



TRACKS

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June 5, 2014

Riveting time-saver

Bridge disassembly process now safer, more efficient

by Jennifer Bacchus

ANAD PAO

A safety issue in Anniston Army Depot's Bridge Assembly and Repair Branch quickly turned into considerable time savings for the organization.

In February, an employee removing rivets from a bridge panel was injured during the process.

At the time, the heads of rivets were removed in the Combat Vehicle Repair Facility then the remainder of the heavy, metal fasteners were removed using a punch and hammer. For particularly stubborn rivets, a sledgehammer had to be employed.

Following the February incident, where vibrations from the sledgehammer injured an employee's arm, the Safety Office, depot engineers and employees from the shops involved sought a better way to remove rivets.

Ultimately, they determined a new use for an existing machine in the depot's industrial area was the best course of action.

In 2013, ANAD installed a five-axis vertical machining center, which Marcus Staples, supervisor for the bridging branch, and Phillip Swain, a general equipment mechanic leader for the organization, believed could provide a solution.

The machine could be used to cut more length off each rivet prior to removal.

"After we began the new process, some of the rivets were falling out of the bridge panels on the way back to the shop," said Joe



Photos by Jennifer Bacchus

Wayne McCarley watches as the five-axis vertical machining center removes a layer of metal and rivets from a bridge panel.

Lackey, chief of the depot's Manufacturing Division, which operates the new machining center.

"We used to bring a section of the bridge into the shop and it would take two or three days to get the rivets out," said Swain. "This process cuts a day of work from each section."

Staples said the new procedure came at the ideal time. With an increase in production, particularly requests to transform 60-ton bridges into 70-ton ones, employees are grateful for the

added efficiency.

"The process adds a little time on setup," said Ben Stewart, toolmaker supervisor for the Machining Division. "But, once the machine is set up, it takes little to no time to disassemble each bridge panel."

Lackey said the new process is a good example of teamwork in process improvement and safety.

"We want everyone to leave at the end of the day the same way they arrived," said Lackey.



After machining, a large portion of a metal plate and the rivets holding it are gone, making it easier for employees to punch out the remaining pieces of each rivet. Many rivets fall out following the machining process, as can be seen in the photo.

Inside TRACKS

SGM Farewell

June 11 will be the final day on depot for Sgt. Maj. Jeffrey Marcon. See article on page 2.

Prayer Breakfast

Lt. Col. Stephen Demien spoke at the annual prayer breakfast May 22. See article on page 3.

Memorial Day

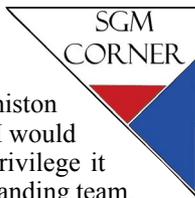
ANAD's Memorial Day ceremony was held May 22 at the military cemetery on McClellan. See article on page 4.

Beat the heat

The summer months bring the possibility of heat injuries. Know the signs. Information on page 8.

SGM: thank you for your dedication to quality, Soldiers

by Sgt. Maj. Jeffrey Margon
ANAD SGM



As my time here at Anniston Army Depot comes to a close, I would like to express what a great privilege it has been to be part of this outstanding team.

First, I can say this has been the best assignment I have had in 32 years of Army service.

I only wish it could have come earlier in my career, so I could take the experience and knowledge back to share with the Soldiers.

I would like to thank everyone for your hard work, dedication and commitment in providing the absolute best combat equipment for our war fighters.

I did my best to tell the ANAD story while on fieldings. Hopefully, the word will spread and when a new piece of equipment goes to a unit, the Soldier will know it came from Anniston Army Depot and not just "the factory."

I've learned a lot from you during the last

two and a half years.

I've seen the deep sense of patriotism which all of you exhibit in the mission you perform, regardless of what that mission is.

If I asked for support, you provided that support and provided it well. For that, I thank you.

It has also been a pleasure being part of the community surrounding ANAD.

I learned the true definition of "Southern hospitality" and will take those experiences back to Tennessee to share.

I am proud to have been part of what you all have accomplished and have no doubt you will continue to excel for decades to come. Again, thank you and I wish you and your families the best in your future endeavors.

