

**BY ORDER OF THE COMMANDER
49TH FIGHTER WING**



**HOLLOMAN AIR FORCE BASE
INSTRUCTION 48-106**

14 AUGUST 2008

Aerospace Medicine

CONTROL OF HEAT STRESS

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

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This publication implements Air Force Policy Directive (AFPD) 48-1, *Aerospace Medical Program*, Air Force Pamphlet 48-151, *Thermal Injury*, AFMAN 10-100, *Airman's Manual*, AFMAN 32-4005, *Personnel Protection and Attack Actions* and American Conference of Governmental Industrial Hygienists (ACGIH), *Threshold Limit Values for Chemical Substances and Physical Agents & Biological Exposure Indices*. This instruction prescribes policies and responsibilities for prevention and control of adverse effects of high temperatures on personnel who perform non-flying (ground) operations and duties during periods of hot weather. This instruction does not address Fighter Index of Thermal Stress measurements related to low-level flying operations. It defines Wet Bulb Globe Temperature (WBGT) Index and establishes WBGT monitoring and reporting procedures. During mission essential, contingency or emergency operations, commanders may waive the provisions of this instruction; however, when commanders waive procedures they must ensure all supervisors exercise caution, make certain all subordinate personnel are aware of heat injury symptoms and take actions to protect the health of their personnel. This instruction applies to all military and civilian personnel assigned or attached to Holloman Air Force Base (HAFB) but it does not apply to contractor personnel. Maintain records created as a result of prescribed processes IAW AFMAN 33-363, *Management of Records*, and dispose of them IAW the AF Records Disposition Schedule (RDS), available from the Air Force Portal at the AF Records Information Management System (AFRIMS) link. Contact supporting records managers as required. Refer recommended changes and questions to the Office of Primary Responsibility (OPR) using AF Form 847, *Recommendation for Change of Publication*, to 49th Aerospace Medicine Squadron Bioenvironmental Engineering Flight (49 AMDS/SGPB), 280 First Street, Holloman AFB, NM 88330-8273.

SUMMARY OF CHANGES

This is a complete revision and must be reviewed in its entirety. Changes include shared heat stress conditions monitoring responsibilities, the addition of tables of work/rest cycles and fluid replacement guidelines, table of workload determination guidance, sports drink fluids supplements information, Heat Stress Briefing Outline ([Attachment 2](#)), and a Urine Color Chart ([Attachment 3](#)).

1. Terms Explained:

1.1. Acclimatization. A series of gradual physiological adjustments that improves an individual's ability to tolerate heat stress when exposed to a hot environment. Acclimatization requires physical activity under heat stress conditions similar to those anticipated for the work and produces beneficial physiological changes to the individual that minimize the risk of heat injury. A period of 1 or 2 weeks with a constant degree of heat exposure including 2 or more hours of physical exertion per day should be allowed for acclimatization. Once acclimatized, personnel will retain most of their adaptation for approximately 1 week after leaving the hot environment.

1.2. Heat Disorders. A general term used to indicate any type of adverse heat related health problems to include heat cramps, heat exhaustion, heat stroke, heat syncope and heat rash. Heat disorders may be recognized by one or more of the following symptoms: nausea, vomiting, fever, dizziness, headache, faintness, abnormal sweating, convulsions, lack of coordination, mental confusion, unconsciousness, rash, and abdominal or leg cramps. Personnel most likely to be affected by the heat are individuals who have just arrived from cooler regions and those who are obese or in poor physical condition. Heat disorders are expressed as follows:

1.2.1. Heat Cramps. Painful intermittent spasms of the voluntary muscles following shifts in fluids, salt and electrolytes. Heat cramps occur during or following strenuous physical activity. Workers may relieve heat cramps by drinking electrolyte solutions, or intravenous saline solutions if medically required.

