



OCTOBER 2012

CLIMATE-RELATED ILLNESSES AND INJURIES
 Defend against the elements.
 Prevent climate-related injuries and illnesses.



S M T W T F S

	1	2	3	4	5	6
7	8 Columbus Day	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

ADDITIONAL HEALTH OBSERVANCES

National Depression Education & Awareness Month ♦ Eye Injury Prevention Month ♦ Home Eye Safety Month ♦ National Breast Cancer Awareness Month ♦ National Protect Your Hearing Month ♦ National Audiology Awareness Month ♦ National Disability Employment Awareness Month ♦ National Down Syndrome Awareness Month ♦ National Medical Librarians Month ♦ National Physical Therapy Month ♦ Sudden Infant Death Syndrome Awareness Month ♦ 7-13 Mental Illness Awareness Week ♦ 12-20 Bone and Joint Decade National Action Week ♦ 21-27 Red Ribbon Week ♦ 1 Child Health Day ♦ 8 National Depression Screening Day® ♦ 10 World Mental Health Day ♦ 10 Stop America's Violence Everywhere "SAVE Today" ♦ 15 National Latino AIDS Awareness Day ♦ 16 World Food Day

ARMY OBSERVANCES
 Energy Awareness Month



Work/Rest and Water Consumption Table
 Applies to Army and Air Force personnel in unheated tents and vehicles. (See "Work/Rest and Water Consumption Table" for more details.)

Activity	Temp	Work	Rest	Water
Light	50-60	1:00	1:00	1.0
Light	60-70	1:00	1:00	1.0
Light	70-80	1:00	1:00	1.0
Light	80-90	1:00	1:00	1.0
Light	90-100	1:00	1:00	1.0
Light	100-110	1:00	1:00	1.0
Light	110-120	1:00	1:00	1.0
Light	120-130	1:00	1:00	1.0
Light	130-140	1:00	1:00	1.0
Light	140-150	1:00	1:00	1.0
Light	150-160	1:00	1:00	1.0
Light	160-170	1:00	1:00	1.0
Light	170-180	1:00	1:00	1.0
Light	180-190	1:00	1:00	1.0
Light	190-200	1:00	1:00	1.0
Light	200-210	1:00	1:00	1.0
Light	210-220	1:00	1:00	1.0
Light	220-230	1:00	1:00	1.0
Light	230-240	1:00	1:00	1.0
Light	240-250	1:00	1:00	1.0
Light	250-260	1:00	1:00	1.0
Light	260-270	1:00	1:00	1.0
Light	270-280	1:00	1:00	1.0
Light	280-290	1:00	1:00	1.0
Light	290-300	1:00	1:00	1.0
Light	300-310	1:00	1:00	1.0
Light	310-320	1:00	1:00	1.0
Light	320-330	1:00	1:00	1.0
Light	330-340	1:00	1:00	1.0
Light	340-350	1:00	1:00	1.0
Light	350-360	1:00	1:00	1.0
Light	360-370	1:00	1:00	1.0
Light	370-380	1:00	1:00	1.0
Light	380-390	1:00	1:00	1.0
Light	390-400	1:00	1:00	1.0
Light	400-410	1:00	1:00	1.0
Light	410-420	1:00	1:00	1.0
Light	420-430	1:00	1:00	1.0
Light	430-440	1:00	1:00	1.0
Light	440-450	1:00	1:00	1.0
Light	450-460	1:00	1:00	1.0
Light	460-470	1:00	1:00	1.0
Light	470-480	1:00	1:00	1.0
Light	480-490	1:00	1:00	1.0
Light	490-500	1:00	1:00	1.0
Light	500-510	1:00	1:00	1.0
Light	510-520	1:00	1:00	1.0
Light	520-530	1:00	1:00	1.0
Light	530-540	1:00	1:00	1.0
Light	540-550	1:00	1:00	1.0
Light	550-560	1:00	1:00	1.0
Light	560-570	1:00	1:00	1.0
Light	570-580	1:00	1:00	1.0
Light	580-590	1:00	1:00	1.0
Light	590-600	1:00	1:00	1.0
Light	600-610	1:00	1:00	1.0
Light	610-620	1:00	1:00	1.0
Light	620-630	1:00	1:00	1.0
Light	630-640	1:00	1:00	1.0
Light	640-650	1:00	1:00	1.0
Light	650-660	1:00	1:00	1.0
Light	660-670	1:00	1:00	1.0
Light	670-680	1:00	1:00	1.0
Light	680-690	1:00	1:00	1.0
Light	690-700	1:00	1:00	1.0
Light	700-710	1:00	1:00	1.0
Light	710-720	1:00	1:00	1.0
Light	720-730	1:00	1:00	1.0
Light	730-740	1:00	1:00	1.0
Light	740-750	1:00	1:00	1.0
Light	750-760	1:00	1:00	1.0
Light	760-770	1:00	1:00	1.0
Light	770-780	1:00	1:00	1.0
Light	780-790	1:00	1:00	1.0
Light	790-800	1:00	1:00	1.0
Light	800-810	1:00	1:00	1.0
Light	810-820	1:00	1:00	1.0
Light	820-830	1:00	1:00	1.0
Light	830-840	1:00	1:00	1.0
Light	840-850	1:00	1:00	1.0
Light	850-860	1:00	1:00	1.0
Light	860-870	1:00	1:00	1.0
Light	870-880	1:00	1:00	1.0
Light	880-890	1:00	1:00	1.0
Light	890-900	1:00	1:00	1.0
Light	900-910	1:00	1:00	1.0
Light	910-920	1:00	1:00	1.0
Light	920-930	1:00	1:00	1.0
Light	930-940	1:00	1:00	1.0
Light	940-950	1:00	1:00	1.0
Light	950-960	1:00	1:00	1.0
Light	960-970	1:00	1:00	1.0
Light	970-980	1:00	1:00	1.0
Light	980-990	1:00	1:00	1.0
Light	990-1000	1:00	1:00	1.0

FEATURED PRODUCT

Work/Rest and Water Consumption Table. Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> to find these products and more.

HEALTH TIPS

- 1** Cold-weather and altitude work increases energy needs. Maintain fluid and nutritional requirements.
- 2** Do not rest in tents / vehicles unless well ventilated.
- 3** Use Extended Cold Weather Clothing System (ECWCS).
- 4** Follow work/rest and water consumption guidelines.