adequate drinking water supply.

(4) Turn refrigerator to maximum cold and open only when necessary.

(5) Keep medicine in one container.

d. When a hurricane warning is issued, follow these safety procedures:

(1) Stay tuned to radio, TV, or other official communications.

(2) Leave areas which might be affected by storm tide or flooding.

(3) Use phone only for emergencies.

(4) Ensure you have batteries for radio and flashlights.

(5) Secure outdoor equipment and bring in pets.

(6) Keep away from windows.

(7) Drive carefully to nearest designated shelter using recommended evacuation routes when a warning is announced.

e. Develop a disaster plan for your office and home.

20-6. Earthquake

a. *General.* An **earthquake** is the result of a sudden release of energy by shaking and sometimes displacement of the grounds in the earth. Unlike tornados and hurricanes, an earthquake is unpredictable. When an earthquake strikes you may be at work, home, driving a vehicle, indoors, in a high rise, or doing many other types of activity. Knowing what to do when the earth shakes can mean the difference between your life and death. Education, awareness and survival skills are key factors in reducing your risk of injury and death.

b. The Fort Lee Installation Operation Center (IOC) will activate a post-wide siren and employ the Installation's Mass Warning and Notification System (MWNS) to provide mass warning and notifications to the installation. When all aftershocks have ceased the IOC will announce "All Clear" messages. If electricity goes off, phone calls will be made.

c. When an earthquake strikes "**Drop, Cover, and Hold On**". Listed below are several precautions to help reduce your risk of injury or death.

(1) If you are indoors: During the earthquake, drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. If you are not near a desk or table, drop to the floor against the interior wall and protect your head and neck with your arms. Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances, and cabinets with heavy objects or glass. Do not go outside!

(2) Outdoors: Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards. Drop to the ground.

(3) Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. IF a power line falls on the vehicle, stay inside until a trained person removes the wire.

20-7. Foggy weather.

a. *General.*

(1) In autumn, the days get shorter and the weather changes. It is pitch black at 0600 and if it is foggy, our Service Members, Civilian employees, and their Family members are at risk of having an accident.

(2) All the normal rules-of-the-road apply to preventing accidents during limited visibility such as no headphones when running or jogging on Fort Lee streets and sidewalks, wearing retro-reflective clothing, walking facing traffic, and maintaining a safe following distance between vehicles.

b. Fog-related tips for drivers.

(1) Start early for work; allow time for limited visibility and slow going.

(2) Clean dew from windows before operating the vehicle.

(3) Keep all vehicle lights clean to gain maximum visibility.

(4) Be alert to slow moving/stopped vehicles, vehicles without lights, and pedestrians.

(5) Slow down. Increase the distance between you and any vehicle you may be following.

(6) Watch out for school children especially around bus stops. Go slow when approaching bus stops because children may cross the street or dart into traffic without looking.

(7) Do not pass troop formations.

(8) Pedestrians, whether running or walking, also need to take the following precautions:

(a) Wear highly visible clothing.

(b) Stay well off the roadway.

(c) If walking or running alone, do so facing traffic.

(d) Do not use headphones.

c. Reminder for leaders of troop formations. If you had difficulty seeing while just driving to the start point, consider using off-road alternatives. BUT, use designated dark/limited visibility troop formation routes per Fort Lee Policy 11-07, PT Road Closure, if you must use the roadway that is where Fort Lee drivers expect you.