

# Health Promotion on the Line



## Readiness Issue: Cold Weather Injury Prevention

- Prevention of cold injuries is vital to sustaining combat power.

DA Policy Memorandum

<http://chppm-www.apgea.army.mil/coldinjury/Cold%20Weather%20Injury%20Prevention%20Pgm.pdf>

Unit Leader's and Instructor's Risk Management Steps for Preventing Cold Casualties (<http://chppm-www.apgea.army.mil/coldinjury/RMGuide.ppt>)

Avoid cold casualties! When using cold-weather clothing, remember: C – O – L – D

- C ~ Keep it ... **C**lean
- O ~ Avoid.....**O**verheating
- L ~ Wear it .....**L**oose and in layers
- D ~ Keep it.....**D**ry

Get more cold injury prevention information at: [http://chppm-www.apgea.army.mil/coldinjury/#\\_PM](http://chppm-www.apgea.army.mil/coldinjury/#_PM).

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## Fit to Fight: Hearing Protection

- Military personnel exposed to noise hazards are required to wear hearing protection when working in industrial settings and during training.



### Army regulations:

DA PAM 40-501 Hearing Conservation

([http://www.usapa.army.mil/pdffiles/p40\\_501.pdf](http://www.usapa.army.mil/pdffiles/p40_501.pdf) )

DA PAM 385-63 Range Safety

([http://www.army.mil/usapa/epubs/pdf/r385\\_63.pdf](http://www.army.mil/usapa/epubs/pdf/r385_63.pdf))

Noise levels of common Army equipment: <http://chppm-www.apgea.army.mil/hcp/NoiseLevels.aspx>

- Hearing loss caused by loud noise becomes permanent and is not medically treatable.
- Impaired hearing can cause serious or fatal mistakes at work or during training and combat situations.
- Good hearing is critical to the success of the Army mission, both in offensive and defensive operations.

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The US Army Center for Health Promotion and Preventive Medicine, Directorate of Health Promotion and Wellness makes 'Health Promotion on the Line' available to improve Soldier health. Contact us at (410) 436-4656, DSN 584.

