

LOCATIONS AND CONTACT INFORMATION OF HEAT STRESS MONITORS MCB CAMP PENDLETON

RAS/BAS Heat Stress Monitors Geo Locations Camp Pendleton

Unit	BLDG Number	Phone Number	Comments
CLR-17/H&S BN	14008	760-725-6710	Monitors/Notifies all of 11/14 Area
CLR-1	14010	760-725-8746	Covered by CLR-17/H&S Bn
1st Maint BN	43700	760-725-4734	11th Marines monitors heat stress in the 43 area
1st Sup Bn	22190	760-725-3784/3785	No Heat Stress Monitor
7th ESB	14034	760-725-5865	Covered by CLR-17/H&S Bn
1st Mar Div HQBN	330305	760-725-8099	Utilizing manual calculation with website
1ST MAR REG	533020	760-725-7410	Utilizing manual calculation with website
5TH MAR REG	620305	760-725-0025	Heat Stress Monitor active and working
11TH MAR REG	434057	760-725-3268	Heat Stress Monitor active and working

Flag Warning System

When the WBGTI reaches the temperatures indicated in the parentheses below, the corresponding color of flag closest to the specific site of the hot weather operation shall dictate level of the operation.



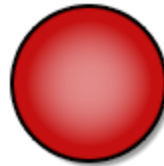
BLUE FLAG - (WBGTI below 80F). No current Flag Condition.



GREEN FLAG - (WBGTI of 80F to 84.9F). Heavy exercises, for unacclimatized personnel, will be conducted with caution and under constant supervision.



YELLOW FLAG - (WBGTI of 85F to 87.9F). Strenuous exercises, such as marching at standard cadence, will be curtailed for unacclimatized troops in their first 3 weeks per NAVMED P-5010. Avoid outdoor classes in the sun.



RED FLAG - (WBGTI of 88F to 89.9F). All PT will be curtailed for those troops who have not become thoroughly acclimatized by at least 12 weeks per NAVMED P-5010. Those troops who are thoroughly acclimatized may carry on limited activity not to exceed 6 hours per day.



BLACK FLAG - (WBGTI of 90F and above). All nonessential physical activity will be halted for all units.

Fluid Replacement Guidelines for Warm Weather Training

Flag Condition	WBGTI F	Easy Work		Moderate Work		Strenuous Work	
		Work/*Rest	Water per Hr	Work/*Rest	Water per Hr	Work/*Rest	Water per Hr
GREEN	80-84.9	No Limit	1/2 Quart	50/10	3/4 Quart	40/20	1 Quart
YELLOW	85-87.9	No Limit	3/4 Quart	50/10	3/4 Quart	30/30	1 Quart
RED	88-89.9	No Limit	3/4 Quart	30/30	3/4 Quart	20/40	1 Quart
BLACK	90+	50/10	3/4 Quart	20/40	1 Quart	10/50	1 Quart

* Rest means minimal physical activity (sitting or standing) and should be accomplished in the shade if possible.

Note 1: For MOPP gear, PPE, or body armor, ADD 10F to the WBGT Index.

Note 2: Work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specified heat category. Individual water needs will vary plus or minus 3/4 quart per hour.

[HEAT.gov - National Integrated Heat Health Information System](https://www.heat.gov)

[Heat Safety Tips and Resources \(weather.gov\)](https://www.weather.gov)

[HeatRisk | Tracking | NCEH | CDC](https://www.nceh.gov)

[NWS HeatRisk \(noaa.gov\)](https://www.noaa.gov)