1.2.2. Heat Exhaustion. Heat exhaustion occurs from the loss of fluid through sweating, when a worker fails to drink enough fluids. The worker with heat exhaustion still sweats but may experience extreme weakness or fatigue, giddiness, nausea, or headache. They can still think normally – if they cannot, they must be treated as heat stroke. The skin is clammy and moist, the complexion pale or flushed, and the body temperature normal or slightly higher. Treatment for heat exhaustion is usually simple: The victim should rest in a cool place and drink an electrolyte solution/sports drink (a beverage used by athletes to quickly restore potassium, calcium, and magnesium salts). In accordance with AF policy, sports drinks should be diluted 50/50 with water for maximum effectiveness. Severe cases involving victims who vomit or lose consciousness may require longer treatment under medical supervision.

1.2.3. Heat Stroke. A life threatening condition and considered a medical emergency. Heat stroke is caused by exposure to a hot environment in which the body is unable to cool itself sufficiently. This results in the body temperature rising rapidly. Heat stroke is a much more serious condition than heat cramps or heat exhaustion. The exposed skin is hot, dry and flushed (clothing may be damp, but the individual is no longer producing sweat). Increased body temperature, if uncontrolled, may lead to delirium, altered mental status, convulsions, coma and death.

1.2.4. Heat Syncope (Fainting). A worker not acclimated to a hot environment, who simply stands still in the heat, may experience heat syncope. Victims usually recover quickly after lying down for a brief period. Moving around, rather than standing still, will usually reduce the possibility of fainting. Ensure that none of the other heat injury symptoms above are present, since fainting can accompany heat stroke or heat exhaustion.

1.2.5. Heat Rash. Also known as prickly heat may occur in hot and humid environments where sweat is not easily removed from the surface of the skin by evaporation. When extensive or complicated by infection, heat rash may impede a worker's performance by inhibiting sleep. It can

even result in temporary total disability. Resting in a cool place and allowing the skin to dry can prevent it. Taking a cold shower as soon as possible after work or exercise is the best remedy for rashes.

1.3. Heat Stress. A combination of environmental and physical work factors that constitute the total heat load imposed on the body. The environmental factors of heat stress are the air temperature, radiant heat exchange, air movement and water vapor pressure. Physical work intensity contributes to the total heat stress placed on the body by producing metabolic heat in proportion to the intensity of the work.

1.4. Wet Bulb Globe Temperature (WBGT) Index. The WBGT Index is the most practical heat stress index for characterizing the effect of a heat stress environment on an individual. WBGT Index takes into account air temperature, mean radiant temperature, air speed and humidity.

2. Responsibilities:

2.1. Commanders:

2.1.1. Enforce WBGT exposure control limits for prevention of adverse effects of heat on personnel under their command.

2.1.2. Ensure all supervisors read or are briefed annually on the contents and requirements of this instruction prior to the hot weather season.

2.1.3. Using the information in this instruction including the guidance in [Attachment 2](#), ensure first line supervisors brief all personnel on heat stress prevention on a routine basis and prior to all deployments and exercises.

2.1.4. During the hot weather season, schedule strenuous activities and physical conditioning early in the day or later in the afternoon. The WBGT rises steadily from 1100 to approximately 1700 hours.

2.2. Supervisors:

2.2.1. Brief all personnel, prior to the hot weather season and prior to all deployments and exercises on heat stress prevention, using this instruction including the guidance in [Attachment 2](#). Add heat stress hazards/training to workers AF Form 55, *Employee Safety and Health Record* or ensure the training is included in workplace specific joint safety training outline.

2.2.2. Employ all controls outlined in this instruction that apply to workplace specific, deployment and exercises in hot weather in order to reduce or eliminate heat stress injuries.

2.2.3. During the hot weather season, schedule strenuous activities and physical condition early in the day or later in the evening hours. The WBGT rises steadily from 1100 to approximately 1700 hours.

2.2.4. Supervisors will not downgrade personal protective equipment requirements (gloves, respiratory protection, etc.) without first consulting Bioenvironmental Engineering.

2.2.5. Supervisors should post [Attachment 3](#) in all restrooms and portable toilets.

2.2.6. Request assistance from Bioenvironmental Engineering (49 AMDS/SGPB) in evaluating exposures to heat stress conditions.

2.3. Flight Medicine (49 AMDS/SGPF): Make recommendations to commanders and supervisors regarding restricted duties (medical profiles) of personnel where required.

2.4. Public Health (49 AMDS/SGPM):

2.4.1. Contacts Bioenvironmental Engineering about any patient with heat stress disorders identified during normal surveillance for investigation and recommendations.