Sgt. Maj. Jeffrey Marcon's last day at Anniston Army Depot will be June 11. He plans to retire from military service Oct. 1.



Sgt. Maj. Jeffrey Marcon

LMP Increment 2 enterprise-level website now live

by Don Carlston
ANAD LMP Office

The Army's LMP Product Management team is pleased to announce LMP Increment 2 enterprise-level web site is now live at <http://www.army.mil/LMP>. From this web site, you can access Increment 2, including calendars, the new Training & Resource portal, I2INFO newsletters, and more.

LMP Increment 2 will provide new and expanded capabilities to support the full spectrum of Department of Defense and Army Enterprise Resource Planning integration efforts.

Specifically, LMP Increment 2 will:

- Automate the industrial base shop floor, including electronic work instructions, improved capacity planning and scheduling
- Support the Enterprise Equipment Master, Plant Maintenance, and Item

Unique Identification capabilities, including centralized production status reporting and extended supply network collaboration

- Achieve the DoD Enterprise Transition Plan objectives

- Address strategic business transformation elements for the Army and the DoD directives for IUID

Make the Increment 2 web page your one-stop-shop to access everything you need to know about the enterprise LMP Increment 2 deployment. You can get there by accessing the website: http://www.army.mil/article/124563/LMP_Increment_2/.

In addition, for current LMP users, the new LMP Increment 2 Training and Resource Center Portal is now live.

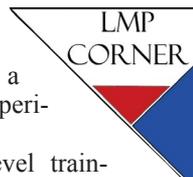
The site is updated daily and will soon contain more information to assist Army Materiel Command personnel -

especially cadre trainers and expert users - in providing a robust learning experience.

An enterprise-level training calendar, course descriptions, web-based training, release notes, frequently asked questions, tips and other valuable information on the website.

The training site can be found by going to the LMP QAS Portal Quick Launch and selecting the QAS Portal button. Once the QAS Portal page opens, select LMP Applications and the LMP Training and Resource Center Portal. A link is posted on the Increment 2 website noted above or by going this direct link: <https://www.qas.lmp.army.mil/apx/qas/?p=171:1:1501378620296>.

Access to the website requires a Common Access Card.



LMP INCREMENT 2 HIGH-LEVEL TIMELINE

WAVE	Release	ERP Integration & Reengineering	Completion Date
WAVE 1	Release 1	• Includes: Automatic Returns Items List (ARIL), Syndicate Manufacturing Part Numbers (MANP), and BusinessObjects	Jan 14 complete
	Release 2	• Includes: EProcurement, Total Package Fielding, and Enterprise Data Warehouse (EDW)	Aug 14
WAVE 2	Release 3	Non-Army Managed Items (NAMI)	
	Release 4	Army Prepositioned Stock (APS)	
WAVE 3	Release 5	National Maintenance Program (NMP)	
	Release 6	Ammunition (AMMO)	
	Release 7	Expanded Industrial Base (EIB)	May 15
		• Includes: SFA, IUID, EEM, Plant equipment Maintenance, and delivery of applicable AIT transaction support	

Questions being taken for town hall

On June 11, depot commander Col. Bolander will hold a town hall meeting in lieu of The Morning Show, live at 7:05 a.m.

The meeting will be broadcast from Bldg. 123, the depot's training auditorium.

Employees with questions they want to hear addressed by the commander should send them to the Public Affairs Office via e-mail to usarmy.anad.tacom.list.publicaffairs@mail.mil or call your question in to Ext. 6281.

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Chaplain encourages workforce to draw strength

by Clester Burdell

ANAD PAO

“We all need God in our lives,” said Chaplain Stephen DeMien, as he reflected on what has been meaningful in his life, while addressing a sell-out crowd of 156 Anniston Army Depot employees at the annual Prayer Breakfast May 22.

While strolling through a course of biblical history from the patriarch Abraham to the apostle Paul, the TACOM Life Cycle Management Command chaplain reminded attendees they are never alone.

“During the length of Abraham’s journey, he made mistakes,” said DeMien. “Yet, he built an altar; he took time to consult God before making big decisions.

