

HEAT PREVENTION

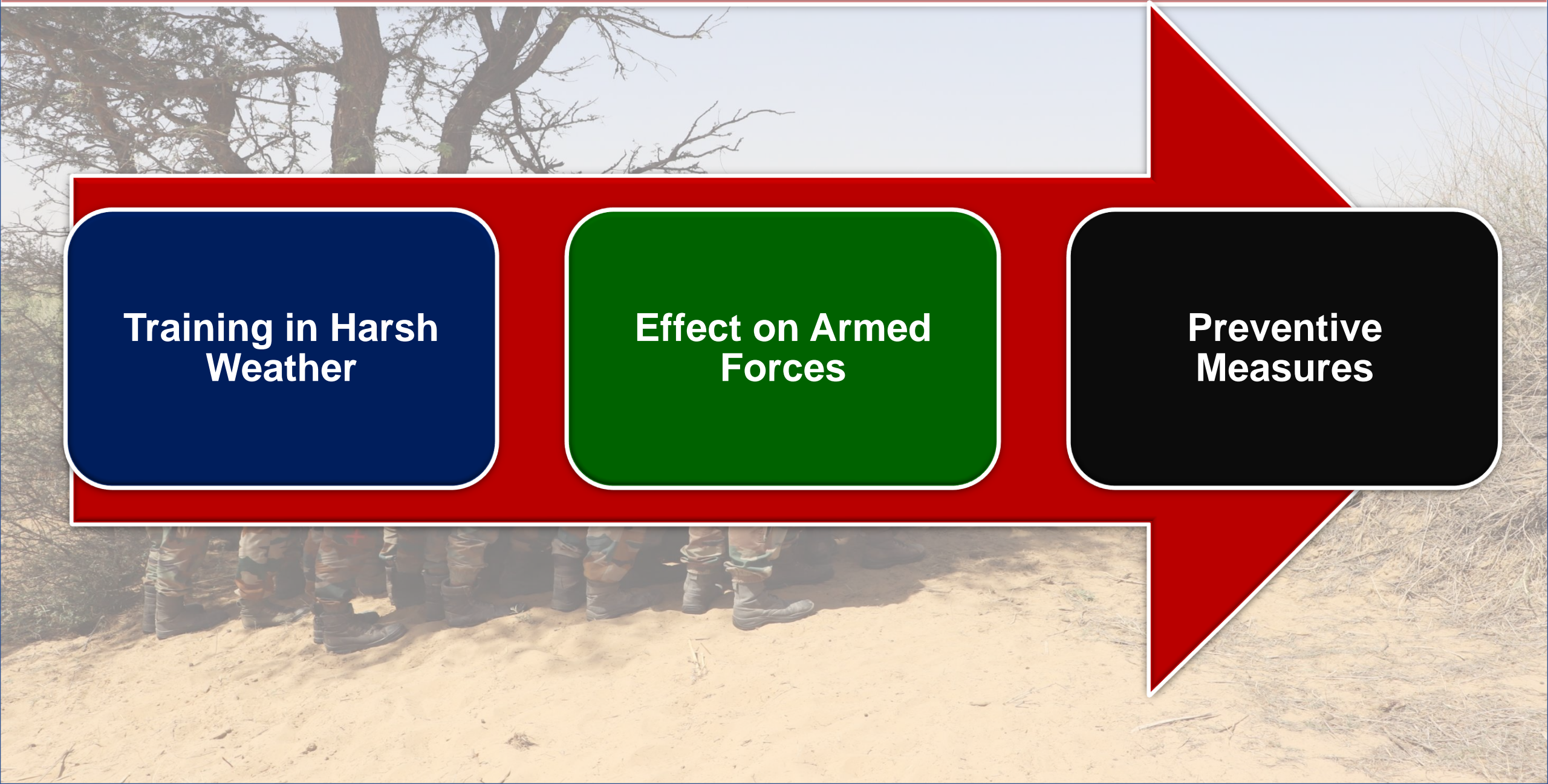
LT COL DEVENDRA DODEJA
ARMY AIR DEFENCE ¹

