



DEPARTMENT OF THE NAVY  
JOINT EXPEDITIONARY BASE LITTLE CREEK-FORT STORY  
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JEBLCREEK-FTSTORYINST 6110.4  
N02MED  
05 Apr 11

JEBLCREEK-FTSTORY INSTRUCTION 6110.4

From: Commander, Joint Expeditionary Base Little Creek-  
Fort Story

Subj: JOINT EXPEDITIONARY BASE LITTLE CREEK-FORT STORY 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 Joint Expeditionary Base Little Creek-Fort Story (JEBLCFS) and provide procedures and precautions to reduce the risk of potential injury from heat stress per references (a) and (b). This instruction is a complete revision and should be reviewed in its entirety.

2. Cancellation. NAVPHIBASELCREEKINST 6110.3B.

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.

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**" - 80 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. ADM J. T. Boone Branch Health Clinic

(1) The Preventive Medicine Department will 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 Condition), WBGT readings will be reported more frequently. WBGT readings shall be reported to the JEBLCFS Command Duty Officer (CDO) for dissemination to resident commands. Additionally, Boone Health Clinic shall also notify the Expeditionary Warfare Training Group Atlantic (EWTGLANT) Quarterdeck. Boone Health Clinic will maintain calibration of their WBGT Meter.

(2) To facilitate the dissemination of WBGT Heat Index information, the Preventive Medicine Department will post WBGT readings (Monday - Friday) on a recorded phone message.

Personnel/commands may call 953-8364 to obtain the recorded WBGT readings.

(3) On weekends and holidays, the Boone Health Clinic Officer Of The Day (OOD) will be responsible for monitoring and reporting WBGT Heat Index as required. The OOD will report Flag Conditions to the JEBCFS CDO in accordance with guidance outlined in this directive.

b. JEBCFS Security Watch Commander. Upon notification 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.

c. JEBCFS CDO. The CDO shall be responsible for ensuring that the appropriate heat stress flags are flown at Sulinski Field and the Port Operations Tower. The CDO will notify the Executive Officer, Security Officer, and the On-Site Morale, Welfare, and Recreation (MWR) Director whenever **"BLACK FLAG"** conditions are reported by Boone Medical Clinic or the Security Watch Commander.

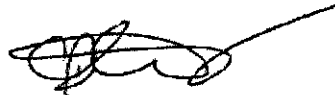
d. JEBCFS On-Site MWR Director. Upon notification of **"BLACK FLAG"** conditions, the On-Site MWR Director shall ensure that appropriate heat stress warning signs are immediately posted in Rockwell Hall and Westside Gymnasium locker rooms, along with the Eagle Haven Golf Course.

e. Resident Command CO/OIC's and Command Physical Fitness Coordinators. It is the responsibility of resident 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 JEBCFS Quarterdeck (Monday through Friday) at 462-7385, or the Security Watch Commander (Saturday, Sunday, and holidays) at 462-8535.

f. Training and Ranges Office, JEB Fort Story. The Training and Ranges Office (N7), located in building 300 onboard JEB Fort Story (JEBFS), will be responsible for monitoring and dissemination of WBGT Heat Index information for commands/personnel at JEBFS. The Training and Ranges Office will monitor

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the WBGT Heat Index during the duty week from 0630-1700. The readings can be accessed by calling 757-422-7101, extension 232/233/245/247 (office) or 438-3256/3241 (cell).



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