Throughout our lives, we have battles we will encounter. Some are internal, such as attitudes, depression, and post-traumatic stress syndrome. Others are external, like illnesses, divorce, death and financial matters.

When Moses, a prophet and a leader, had battles, he consulted God. DeMien encouraged employees to do the same.

He echoed the words of Paul after his conversion, “what would thou have me to do.” Paul traveled extensively to teach the word of God and faced numerous obstacles.

These men, who were leaders, knew they weren’t self-sufficient. They recognized they needed God’s help, he added.

DeMien encouraged the audience to pray for each other and for the leaders of our country. He stressed that God is always present. “We, too, can be there for each other, just like the Care Team. We should support each other.”

Members of the Chaplain’s Care Team are comprised of employees from various directorates and tenant activities. They aid employees with ministerial needs. Several of them participated in the program: Jeanette Baxter, mistress of ceremony; Erik McClellan, prayer; Shenell Curry and Willie Simmons, special music; Donald Pilcher, introduction of the speaker; and Angela Durant, remarks.

DeMien visits the installation quarterly to guide the team and meet with the workforce. During each visit, he offers appointments for employees to discuss matters on a one-on-one basis if additional religious counsel is requested.

During this stay, he took part in a memorial service for a recently deceased Anniston Munitions Center employee and visited the hospital to pray for a depot employee.

“Employees are excited to see the chaplain and appreciate his presence,” said Durant. “We are just grateful for all he offers.”



Photo by Mark Cleghorn

Richardson takes command of DLA Distribution

Lt. Col. Hattie L. Richardson, left, receives the flag for DLA Distribution Anniston, Ala., from Brig. Gen. Richard B. Dix, commander of DLA Distribution, during the change of command ceremony June 4. Also pictured is outgoing commander Lt. Col. Robert D. Rouse. Rouse’s next assignment will be at the Pentagon, where he will serve as the assistant chief of staff for Installation Management. A full account of the change of command ceremony is slated for the June 19 issue of TRACKS.

Active Shooter

When an active shooter is near:

Call 9-1-1 when safe to do so

1. Evacuate

- Evacuate if shooter is at your location
- Have an escape route and plan in mind
- Do not stop to render aid to victims
- Escape in a direction away from the shooter
- Leave your belongings

2. Hide

- Hide in area out of shooter's view
- Lock exterior and interior doors
- Stay low to ground
- Block entry to hiding place with heavy furniture or equipment

3. Take Action

- Use as last resort and only when your life is in imminent danger
- Act with physical aggression and throw items at active shooter
- Attempt to incapacitate active shooter

Report to 911

- Location of active shooter
- Number of shooters
- Physical description of shooter
- Number of potential victims
- Number and type of weapons being used

When Police Arrive

- Immediately raise hands and spread fingers
- Keep hands visible at all times
- Avoid making quick movements toward police
- Remain calm and follow instructions
- Avoid screaming or yelling
- Do not ask police for help and proceed in the direction they are entering if told to leave



Photo by Clester Burdell

Members of the Chaplain’s Care Team and the Directorate of Community and Family Activities spoke with Lt. Col. Stephen Demien, the TACOM Life Cycle Management Command chaplain, following the May 22 prayer breakfast.

Anniston Soldiers, civilians remember those who served

from Staff Reports

ANAD PAO

In honor of America's Veterans, Anniston Army Depot hosted a wreath-laying ceremony May 22 at the McClellan Cemetery, located on the former Fort McClellan property.

Lt. Col. Robert Rouse, commander of DLA Distribution Anniston, Ala., was the guest speaker.

"This day was reserved to remember and honor military personnel who died in the service of their country, particularly those who died in battle or as a result of wounds sustained in battle," he said.

"As we look around at the headstones today, let us not forget the sacrifices that they made."