PREVIEW

**Training in Harsh
Weather**

**Effect on Armed
Forces**

**Preventive
Measures**



TRAINING IN HARSH WEATHER

Limited availability of training area

Multiple Formations

No set time of campaigning season

Ambient temperature of 45-50⁰ C

No Temperature Regulating Mechanism



EFFECT ON ARMED FORCES

IDENTIFYING HEAT RELATED EFFECTS

On Personnel

- Heat Cramps
- Heat Exhaustion
- Heat Strokes
- Reduced efficiency

On Ammunition

- Decreased stability
- Compromised performance
- Higher Un-serviceability/ faults
- Availability of ammunition – challenge
- Increased risks for own troops

On Equipment

- Material degradation
- Reduced efficiency
- Rapid deterioration of rubber/ plastic parts
- Increased risk of fire and breakdown

PREVENTIVE MEASURES: PERSONNEL

FORMING OF SOPs

- Responsibility – Medical Corps
- DOs AND DON'Ts

01

DISSEMINATION OF SOPs/ IMPARTING KNOWLEDGE

02

- In all Forums
- Special Parades organised
- Classes organised
- Knowledge imparted for early identification of symptoms and measures to be taken thereafter

MEASURES TO ENSURE

- Regular Checks
- Regulated Training period

03

DIET

04

- Provision of special diet
- Water drinking parade
- Water bottle carried compulsorily
- Glucose, ORS, onions, lemon water and lassi
- Less oil and condiments used
- Soft drinks in lieu of tea/ coffee
- Provision of ice

PROVISION OF INFRASTRUCTURE SUPPORT

- Coolers & Fans
- Water coolers
- Adequate water storage arrangements on tanks
- Establishment of Cool Room

05

ACTIONS AT INDIVIDUAL LEVEL

- Adequate rest & sleep except during exercise
- Bathing
- Correct Clothing

07

ACTION ON OCCURRENCE

06

- Awareness and training of troops to administer first aid
- Go to an air-conditioned place, park or pool
- Cloth soaked in cold water
- Evacuation to authorised medical representative

PREVENTIVE MEASURES: EQUIPMENT

Forming of SOPs

- DOs & Don'ts prepared
- Checklists prepared

01

Dissemination of Information

- Cadres for men
- Courses for Officers
- Equipment Management Conferences
- MT sammelan

02

Measures to Ensure

- Regular maintenance parades
- Regular Inspections

03

Preventive Measures

- Lubrication system checks
- Cooling system checks
- Fire Fighting System checks
- Rotation of vehicles/ Equipment wherever possible
- Training in morning/ evening time to avoid usage in afternoon during excessive heat

04

Military Grade equipment are more robust and thus less susceptible to heat related breakdowns

PREVENTIVE MEASURES: AMMUNITION

Forming of SOPs

- Responsibility – Ordnance Corps
- DOs & DON'Ts

01

Provision of Infrastructure : Depots

- Temperature Controlled rooms
- Insulated walls and Ceiling
- Ventilated Buildings
- Fire Fighting Measures

03

Other Measures

- Training of personnel handling ammunition
- Regular Inspection
- Turnover at specified intervals
- Inventory management to prevent stockpiles

05

Dissemination of Info

- Ammunition management cadres and courses
- Quarter Master Officers Course
- Roll calls/ Sainik Sammelan
- SOPs disseminated till unit level through formation Head Quarters

02

Provision of Infrastructure : Field areas

- Storage in shade wherever possible
- No/ minimum exposure to sunlight
- Ventilation Ensured
- Use of underground tunnelled storage facility/ trenches
- Modular Ballistic Protection System
- Turnover of unused ammunition at specified intervals

04



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