UNITED STATES MARINE CORPS
MARINE CORPS AIR STATION
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CHERRY POINT, NORTH CAROLINA 28533-0003

ASO 6200.2A
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AIR STATION ORDER 6200.2A

From: Commanding Officer, Marine Corps Air Station Cherry Point
To: Distribution List

Subj: HEAT INJURY PREVENTION PROGRAM

Ref: (a) MCO 6200.1E
(b) MCO 3500.27B
(c) MCO P5102.1B
(d) BUMEDINST 6220.12B
(e) NAVMED P-5010, Manual of Naval Preventive Medicine, Chapter 9, Section V, Prevention of Heat Injuries
(f) MCO 1510.89B

Encl: (1) MCAS Cherry Point Local Hot Weather Procedures
(2) Automated Heat Stress System (AHSS) Telephone Alerting System (TAS) Diagram

1. Situation. This Order provides information, assigns responsibility, establishes instructions, and regulates training to facilitate the MCAS Cherry Point Heat Injury Prevention Program.

2. Cancellation. AirStaO 6200.2 w/ Ch 1 and Policy Letter 02-10.

3. Mission. Commanders are responsible for planning and execution of the command sponsored heat injury prevention program.

4. Execution

a. Commander's Intent and Concept of Operations

(1) Commander's Intent

(a) This Order is applicable to all Air Station commands and tenants responsible for activities, administration, and oversight of physical training during the hot weather season (1 May through 31 October) and in hot weather operational environments (temperatures at or above 80°F). It shall meet or exceed the requirements of reference (a) as applicable.

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(b) Commanders will implement this Order in accordance with the references. Commanders may implement their own policy as long as that policy meets or exceeds the installation policy.

(c) Safety training, development of standard operating procedures and mishap reporting/investigation requirements will be in accordance with references (a) and (c).

(d) Operational Risk Management (ORM) for all physical training exercises and hot weather operations will be conducted in accordance with reference (b).

(2) Concept of Operations

(a) Conduct heat injury prevention and awareness training annually and when deemed necessary by the commander utilizing qualified personnel. MCAS Cherry Point Training Department will establish curriculum for heat injury prevention. This training will include the causes, types, prevention, and emergency treatment of heat injuries. Enclosure (1) of reference (a) and references (e) and (f) contain the information necessary to meet this requirement.

(b) Ensure all personnel conducting training or operations during the hot weather season or during hot weather conditions are familiar with the information contained in enclosure (1) of reference (a) and references (e) and (f) pertaining to heat injuries and their inherent dangers.

(c) Ensure personnel participating in hot weather training or operations are familiar with the Wet Bulb Globe Temperature (WBGT) index and the associated flag warning system. This information is contained in enclosure (4) of reference (a) and in reference (e).

(d) Ensure all personnel are familiar with local MCAS Cherry Point procedures for disseminating WBGT index readings and procedures for responding to heat injuries contained in enclosure (2) of this Order.

b. Subordinate Element Missions

(1) Unit Commanders

(a) Ensure completion of heat injury awareness training required by this Order and reference (a) thru (f).

(b) Ensure personnel responsible for conducting/ supervising hot weather training and operations are thoroughly familiar with this Order and associated references.

(c) Disseminate information contained in enclosure (1) to all personnel engaged in hot weather training.

(d) Obtain and disseminate WBGT index readings prior to conducting training during the hot weather season.

(e) Ensure that the Report of Heat/Cold Injury for Navy/Marine Corps Ashore (NAVMED-6500/1) is completed by the local medical facility and that reporting procedures outlined in reference (d) are completed for each heat case requiring the attention of a medical officer. This report is normally completed by the unit's medical representative during the mandatory follow-up appointment at the Naval Health Clinic.

(2) Regional METOC Center. From 1 May through 31 October activate and monitor the Automated Heat Stress System (AHSS) to ensure WBGT index flag conditions ("Green", "Yellow", "Red", and "Black") are disseminated in accordance with enclosure (1) of this Order.

(3) Joint Public Affairs Officer

(a) Annually, publish an article/advisory in the Windsock that addresses flag conditions and the precautions individuals should take during various heat conditions.

(b) Comply with the notification procedures outlined in enclosure (1) of this Order.