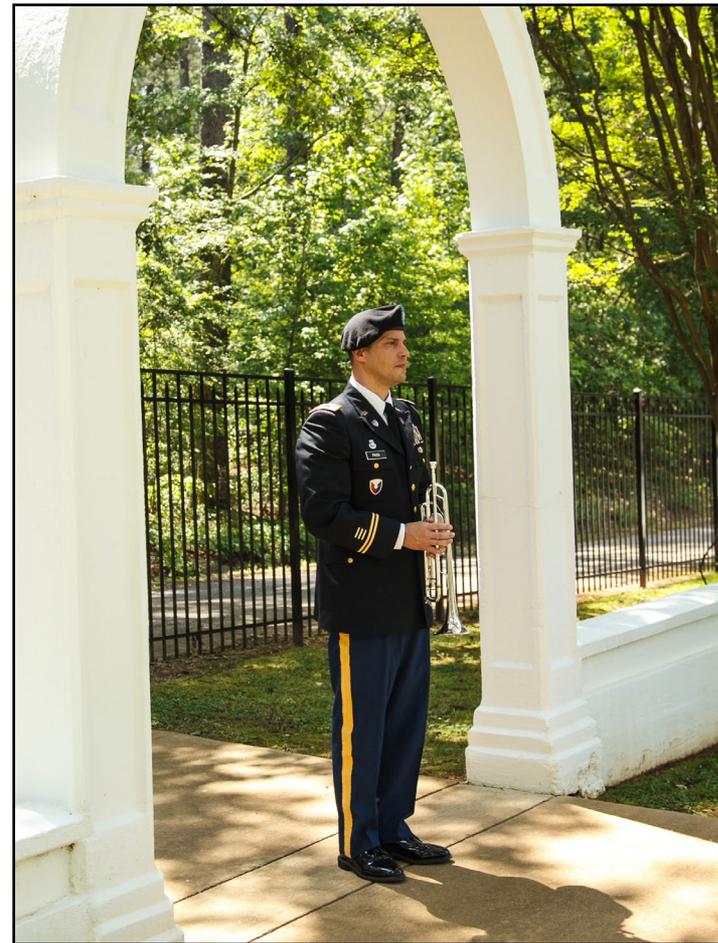
The ceremony included a wreath-laying ceremony and a small number of depot employees and invited guests placed American flags on the 355 graves.

Lt. Col. Gregory Pass, an assistant ROTC professor of military science at Jacksonville State University; the Gold Star Wives; the Chemical Corps Regimental Association; the 167th Theater Sustainment Command; and the American Legion participated in the event.



Photos by Mark Cleghorn

The audience present for Anniston Army Depot's Memorial Day ceremony bows for a moment of prayer and reflection.



Lt. Col. Gregory Pass, an assistant ROTC professor of military science at Jacksonville State University, prepares to play Taps at the close of the Memorial Day ceremony



Depot Sgt. Maj. Jeffrey Marcon, left and Lt. Col. Robert Rouse position a wreath in memory of fallen servicemembers during the Memorial Day ceremony.



DLA Distribution Anniston Commander Lt. Col. Robert Rouse speaks at the Memorial Day ceremony.



Wendy Suttles-Walker carries flags to be placed on each of the graves at the military cemetery on McClellan.

Beefier carbines en route to Soldiers

Anniston Army Depot provides upgrade components, support for M4-A1 weapons

by David Vergun

Army News Service

WASHINGTON (Army News Service, May 22, 2014) -- A thicker barrel will absorb more heat in the new M4-A1 carbine, should a Soldier need to flip the selector to auto, according to Soldiers overseeing the new configuration now being added to the M4.

While shooting in the automatic mode is less efficient and not as accurate as firing in bursts, it has its place on the battlefield, explained Command Sgt. Maj. Doug Maddi, Program Executive Office Soldier, Fort Belvoir, Va.

"Soldiers need automatic capability while providing suppression fires during fire and movement," he said, noting that Soldiers deployed to Afghanistan asked for that and are now getting it, an option absent in the M4, which only fired in semi-automatic and bursts. A new drop-in trigger allows the A1 to function with the automatic setting.

Maddi and others spoke May 21, during a media roundtable, marking the milestone of the first Army unit to receive the beefed-up carbines, 1st Infantry Division, out of Fort Riley, Kan.

