TRADOC HEAT INJURY PREVENTION PROGRAM

Heat Can KILL!

Prevention Works

- Drink water IAW water replacement guidelines.
- Don't wait to feel thirsty, your body may need water before you feel thirsty.
- Eat meals IAW DFAC guidelines.
- Remind your buddy to drink. Refill your canteens at every opportunity.
- Look at your urine. If it is dark or if you have not urinated, you need to drink more.
- Eat meals to replace salts. Drinking too much water and not eating enough salt may be fatal.
- Do not take ANY dietary supplements (for example ephedra).

Army Values:
Loyalty
Duty
Respect
Selfless - Service
Honor
Integrity
Personal Courage

2001

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