2.4.2. Provides guidance and training material on controlling heat stress during normal job-related functions at the request of the supervisor. The heat stress briefing ([Attachment 2](#)) is provided for use by first line supervisors in briefing their personnel prior to the hot weather season and prior to all exercises.

2.4.3. Public Health provides a heat stress briefing to personnel who have the potential (occupational, recreational, deployment, etc.) of exposure to high-temperature environments.

2.5. Bioenvironmental Engineering (49 AMDS/SGPB):

2.5.1. Measures WBGT levels hourly based on local climate conditions, Monday through Friday from 1 April through 1 October, except during inclement weather and holidays. Additional monitoring may be accomplished before 1 May or after 1 October as necessitated by heat stress conditions.

2.5.2. Notifies the 49th Fighter Wing Command Post (49 FW/CP) senior controller of any change to the heat stress category.

2.5.3. Determines the onset and conclusion of heat stress conditions and reports findings to the Wing Command Post.

2.5.4. Evaluates heat stress factors in workplaces during routine workplace assessments and when requested by commanders or supervisors.

2.5.5. Investigates and evaluate heat stress incidents through completion of AF Form 190, *Occupational Illness/Injury Report*; recommend preventive measures and follow-up actions.

2.5.6. Recommends engineering controls, administrative controls and personal protective equipment for heat stress preventive control measures.

2.5.7. Notifies 49th Operations Support Squadron Weather Flight, 49 OSS/OSW, duty forecaster of current active heat stress category at the conclusion of Bioenvironmental Engineering's daily monitoring period.

2.5.8. Provides 49 OSS/OSW with equipment and training to enable them to augment WBGT monitoring.

2.5.9. Maintains equipment provided to 49 OSS/OSW.

2.6. The 49 OSS/OSW:

2.6.1. Augments Bioenvironmental Engineering by measuring WBGT levels weekdays after 1700 hours local until the airfield closes or the levels are reduced to Heat Stress Category 1.

2.6.2. Monitors the WBGT hourly on Saturdays and on MAJCOM/49th Fighter Wing Down Days only if the airfield is open and based on the recommendation of Bioenvironmental Engineering (1 April to 1 October) unless inclement weather prevails. Additional monitoring may be accomplished before 1 April or after 1 October as necessitated by heat stress conditions.

2.6.3. Notifies 49 FW/CP senior controller of any change to the heat stress category.

2.7. The 49 FW/CP: Announce any change in WBGT category over the commanders NET and to the 49th Maintenance Operations Center (MOC) (49 FW/CPM).

2.8. The 49 FW/CPM: Announce any changes to the WBGT condition over the ramp nets.

3. Prevention: The best cure for heat disorders is prevention. Supervisors must take a proactive approach and prepare early for the hot season. Several actions can be taken before the hot weather starts to maximize the ability of workers to tolerate hot, dry conditions. Newly assigned workers will require more attention than those who have had the chance to adjust. Constant monitoring of worker physiological condition by supervisors and other workers is essential, regardless of the perceived fitness. WBGT exposure control limits are a tool that commanders and supervisors can use to help prevent heat stress and heat disorders.

3.1. Workload and Fluid Intake: Guidelines for work/rest schedules and fluid intake in the WBGT precaution zones for both acclimatized and unacclimatized personnel in hot environments are provided in the following **Table 1.** and **Table 2.** **Table 3.** provides the WBGT stages with associated flag colors.

Table 1. Work/Rest and Fluid Replacement Guidelines for Acclimatized Personnel

Heat Category/ Flag Color	WBGT (°F)	Light (Easy) Work		Moderate Work		Hard (Heavy) Work	
		Work/Rest Cycle (Minutes)	Water Intake Quart/Hr ^(a)	Work ^(b) /Rest Cycle ^(c) (Minutes)	Water Intake Quart/Hr	Work/Rest Cycle (Minutes)	Water Intake Quart/Hr
1	78 - 81.9	No Limit	0.5	No Limit	0.75	40/20	0.75
2	82 - 84.9	No Limit	0.5	50/10	0.75	30/30	1.0
3	85 - 87.9	No Limit	0.75	40/20	0.75	30/30	1.0
4	88 - 89.9	No Limit	0.75	30/30	0.75	20/40	1.0
5	> 90	50/10	1.0	20/40	1.0	10/50	1.0