The beefier weapon is not unknown to the Army. Soldiers in U.S. Special Operations Command have been using M4-A1s since 1994.

The tradeoff in weight and performance is something Soldiers gladly accept, Maddi said, noting that the M4-A1 weighs 7.74 pounds, compared to the M-4's 7.46. The weight comparisons include the back-up iron sight, forward pistol grip, empty magazine and sling.

Another feature that's new on the A1 is an ambidextrous selector lever, something that's especially attractive to Maddi, who said he's a lefty who often gets left out when it comes to equipment design.

Doing the numbers, Lt. Col. Shawn P. Lucas, product manager Individual Weap-

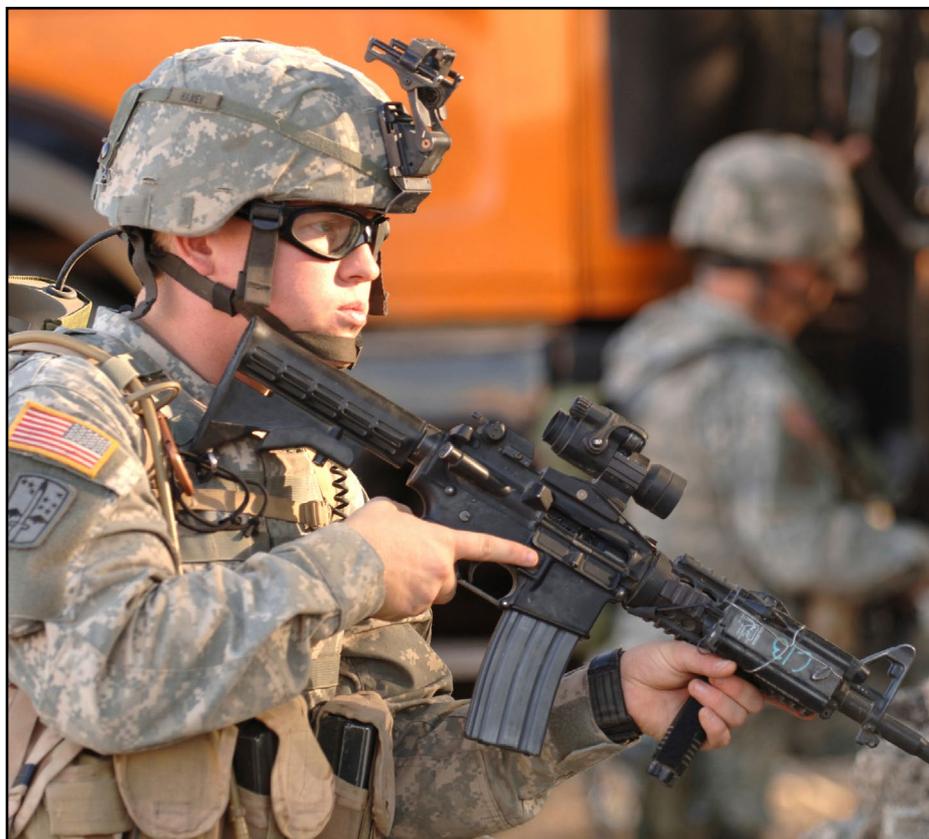


Photo by Air Force Staff Sgt. James Harper Jr.

The venerable M4 carbine has been used by Soldiers for decades. Now Soldiers are receiving the new M4-A1 configuration. Pictured here is Spc. Nicholas Haney, from the 172nd Stryker Brigade Combat Team, in Mosul, Iraq, in December 2005.

ons, Picatinny Arsenal, N.J., said the configuration conversion won't be finished until the half-millionth carbine is converted, by the end of 2019.

Priority for those receiving the A1s will obviously go to brigade combat teams that are high in the readiness cycle and likely

to deploy, said Lucas, adding that Army headquarters and U.S. Army Forces Command use a readiness model with a lot of variables that are periodically adjusted, so providing a schedule of which units will get A1s and when, would be guesswork at this point.

Total program cost, including all the labor and hardware, is an estimated \$120 million, he said.