(4) Joint Public Affairs Office. Comply with the notification procedures outlined in enclosure (1) of this Order.

(5) Provost Marshal. Comply with the notification procedures outlined in enclosure (1) of this Order.

(6) Training Support Department. Comply with the notification procedures outlined in enclosure (1) of this Order.

(7) Range Management Department. Comply with the notification procedures outlined in enclosure (1) of this Order.

c. Coordinating Instructions

(1) Ensure the heat casualty prevention program reflects command presence and leadership initiatives.

(2) The installation will ensure the program is properly administered. Installation and tenant commands will comply with this Order. Commands may implement their own policy as long as that policy meets or exceeds the installation policy.

(3) Submit all recommendations concerning this Order to MCAS Cherry Point Safety and Standardization via the appropriate chain of command.

5. Administration and Logistics. The CG, 2D MAW; the COs, Fleet Readiness Center East and CLC-21; the Commander, Naval Health Clinic concur with the contents of this Order insofar as it pertains to members of their command.

6. Command and Signal

a. Command. This Order is applicable to the Marine Corps Reserve.

b. Signal. This Order is effective the date signed.

E. S. WEISSBERGER
Executive Officer

DISTRIBUTION: A

MCAS CHERRY POINT LOCAL HOT WEATHER PROCEDURES

1. MCAS Cherry Point Hot Weather Season. The local hot weather season for MCAS Cherry Point and outlying fields spans from 1 May through 31 October. Additionally, references (a) and (e) define hot weather as temperatures at or above 80°F.

2. Automated Heat Stress System. During the local hot weather season the Automated Heat Stress System (AHSS) is activated and monitored by the MCIEAST Regional METOC Center located in building 191 to ensure Wet Bulb Globe Temperature (WBGT) index flag conditions ("Green", "Yellow", "Red", and "Black") are disseminated per enclosure (2). Once a WBGT index flag condition is met, exceeded, or no longer meets defined criteria, the condition is automatically disseminated via the Telephone Alerting System (TAS). At a minimum, the units/sections identified in enclosure (2) are notified. If the flag condition meets or exceeds "Red" flag, warnings are issued every 30 minutes until conditions once again meet "Yellow" flag criteria.

3. The Telephone Alerting System. Units/sections that display heat condition flags are depicted in enclosure (2). The phone numbers to reach these personnel have been entered into the Telephone Alerting System associated with AHSS and will be contacted as flag conditions arise/change. Units/sections not depicted in enclosure (2) that wish to be added to the TAS should contact the Regional METOC Center at 252-466-2761/4667.

4. Heat Index Dissemination Responsibilities. Units, sections and agencies identified in enclosure (2) are responsible for displaying the appropriate heat condition flag as disseminated by the AHSS. The following agencies have additional responsibilities pertaining to disseminating information related to heat conditions.

a. Joint Public Affairs. When notified of flag conditions via the TAS, post the appropriate flag condition on the marquee located adjacent to the pull-up bars at the Physical Fitness Test field at the intersection of Roosevelt Blvd and 6th Slocum Road and on the marquee located by the Front Gate.

b. Provost Marshal. When notified of Black Flag conditions via the TAS, inform roving and/or traffic control patrols to alert runners of the heat stress condition.

c. Training Support Department. Publish the current flag condition on the MCAS Cherry Point Commander's Channel (News 6). Develop a Training Program to meet the needs of reference (a), and display current flag on the flagpole outside of Bldg 4335.

d. Range Management Department. When notified of Black Flag conditions via the TAS, inform all active ranges of the heat stress condition, especially in designated training areas.

5. Unit Prevention/Treatment of Heat Related Injuries.

a. Prevention and First Aid. References (a), (b), (e) and (f) contain information necessary to prevent and treat heat related injuries. Table 1-1 is taken directly from enclosure (1) of reference (a) and discusses signs/symptoms and first aid for heat related injuries. In addition to the guidance in the references, commanders should ensure the following personnel/equipment is available during unit-sponsored physical training.

(1) A corpsman or combat medic.

(2) A government safety vehicle for transporting equipment and stragglers (not heat injury victims).

(3) A cooler of ice to administer first aid to heat injury victims in accordance with Table 1-1.

(4) Ample water and/or energy drinks.

