



## DEPARTMENT OF THE NAVY

NAVAL AMPHIBIOUS BASE LITTLE CREEK  
2600 TARAWA COURT SUITE 100  
NORFOLK, VIRGINIA 23521-3297

IN REPLY REFER TO:

NAVPHIBASELCREEKINST 6110.3A  
N01MED  
12 May 03

### NAVPHIBASELCREEK INSTRUCTION 6110.3A

Subj: NAVPHIBASE LITTLE CREEK HEAT STRESS INJURY PRECAUTION

Ref: (a) NAVMED P-5010-3  
(b) OPNAVINST 6110.1 (Series)

1. Purpose. To establish an effective Heat Stress Program for Naval Amphibious Little Creek (NAVPHIBASE LCREEK) and provide procedures and precautions to reduce the risk of potential injury from Heat stress per references (a) and (b). Changes to this instruction constitute a major revision; therefore, additions, deletions, or changes are not individually marked.

2. Cancellation. NAVPHIBASELCREEKINST 6110.3 is hereby cancelled.

3. Background. Heat stress is a potentially dangerous condition that occurs when the body is unable to regulate its temperature. Generally, vigorous activity in hot and humid weather can cause a person's internal core temperature to rise dangerously. As the body tries to cool itself, other body functions may be neglected and heat stress disorders may occur. The results of heat stress can range from feeling tired and irritable to headaches, nausea, dizziness, and death under certain circumstances. Heat stress disorders include:

a. Heat Cramps. Symptoms include moist cool skin, fainting, localized muscle cramping, and prickly heat.

b. Heat Exhaustion. A more serious heat stress disorder is caused when a person fails to replenish fluids lost through perspiration. Symptoms may include profuse sweating, clammy skin, pale/flush complexion, weakness, dizziness, and nausea/vomiting.

c. Heat stroke. The most serious of the disorders occurs when the body can no longer cool itself because the temperature regulating systems of the body are overloaded. Symptoms may include sudden loss of sweating, high temperature (106F or more), hot dry flushed skin, confusion, delirious behavior, and loss of consciousness or coma.

Note: In all cases, emergency medical personnel shall be contacted immediately.

12 May 03

d. In order to ascertain the risk of heat stress, the outside temperature must be taken with a Wet-Bulb Globe Temperature (WBGT) meter.

4. Policy. Heat stress levels of 90° (WBGT) index and above indicate a **"Black Flag"** condition. All physical training and strenuous exercise is suspended for all personnel (excludes operational commitment). To relieve the effects of heat stress for employees working outside, a "20-minute work/10-minute rest cycle" may be utilized, as well as employee rotation. Other lower temperature conditions are as follows:

a. Condition **"Red Flag"** - 88 to 89.9° (WBGT). Strenuous exercise should be curtailed for all personnel with less than 12 weeks training in hot weather.

b. Condition **"Yellow Flag"** - 85 to 87.9° (WBGT). Strenuous exercise and activity should be curtailed for new and unseasoned personnel during the first three weeks of heat exposure.

c. Condition **"Green Flag"** - 82 to 84.9° (WBGT). Discretion is required in planning heavy exercise for unseasoned personnel. This is a marginal limit of environmental heat stress.

#### 5. Responsibilities

a. Boone Medical Clinic. The Preventive Medicine Department shall monitor and report heat stress conditions whenever the ambient temperature is expected to exceed 80 degrees Fahrenheit WBGT readings and Flag Conditions will be reported daily at 0800, 1000, 1200 and 1400, Monday through Sunday. When conditions dictate (i.e., change to a higher Flag Conditions), WBGT readings will be reported more frequently. WBGT readings shall be reported to the NAVPHIBASE LCREEK Officer of the Deck (OOD)/ Command Duty Officer (CDO) for dissemination to resident commands. Additionally, Boone Medical Clinic shall also notify the Quarterdecks at EWTGLANT and FLTINFOWARCEN. Boone Medical Clinic shall maintain calibration of their WBGT Meter.

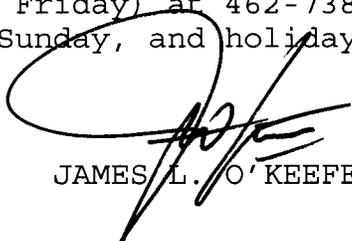
b. NAVPHIBASE LCREEK Security Watch Commander. Upon receipt of notice of BLACK FLAG conditions, or cancellation thereof, the Security Watch Commander shall direct Central Dispatch to pass the information to all security patrol units. Patrol units shall notify individuals or groups they see jogging or engaging in other strenuous work/activity of the conditions via the vehicle public announcing system.

12 May 03

c. NAVPHIBASE LCREEK OOD/CDO. The OOD/CDO shall be responsible for ensuring that the appropriate heat stress flags are flown at Sulinski Field and the Storefront Port Operations Tower. The OOD/CDO will notify the Executive Officer, Security Officer, and the Morale, Welfare, and Recreation Director whenever BLACK FLAG conditions are reported by Boone Clinic or the Security Watch Commander.

d. Storefront MWR Director. Upon notification of BLACK FLAG conditions, the Storefront MWR Director shall ensure that appropriate heat stress warning signs are immediately posted in Rockwell Hall and Westside Gymnasium locker rooms, and the Eagle Haven Golf Course.

e. Resident Command CO/OIC's and Command Physical Fitness Coordinators. It is the responsibility of command CO/OIC's, and their respective Physical Fitness Coordinators, to determine when it is safe or suitable for jogging during extreme hot weather and shall ensure necessary precautions are taken to protect assigned personnel involved in strenuous exercise or activity during the conditions previously described. Heat stress conditions/WBGT readings can be obtained by calling the NAVPHIBASE LCREEK Quarterdeck (Monday through Friday) at 462-7385, or the Security Watch Commander (Saturday, Sunday, and holidays) at 462-8535.



JAMES L. O'KEEFE III

Distribution:

NAVPHIBASELCREEK/REGPUBSAFETYINST 5216.2P

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Norfolk, VA 23521-3297