Right now, conversions at Fort Riley are starting to get ramped up, with about 300 conversions being done a day, Maddi said. That works out to an entire brigade combat team getting A1s every week or so. And, those who are getting them are offering "resounding accolades."

Maddi said 2nd Brigade is receiving the new configuration even as one of their battalions is deployed conducting gunnery exercises. "Good units are able to do multiple things at multiple times, and I appreciate that."

Conversion process

The Maneuver Center of Excellence at Fort Benning, Ga., requested implementation of the conversion, in 2010. Reliability testing for the A1s was done at Aberdeen Proving Ground, Md., in 2013, to ensure "no harm" to performance following the

conversion. After successful testing, Army headquarters gave the nod to begin the conversions, Lucas said.

Anniston Army Depot, Ala., then began receiving parts from large firms like Colt and from a number of small businesses. A team from U.S. Army Tank-Automotive and Armaments Command, Warren, Mich., assisted, he added.

The parts were then boxed up and shipped to Fort Riley, much like a dresser might be shipped to a customer with instructions on how to screw it all together.

But, unlike a dresser that might come with instructions that are hard to understand, the A1 parts came with highly trained armament technicians to do the conversions, Lucas said.

Besides doing the assembly of the upper and lower receiver and bolt carrier group, the team brought along a laser engraver to re-mark the setting nomenclature, he said. "Safe, Semi and Burst" was changed to "Safe, Semi and Auto." Also the "A1" was added to "M4."

The A1 conversions will probably not be the last word on the carbine, said Maddi, who expects it to continually evolve.

Every Soldier qualifies with the carbine, or the M16-A2 or M16-A4, twice a year. Their feedback, along with that of Soldiers returning from theater, will continue to be monitored and tweaks to the system are always possible, he said.

The small-arms community -- which includes Soldiers, special operators and those from the other services -- are discussing other performance enhancements like an extended forward rail, folding front sight post, match-grade triggers for designated marksmen, and integration of suppressors, he said, adding that at this time they're only "on the drawing board."

Maddi thinks Eugene Stoner, the designer of the M16 and its family of weapons, including the carbine, should be considered in the same august group as Colt, Smith & Wesson and Browning.

The M4, which Stoner designed several decades ago, was "a pretty good idea," Maddi said.

"Soldiers trust in it" and it consistently ranks first among all weapons in Soldier satisfaction surveys, he added.

"So," he said, "the big question is, 'how do you improve on something that's already pretty darn good?'"

"How do you improve on something that's already pretty darn good?"

Command Sgt. Maj. Doug Matti
Program Executive Office Soldier

notes from around the TRACK

Pre-retirement luncheon

If you plan to retire with the next few months and would like to have lunch with the command staff, please make plans to attend the quarterly pre-retirement luncheon.

The depot commander's intent is to have open dialogue to discuss any challenges, issues, accomplishments, etc. Your feedback is important to improving our depot.

The first luncheon is scheduled for Monday, June 16 at noon at the DeSoto Entertainment Center. Please contact Jamie Pentecost, Ext. 6668, to reserve your spot.



LMP Sustainment Training Schedule

Logistics Modernization Program users who are interested in the following courses may find additional information about the following courses and register for applicable classes in the Total Employee Development system.

These courses are open to all LMP users who meet the individual course prerequisites, which can be found in the Total Employee Development system.

Interested employees may learn more about these classes and receive additional information in TED.



Additionally, in TED, there is a schedule of all courses offered. All LMP courses for Anniston Army Depot begin with ANAD LMP.

06/09/2014	Advanced Expeditor
06/11/2014	DRMO Sales Orders
06/18/2014	DRMO Sales Orders
06/23/2014	LMP 101
06/23/2014	LMP Navigation
06/24/2014	Timekeeping
07/09/2014	Returning Assets to DLA
07/16/2014	Requesting Assets from DLA
07/21/2014	LMP 101
07/21/2014	LMP Navigation
07/22/2014	Timekeeping
07/28/2014	Receiving Specialist Refresher

Save the date!



Anniston Army Depot will hold Employee Appreciation Day July 24 beginning at noon.