(5) Emergency communications or cell phones to call Fire and Emergency Services (FES/911).

b. Treatment. Naval Health Clinic Cherry Point (NHCCP) **Does Not** provide emergency services and is not currently prepared or equipped to handle heat related injuries. Marines with heat related injuries should not be transported to NHCCP. **CALL 911**. FES is trained and equipped to assist personnel with heat injuries and they can arrive at most locations aboard MCAS Cherry Point within five minutes. While awaiting FES, personnel should administer appropriate first aid per Table 1-1.

SIGNS/SYMPTOMS	FIRST AID
Heat Cramps: Muscle cramps of the arms, legs, and/or stomach and excessive sweating.	1. Move individual to a cool shady area or improvise shade; loosen clothing. 2. Monitor the individual and give water as tolerated; should slowly drink at least one full canteen.
Heat exhaustion: Heavy sweating with pale, moist, cool skin; headache, weakness, dizziness, and/or loss of appetite, heat cramps, nausea (with or without vomiting), chills (gooseflesh), rapid breathing, change in mental status, confusion, and tingling of the arms and/or feet. Core temperature is 104°F or less.	1. Move individual to a cool shady area or improvise shade; loosen or remove clothing. 2. Monitor the individual and give water as tolerated; should slowly drink at least one full canteen. 3. Spray or pour water on individual and fan to cause a cooling effect. 4. Urgent medical evaluation is indicated, especially if there are mental status changes. 5. If you have ice packs, use them. Put them in arms, armpits, and neck.
Heat Stroke: **THIS IS A MEDICAL EMERGENCY.** The individual stops sweating (hot dry skin). They first may experience headache, dizziness, nausea, fast pulse and respiration, seizures and mental confusion. They may collapse and suddenly become unconscious. Core temperature is greater than 104°F, typically around 108°F (although it may be as low as 102°F).	1. Heat stroke is a life-threatening medical emergency. Move the individual to a cool shady area or improvise shade; loosen or remove clothing. 2. Start cooling the individual immediately. Spray or pour water on individual and fan. 3. Elevate legs. If you have ice packs, use them. Put them in arms, armpits, and neck. 4. If conscious, individual should slowly drink at least 1 cup (8 oz.) of cool water every 20 minutes. Do not force water if abdominal discomfort occurs. 5. Seek medical aid immediately. Continue cooling while awaiting transport, and continue first aid while en route.

TABLE 1-1.--Heat Injury, Signs/Symptoms, and First Aid.

6. Wet Bulb Globe Temperature (WBGT) Index. The WBGT index reading is the standard used as an indicator of external heat stress on the human body. It is a single number derived mathematically from three distinct temperature measurements: wet bulb temperatures, dry bulb temperatures, and globe temperatures. Color coded flags are flown in strategic locations (Figure X-X) so that all personnel are aware of the current heat stress index and can make appropriate work schedule adjustments.

a. WBGT Index <80. Extremely intense physical exertion may precipitate heat exhaustion or heat stroke, therefore, caution must be taken. A **white flag** is flown at this condition level.

