

National Training Center

MEDICAL THREAT BRIEFING

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PREPARING TO DEPLOY

- Medical, Dental & Vision Screening (Soldier Readiness Processing)
- Prepare clothing and gear
- *Prepare for the worst*



During medical screening, discuss prescribed medications with the examiner; obtain at least 90-day supply of medications

PREPARING TO DEPLOY

ADDITIONAL PACKING ITEMS:

- Cotton underwear
- Prescribed Medications
- Personal Hygiene Products
- Anti-fungal cream/powder & shower shoes
- Sunscreen, eye and hearing protection



If you need medications or hygiene items which may not be available through normal supply systems, obtain a 3-month supply, or enough for the duration of the operation

PREPARING TO DEPLOY FEMALE CONSIDERATIONS

- Birth control pills
- Feminine Hygiene Products (non-deodorant tampons, sanitary napkins, panty liners; menstrual cramp reliever)

If using birth control pills, continue as prescribed to regulate menstrual cycles and avoid problems resulting from inconsistent use

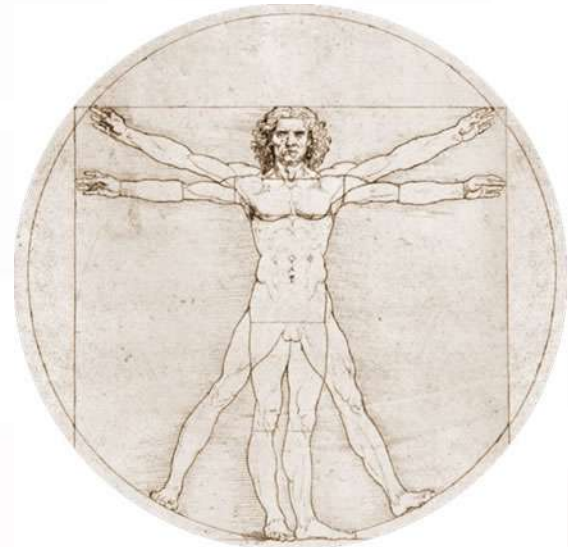
DEPLOYMENT MEDICAL CARE

- Know where to seek health care when deployed
- Maintain your health and seek care whenever an illness or injury occurs




MEDICAL THREAT

- Personal Health
- Endemic Diseases
- Occupational Threat
- Environmental Threat
- Non-Battle Injuries/Operational Safety
- Operational Stress



PERSONAL PROTECTIVE MEASURES

- Wash hands frequently
- Do not rub eyes or inside of nose with bare finger(s); use clean tissue if necessary
- Bathe daily (use unscented products) 
- Wear shower shoes to prevent athlete's foot
- Dry thoroughly after showering
- Sleep head-to-toe if billeted in common areas
- Wear clean, dry uniforms; change socks daily
- Seek prompt medical care if problem exists

SEXUAL ACTIVITY

- Abstinence is the only 100% effective method for preventing sexually transmitted diseases
- Choose an effective method of birth control
 - Always use condoms during sex – regardless of other measures you choose. Using latex condoms during each sexual encounter provides improved (not 100%) prevention against STD's and pregnancy.



ORAL HEALTH

- Deploy with:
 - Toothbrush
 - Dental Floss
 - Fluoride Toothpaste
- Brush twice-daily
- Floss daily
- Seek medical attention at the onset of any dental problems



NUTRITION

- Drink fluids continuously
- Maintain weight; do not avoid food or attempt weight loss during a deployment
- Work in cold weather can increase energy needs by 10-25%



WATCH WHAT YOU DRINK

- WHEN ON-SITE

- Just because it comes out a faucet does not mean it is safe!
- Only drink and fill-up canteen from approved sources
- Be prepared to disinfect water in emergency situations



CARBON MONOXIDE

- Carbon monoxide (CO) is a colorless, odorless, and tasteless gas produced by engines, stoves, and gas/oil heaters.
- CO replaces oxygen in the body, causing headache, sleepiness, coma, and death.

COUNTERMEASURES

- Keep sleeping area windows slightly open for ventilation and air movement.
- DO NOT sleep in vehicles with the engine running or use engine exhaust for heat.
- DO NOT park vehicles near air intakes to tents, trailers, or environmental control units.



Do not use unapproved commercial off-the-shelf heaters

COLD INJURY PREVENTION

- Hypothermia, Frostbite, Chilblains
- Extreme weather conditions and severe temperature fluctuations occur during winter months
- High winds will produce a significant wind chill factor

COUNTERMEASURES

- Cold and wet weather require more frequent changes of footwear
- Wear layered clothing: add or remove layers to adjust for changes in temperatures or physical exertion
- Keep body and clothing as clean as possible
- Drink uncaffeinated fluids to prevent dehydration
- Eat properly and enforce a “sleep plan”
- Fatigue and dehydration are contributing factors in all cold weather injuries



COLDER

- C:** Keep clothing Clean.
- O:** Avoid Overheating.
- L:** Wear clothing Loose and in layers.
- D:** Keep clothing as Dry as possible.
- E:** Examine clothing for holes, tears, and broken fasteners.
- R:** Repair or replace damaged clothing.