Stay tuned to The Morning Show and TRACKS for updates.

Mark your calendar and plan to attend!

Rhodes named player of the year

Kaitlyn Rhodes, the daughter of Donald (DMM) and Tresa Rhodes and a signee for Southern Union, was named the Alexandria High School Defensive Player of the Year for 2014.

A senior catcher for the AHS softball team, which won the state title for Division 4A, Rhodes is the Calhoun County Player of the Year for 2014 in Divisions 4A-6A. She was named 1st Team All County 2014 and All Tournament Team 2014 for the state.

Kaitlyn led her team in homeruns (six), RBIs (49) and triples (3). She had a slugging average of .624, the second best on the team and an on-base plus slugging average of 1.063.

Her highlight of the year came during the 4A state title run when, in the span of four games, she threw out 12 base runners and picked off four.

Kaitlyn had several offers to play softball at the collegiate level and elected to play for Coach Brian Pittman at Southern Union, the fourth-ranked junior college softball team in the country. Good luck Kaitlyn.



Courtesy photo

broadcast times:

Wednesday: 10:30 a.m., noon, 2 p.m., 4:30 p.m., 10 p.m., midnight and 2 a.m. (Wed. night/Thurs. morning)

Thursday/Friday: noon and 10 p.m.

Next show: June 11 – Depot Commander Col. Brent Bolander will have his town hall meeting during The Morning Show. Tune in to receive current information on workload and other topics relating to the installation and its workforce.

June 25: Lt. Col. David Schmitt, commander of Anniston Munitions Center, will be on the show to say farewell to the workforce.



Watch The Morning Show

The Morning Show airs live every other Wednesday at 7:05 a.m. on Local Area Network channel 21.

If you have a topic or content you would like to see shared on The Morning Show, contact the Public Affairs Office at Ext. 6281.

If you are unable to catch the live broadcast, there are two ways you can tune in.

Computer users may view the show on IPTV.

It can also be seen on LAN channel 21 during these re-



Courtesy photo

Ellison named AHS MVP

Taylor Ellison, the daughter of Anthony Ellison (DPM), was a sophomore pitcher and outfielder for the Alexandria High School Softball Team.

She was named the AHS Team MVP for 2014 for helping to lead the girls to a state championship in Division 4A.

She is 1st Team All County 2014 and State All Tournament Team 2014.

Taylor led the team in hits (72), average (480), on base percentage (521), stolen bases (18) and earned run average (1.68). She had the second highest number of runs scored for the team with 45.

Taylor threw three no hitters this year and two of the games were one walk from being perfect games. Taylor was the winning pitcher for the 4A State Championship Game.

Though she is only a sophomore, Taylor has several college offers already, but she has two years of high school left to make that decision.

Have a topic for The Morning Show? Call PAO at Ext. 6281!

fmwr happenings

from DCFA

Caregivers complete suicide intervention training

by Dennis King, DCFA

Applied Suicide Intervention Skills Training is an intensive two-day workshop, most recently held May 20-21, dealing with intervention and prevention of suicide attempts.

The goal of this training is to give caregivers the tools they need to be better prepared to help a person at risk of suicide.

During a practical exercise in training, participants play the role of a person at risk of suicide as well as the caregiver. It is a way to gain perspective on this serious subject matter.

Angela Durant, Anniston Army Depot's suicide prevention program manager, praised the workshop.

"If this training helps an individual prevent just one suicide, it has more than paid for itself," said Durant. "There is no gratitude or shame, just the desire to help a person at risk of harming



Courtesy photo

John Cooley and Harry Gilliam role play during the ASIST Workshop.

him or herself."

The installation plans to offer this two-day workshop a regular basis.

"Suicide intervention training is just as important as CPR training in the aspect that anyone can be trained to save a life," said Boyd Scoggins, one of the trainers for ASIST.

The ASIST workshop is an

internationally known instructional method on the prevention of suicide. The training provided supplements the suicide prevention programs in place for the military.

The depot has sponsored several of these workshops in the past year and hopes to continue this important training in the future.