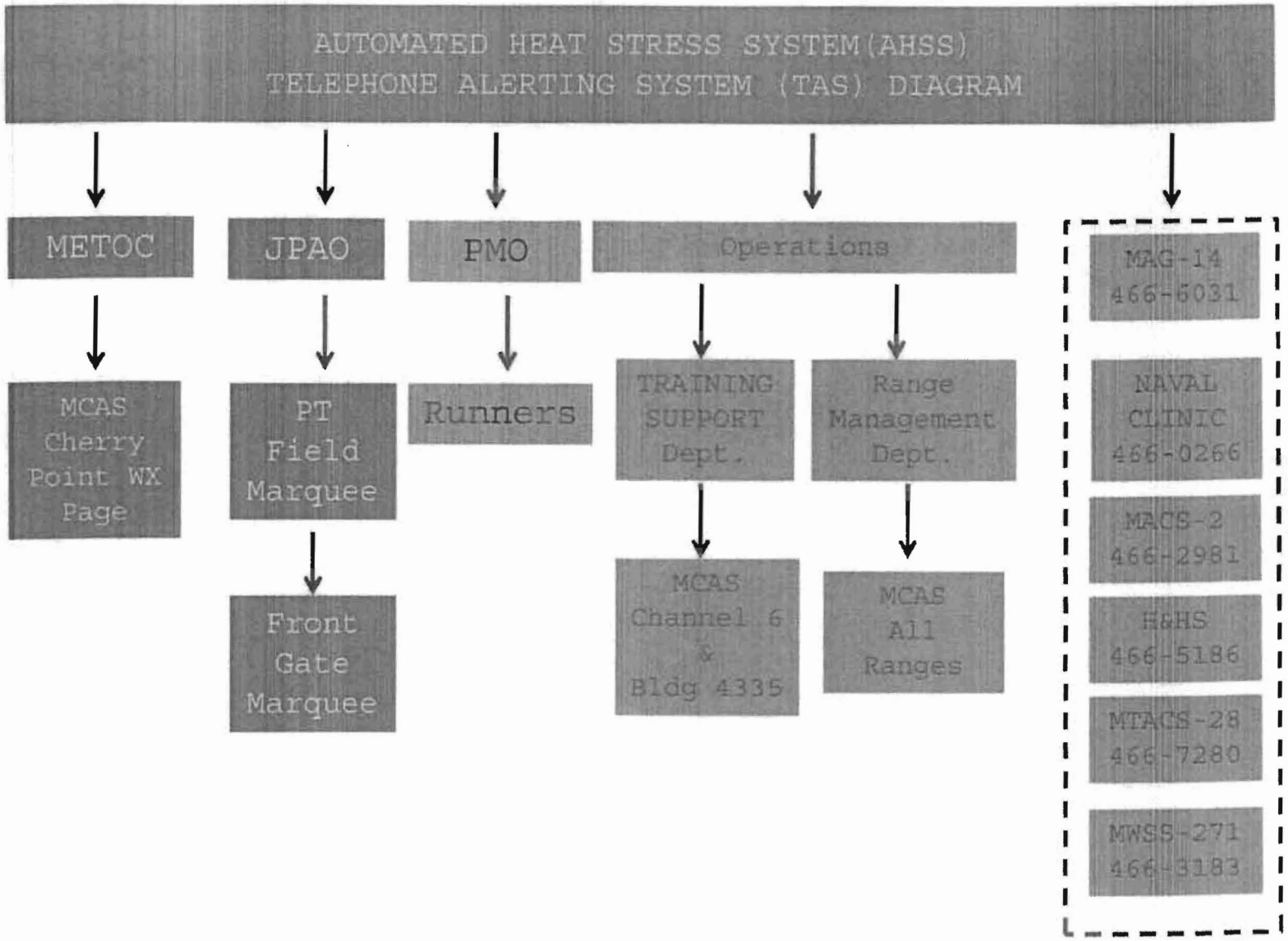
b. WBGT index is between 80 and 84.9. Discretion is required in planning heavy exercise for un-acclimatized personnel. This is a marginal heat stress limit for all personnel. A **green flag** is flown at this condition level.

c. WBGT index between 85 and 87.9. Strenuous exercise and activity must be curtailed for new and un-acclimatized personnel during the first 3 weeks of heat exposure. Outdoor classes in the sun must be avoided when the WBGT Index exceeds 85°F. A **yellow (amber) flag** is flown at this condition level.

d. WBGT index is between 88 and 89.9. Strenuous exercise must be curtailed for all personnel with less than 12 weeks training in hot weather. A **red flag** is flown at this condition level.

e. WBGT index is 90 or above. Physical training and strenuous exercise must be suspended for all personnel. (excludes operational commitment not for training purposes). A **black flag** is flown at this level.

f. Wearing body armor or NBC protective uniforms adds approximately 10 points to the measured WBGT. Limits of exposure should be adjusted accordingly.


AUTOMATED HEAT STRESS SYSTEM (AHSS)
TELEPHONE ALERTING SYSTEM (TAS) DIAGRAM
METOC
MCAS Cherry Point WX Page
JPAO
PT Field Marquee
Front Gate Marquee
PMO
Runners
Operations
TRAINING SUPPORT Dept.
MCAS Channel 6 & Bldg 4335
Range Management Dept.
MCAS All Ranges
MAG-14 466-6031
NAVAL CLINIC 466-0266
MACS-2 466-2981
H&HS 466-5186
MTACS-28 466-7280
MWSS-271 466-3183