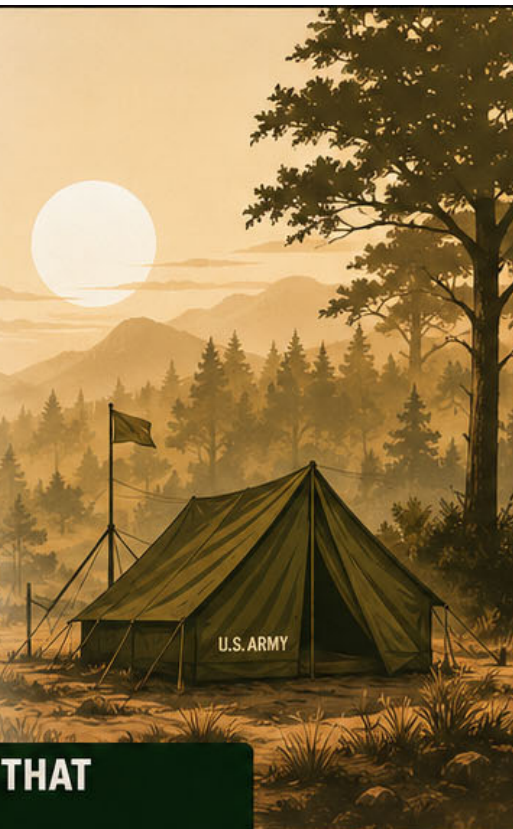




Scan this QR code to check the heat risk in your area.

LOUISIANA'S HEAT + HUMIDITY IS A COMBAT MULTIPLIER FOR HEAT ILLNESS



LOUISIANA HAS
HIGH
TEMPERATURES
+
HIGH
HUMIDITY



This combination makes it **HARDER FOR SWEAT TO EVAPORATE**, preventing your body from cooling itself. **CORE TEMPERATURE RISES FASTER. RISK IS HIGHER.** HEAT ILLNESS CAN STRIKE ANYONE, ANYTIME.

FORT POLK'S MISSION REQUIRES FACTORS THAT INCREASE HEAT ILLNESS RISK.



PROLONGED
PHYSICAL
ACTIVITY



LOAD CARRIAGE &
BODY ARMOR



DIRECT
SUN
EXPOSURE



EXTENDED FIELD
OPERATIONS



HIGH WBGT
CONDITIONS

SUMMER IN LOUISIANA (Most Recent Data)



AVERAGE HIGH
TEMP (JUN–AUG)
91°F – 94°F



FREQUENT HIGH
TEMPS OF
95°F – 100°F+



RELATIVE HUMIDITY
AVERAGES
70% – 85%

Source: National Weather Service – Shreveport, LA (2023–2024)

OUR MISSION. OUR ENVIRONMENT. OUR RESPONSIBILITY.

Fort Polk's mission requires activities associated with higher rates of heat illness:

- Road marches
- Field training exercises
- JRTC rotations
- Load carriage
- Weapons qualification ranges
- Obstacle courses
- Tactical movements
- Prolonged operations in OCPs and protective gear
- Limited shade and rest opportunities



NEW ARRIVALS ARE MOST VULNERABLE



Soldiers arriving from cooler climates may require 7–14 days to acclimatize to Louisiana's heat and humidity.

**ACCLIMATIZATION SAVES LIVES.
DON'T RUSH THE PROCESS.**



RECOGNIZE IT.
PREVENT IT.
SURVIVE IT.



HYDRATE OFTEN.
REST IN SHADE.
WATCH YOUR BUDDY.



TRAIN SMART.
HYDRATE. REST.
SURVIVE.

WHEN IN DOUBT,
CALL 911



★ KNOW THE HAZARD ★

WET BULB GLOBE TEMPERATURE (WBGT)

WBGT takes into account temperature, humidity, sun exposure, and wind. It is the best predictor of heat stress in direct sun.

WBGT INDEX (°F)	RISK CATEGORY	HAZARD LEVEL	FLAG COLOR
< 82	1	LOW RISK	WHITE 
82.0 – 84.9	2	MODERATE RISK	GREEN 
85.0 – 87.9	3	HIGH RISK	YELLOW 
88.0 – 89.9	4	VERY HIGH RISK	RED 
≥ 90.0	5	EXTREME RISK	BLACK 

Source: TB MED 507 – Heat Stress Control & Heat Casualty Management

★ HEAT INJURY WARNING SIGNS ★

HEAT CRAMPS



- Muscle spasms
- Heavy sweating
- Pain

HEAT EXHAUSTION



- Headache
- Dizziness
- Nausea / Vomiting
- Weakness
- Cool, moist skin

HEAT STROKE (MEDICAL EMERGENCY)



- Confusion / Disorientation
- Seizures
- Loss of consciousness
- Hot, dry skin or profuse sweating
- Core temp > 104°F



WHEN IN DOUBT, CALL 911

EARLY RECOGNITION AND RAPID ACTION CAN SAVE LIVES.

★ WORK-REST CYCLE GUIDELINES ★

FOLLOW THE GUIDELINE. SAVE LIVES.

Use the Wet Bulb Globe Temperature (WBGT)

WBGT INDEX (°F)	EASY WORK (< 30% MAX HR)		MODERATE WORK (31–60% MAX HR)		HARD WORK (61–80% MAX HR)		VERY HARD WORK (81–100% MAX HR)	
	WORK	REST	WORK	REST	WORK	REST	WORK	REST
82.0 – 84.9	NL	½	NL	½	30 MIN	30 MIN	20 MIN	40 MIN
85.0 – 87.9	NL	½	30 MIN	30 MIN	15 MIN	45 MIN	10 MIN	50 MIN
88.0 – 89.9	NL	½	30 MIN	30 MIN	10 MIN	50 MIN	10 MIN	50 MIN
≥ 90.0	NL	1 HR	20 MIN	40 MIN	10 MIN	50 MIN	10 MIN	50 MIN

NL = No Limit (work time). Rest in shade / seated / minimal activity.

Acclimatization is critical—follow proper progression for 7–14 days.

Source: TB MED 507 – Heat Stress Control & Heat Casualty Management

KEY HAZARDS THAT INCREASE RISK



High Heat + High Humidity

Reduces the body's ability to cool and increases core temperature.



Direct Sun Exposure

Increases heat load on the body.



Protective Gear & Equipment

Limits sweat evaporation and traps heat.



Strenuous Activity

Increases metabolic heat production.



Dehydration

Reduces performance and increases heat illness risk.

PROTECT YOURSELF AND YOUR BUDDY



HYDRATE EARLY & OFTEN

Follow the fluid replacement guide. Thirst is not a good indicator.



REST IN THE SHADE

Use shade and cooling opportunities during rest periods.



BUDDY CHECKS

Monitor your buddy for signs of heat stress throughout the day.



KNOW THE CONDITIONS

Check WBGT often and adjust training based on the heat category.



ACCLIMATE

Gradually build up to full intensity over 7–14 days.

HEAT ILLNESS
CAN STRIKE FAST.
PREVENT IT.



★ LOOK OUT FOR
YOURSELF ★

RECOGNIZE THE SIGNS.
SPEAK UP. SAVE LIVES.



**TRAIN SMART.
HYDRATE. REST.
SURVIVE.**



Scan the QR code for more information