Children enjoy summer activities at Child Development Center



Courtesy photo

Yasmine Beavers works on catching a fish at White Oak Pond.

School age kids are already starting out with a busy summer at the depot's Child Development Center.

Friday, May 31, the children fished and cooked out at White Oak Pond.

During summer camp this year, the center plans many more activities around the CDC as well as trips to keep the children busy all summer long.

For more information about the child care programs at the CDC, call 256-235-7654.



Courtesy photo

Savannah Clay holds the fish she caught.

DINING FACILITIES

Dining facility information and hours:

Nichols Dining Facility and West Station Diner

Breakfast: 8-9:30 a.m.

Lunch: 11 a.m.-12:30 p.m.

Menu Line: 256-235-6368

Nichols Phone: 256-235-7127

West Station Diner Phone: 256-235-6368

Java Café East

Hours: 7 a.m.-1 p.m.

Phone: 256-240-3526.

DeSoto Pastime Center

Lunch: 11 a.m. to 1:30 p.m. Monday through Friday. For to-go orders, call 256-235-7160.

Socialize: Monday and Tuesday evenings from 3:30-8 p.m., Wednesday and Thursday from 3:30-10:30 p.m. and Friday from 3:30 p.m. to midnight.

Big Bingo: Bingo with a \$1,000 progressive jackpot is played each Thursday at 6 p.m.

Electronic Bingo: Bingo is played daily starting at 3:30 p.m.

For more information on events, contact the DeSoto Pastime Center at 256-235-7160.



Courtesy photo

CDC Pre-K graduates four

Four children graduated from the Anniston Army Depot Child Development Center's Pre-Kindergarten program May 15.

Pictured from left to right, they are: Emily Clay, Kenneth Henderson III, Carson Phillips and Aubrey Sutherlin.

Congratulations to these students!



Need a recycling bin for your work area?

Call Ext. 6838!




**Have an article of note for TRACKS?
Call PAO at Ext. 6281!**

The signs are all around

Respect the heat

from the U.S. Army Combat Readiness/Safety Center

Outdoor activities are one way to enjoy the warm weather of spring and summer, but Soldiers, civilians and Family members should be mindful that high temperatures pose a significant risk for heat injury.

According to the U.S. Army Public Health Command, first prevention, then early recognition and treatment of heat injuries are critical to curbing weather-related deaths.

Soldiers and civilians have been trained to prevent and identify heat injuries on duty, and they can apply that same knowledge to protect themselves and their Family members 24/7. One helpful source is Technical Bulletin Medical 507/Air Force Pamphlet 48-152 (I), which describes the symptoms of and treatment protocols for the three most common heat injuries.

- **Heat cramps:** Symptoms include spasms in the arms, legs or stomach. Treatment: sip water, massage cramping areas and replace lost salt through food. Never take salt tablets unless directed by a physician.

- **Heat exhaustion.** Symptoms include headaches, paleness, clammy skin, excessive sweating, difficulty breathing, loss of appetite, nausea and exhaustion. Treatment: sip water, lie in a shaded area and rest, and loosen or remove clothing.

- **Heat stroke.** Symptoms include headache, dizziness, delirium, nausea, vomiting and body temperature of 106 F or higher. Treatment: Heat stroke is a medical emergency and can be fatal. Immediately call 911 and follow the dispatcher's instructions for treatment you can perform before help arrives. Reducing body temperature is paramount in rescue efforts, and the most effective cooling strategy entails removing the victim's clothing and immersing him or her in cool or iced water while massaging the skin (ice sheets or ice packs are acceptable if immersion isn't possible). Anyone suspected to be suffering from heat stroke should be transported to a hospital immediately, preferably by trained medical professionals such as paramedics.

For additional information on heat injuries, visit the following websites:

OSHA Emergency Preparedness Guides

<http://www.osha.gov/SLTC/emergencypreparedness/guides/heat.html>

U.S. Army Public Health Command

<http://phc.amedd.army.mil/topics/discond/hipss/Pages/default.aspx>

it's up to **YOU**
to recognize and act on them