Notify your first-line supervisor if you have had a previous cold injury. Use the buddy system.

COLD WEATHER INJURIES

FROST BITE

Symptoms: Loss of sensation or numb feeling in any part of the body; sudden whitening of the skin followed by a tingling feeling; redness of skin in light skinned soldiers, grayish coloring in dark skinned soldiers; blisters; swelling of tender areas; loss of pain in affected area; pale, yellowish, waxy looking skin; frozen area that feels solid to the touch.

Treatment: Warm the area at the first sign of frostbite using firm, steady pressure of the hand or underarm; loosen or remove any tight clothing and remove any jewelry; cover the casualty with a blanket or other dry material; do not cause further injury.

HYPOTHERMIA

Symptoms: Vigorous shivering, confusion, unconsciousness, poor respiration.

Treatment: Soldier should be rapidly warmed by the body heat of several individuals; drink warm liquids (if conscious); seek medical attention.

HEAT INJURY PREVENTION

- Heat Cramps, Exhaustion, or Stroke

COUNTERMEASURES

- Replace water
- Maintain acclimatization
- Protect yourself from exposure to sunlight and wind
- Maintain good physical condition
- Establish work/rest schedules
- Wear proper clothing
- Participate in training



HEAT

H: Heat category – WBGT Index

E: Exertion level

A: Acclimatization

T: Tables – Water/Work/Rest



REMEMBER

Water requirements are not reduced by any form of training or acclimatization.

Units which have soldiers who do not drink because they do not have opportunities to urinate have a leadership problem.

FLASH FLOODS

HAZARD

The Mojave Desert has deep wadis created by severe rainstorms. Desert terrain does not have the capacity to absorb much water. As it rains, the runoff can become considerable and flash floods occur. The rainfall does not have to occur on the reservation to produce runoff sufficient for major flooding.

COUNTERMEASURES

Do not park, sleep, or remain in wadis or ravines during wet weather. Do not attempt to cross flooded areas. Avoid standing water and upper elevations to minimize the possibility of encountering ground strikes from lightning.

WILDLIFE

- **Poisonous snakes, spiders, scorpions, insects, and large wild animals indigenous to the Mojave Desert are abundant on the reservation**
- **Bobcats and coyotes are found on all parts of the reservation and roam freely in the cantonment area**

COYOTES & BOBCATS

- Both bobcats and coyotes have been known to attack soldiers when threatened
- Soldiers must leave wildlife alone. Do not feed desert wildlife. Feeding wildlife will cause them to lose their natural fear of humans and may cause them to become aggressive.
- Anyone bitten should carefully cleanse the wound and immediately seek medical help. Coyote bites are treated for potential rabies infection.

WILDLIFE

DESERT TORTOISE

- The desert tortoise is protected by State and Federal Wildlife Endangered Species regulations
- Penalties include up to one year imprisonment, and \$50,000 fine
- A significant tortoise population exists on the NTC complex
- A tortoise preserve and nursery has been established south of the 90 E/W grid line on the NTC. This area is fenced and clearly marked. Tracked vehicle maneuver is not authorized in this area.
- Soldiers should be alert for tortoises throughout the training area and avoid contact.
- Tortoises encountered on roads and trails should be removed to prevent collisions with vehicles.
- Injured animals should be protected from further harm and reported to the DTOC. DPW, Environmental section, will collect these animals for treatment.

VENOMOUS ANIMALS

- Rattlesnakes, cottonmouths, copperheads, and coral snakes
- Bees, wasps, hornets, ants, and some caterpillars
- Spiders, centipedes, and scorpions



COUNTERMEASURES

- Avoid bees, hornets, wasps, ants, and spiders
- Do not attempt to handle or capture any snakes
- Shake out clothes, shoes, and bedding before use
- Wear foot protection at all times (no barefoot)
- Bring proper medication if allergic to bites/stings



POISONOUS SNAKES

- *A snake bite is a serious life threatening condition. The victim will experience severe pain followed by a rapid swelling and discoloration in the area of the bite.*
- The victim of a snake-bite, who does not receive medical treatment may experience shock, weakness, paralysis, and possible respiratory failure. *Death can occur within the first 24 hours.*

COUNTERMEASURES

- During daylight hours, snakes prefer rocky habitats and will generally remain in shaded areas or hide in burrow.
- Soldiers should be alert when operating dismounted in these areas. At night, snakes will hunt for food.

POISONOUS SNAKES

IF A SOLDIER IS BITTEN BY A SNAKE

- Remember the snake markings and color
- Kill the snake for identification purposes, if you can.
This is very important to medical personnel in order to diagnose the type of bite and prescribe treatment for the patient.
- Sit the patient in the shade. Do not let the victim stand or walk around.
- Keep the patient as calm and comfortable as possible.
- Immobilize the wounded extremity.
- Place a strap or belt snugly above the bite. Tighten the strap around the limb to retard the blood flow but do not stop the pulse.
- DO NOT elevate the bitten extremity.
- MEDEVAC the patient as soon as possible

LOST IN THE DESERT

- It is deceptively easy to become lost at the NTC
- Report all soldiers lost in the desert to an OC immediately

COUNTERMEASURES

- Prevent becoming LID by determining where you are and the distances to be traveled prior to leaving.
- Always use a map, the vehicle odometer, and a compass. Use terrain association and move from one identifiable terrain feature to the next.
- Plan your travel during daylight and move before dark. If you must travel at night, travel the route in the daylight or go with someone who knows the way.
- Use the Buddy system. Most training incidents, in which an individual was lost, could have been prevented by using the “Buddy System”.
- Soldiers left as Traffic Control Points must be left in pairs, and must have adequate water and shade. An individual soldier can easily get disoriented or fall asleep.
- Commanders should encourage their soldiers to carry handy survival items such as: a pocket knife, a watch, matches or a lighter, sun-block and lip balm.

LOST IN THE DESERT

Training units will notify an OC when soldiers are reported missing from their units and will keep OCs updated on search progress

- LID Soldier(s)

- If you are in a vehicle, do not leave it. A search party will spot a vehicle easier than someone walking.
- Move to open terrain if your vehicle is operational.
- Use the vehicle's mirror for signaling.
- If your radio is operational, contact your unit and explain your situation. The radio can also provide a homing signal for search and rescue aircraft.
- If you become lost at night and believe it is unsafe to continue, STOP and wait for daylight.
- Prepare visual or audible signaling devices for searchers to see or hear.

HEARING CONSERVATION

- Loud noise causes permanent hearing loss.

COUNTERMEASURES

- Have your hearing protection with you at all times and use it.
- Be sure your ear plugs, noise muffs or helmets fit properly and are in good condition.
- Avoid noise or limit time around noise to only critical tasks.



Combat
Arms
Earplug

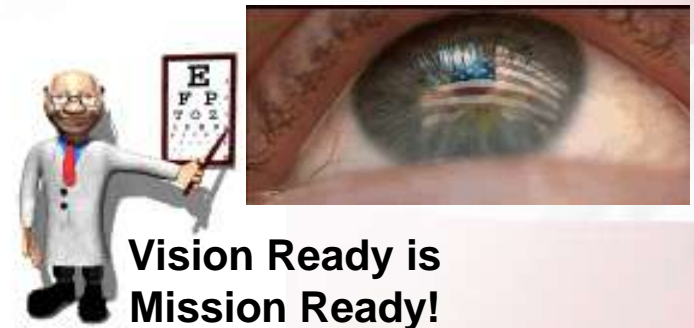


Authorized wear
IAW AR 670-1

If you have to raise your voice to be understood, it is too noisy.
Put on hearing protection.

VISION CONSERVATION

- **Preventive Measures and Eye Protection**
 - Contact lens use is prohibited for use at NTC
 - If required, maintain 2 pair of glasses and 1 protective mask insert.
 - Use eye protection when in any potentially eye hazardous environment.
 - Deploy with goggles
 - Wear suitable eye protection when in the field



**Vision Ready is
Mission Ready!**

INJURY PREVENTION

- Slips, Trips, and Falls
- Sharp/Hot Objects
- Falling Objects
- Vehicle Safety
- Electrical Safety
- Back Safety



MEDEVAC

- **9-LINE MEDEVAC cards are available to all soldiers on the GRDL on-line GTA 08-01-004**

SPECIAL NOTES

LINE 4: SPECIAL EQUIPMENT REQUIRED

**REQUEST A DOCTOR ACCOMPANY THE
MEDEVAC IF A FATALITY HAS OCCURRED
OR IS BELIEVED TO BE IMMINENT**

**A RED STAR CLUSTER OR RED SMOKE
SIGNIFIES AN EMERGENCY**

**PERSONNEL NOT REQUIRED FOR THE
MEDEVAC WILL RELOCATE TO AVOID
COMING WITHIN 500 METERS OF THE
MEDEVAC SITE**

STRESS

- Operational stressors
- Different types and intensities
- Recognize the symptoms of depression
- Seek or encourage help
- Take steps to reduce operational stress

~~STRESS~~

GTA 08-07-001 Combat Stress Control

Stress can be intensified for personnel who are exposed to or observe human suffering and/or death

PREPARING TO DEPLOY

- Bolster spiritual resources:
 - Maintain personal devotions/meditation
 - Renew religious commitment
- Eliminate potential stress:
 - Maintain contact with your support network
 - Update wills, power of attorney etc...
 - Update emergency contact information