Table 2. Work/Rest and Fluid Replacement Guidelines for Unacclimatized Personnel

Heat Category/ Flag Color	WBGT (°F)	Light (Easy) Work		Moderate Work		Hard (Heavy) Work	
		Work/Rest Cycle (Minutes)	Water Intake Quart/Hr ^(a)	Work ^(b) /Rest Cycle ^(c) (Minutes)	Water Intake Quart/Hr	Work/Rest Cycle (Minutes)	Water Intake Quart/Hr
1	78 - 81.9	No Limit	0.5	50/10	0.75	30/30	0.75
2	82 - 84.9	No Limit	0.5	40/20	0.75	30/30	1.0
3	85 - 87.9	No Limit	0.75	30/30	0.75	20/40	1.0
4	88 - 89.9	50/10	0.75	20/40	0.75	10/50	1.0
5	> 90	40/20	1.0	10/50	1.0	Not Allowed	Not Applicable

NOTES:

- a. For all three work rates, individual water requirement may vary by +/- 0.25 quarts per hour. Daily fluid intake should not exceed 10 quarts. Hourly fluid intake should not exceed 1 quart.
- b. Wearing all Mission-Oriented Protective Posture overgarments, fire-fighting gear, tyvek suits or other similar restrictive or impermeable clothing adds 10 degrees Fahrenheit to WBGT. Wearing body armor adds 5 degrees Fahrenheit to WBGT.
- c. Rest means minimal physical activity, i.e. sitting or standing, accomplished in the shade if possible.

3.2. Workload Determination: The following **Table 3.** provides guidance in determining the workload when using **Table 1.** and **Table 2.** for work/rest cycles and fluid replacement.

Table 3. Workload Determination Guidance

Light (Easy) Work	Moderate Work	Heavy (Hard) Work
- Walking on hard surface at 2.5 miles per hour with less than 30 pound load.	- Walking on hard surface at 3.5 miles per hour with less than 40 pound load.	- Walking on hard surface at 3.5 miles per hour with more than 40 pound load.
- Weapons maintenance	- Walking on loose sand at 2.5 miles per hour with no load.	- Walking on loose sand at 2.5 miles per hour with load.
- Marksmanship training	- Calisthenics	- Armament crew
- Tower operations	- Patrolling	- Heavy aircrew repair
- Operations NCOs/officers	- Low crawl, high crawl	- Specialized emergency response teams
- Pilot ground activities	- Refueling	
- Command Post and unit control center activities	- Avionics Shop	
	- Aircraft maintenance	

3.3. Urine Color: Thirst is an unreliable guide to the level of hydration. Urine color is a reliable indicator of an individual's hydration status. Personnel exposed to hot weather conditions are required to drink sufficient water IAW **Table 1.** and **Table 2.** of this instruction in which their urine remains colorless. **Attachment 3** should be posted in all restrooms and portable toilets.

4. Sport Drink Fluid Supplements:

4.1. A plentiful supply of water, adequate work planning and rest cycles are primary effective measures in sustaining healthful working conditions. Personnel working in extreme heat may also benefit from the consumption of additional diluted sports drinks.

4.2. Units in which members perform heavy work in Heat Category 3 or higher may be authorized use of Operations and Maintenance (O&M) funds to purchase sports drinks through competent medical authority recommendation (49 MDG/CC) and authorization as specified in Air Force Medical Operations Agency Commander (AFMOA/CC) Policy Letter, *Revised Policy on the Role of Sports Drinks in Prevention of Dehydration and Heat Illness*, dated 23 Aug 01. If sports drink procurement through

O&M funds is approved, appropriate work controls and rest cycles should continue to be feasibly enforced.

4.3. Carbohydrate content of sport drinks should not exceed 15% prior to dilution. Dilution should be half strength (1 part water, 1 part beverage or 2 parts water: 1 part beverage powder). The purchase of individual sized containers is recommended over powder beverages.

4.4. Undiluted portions of open sports drinks should be refrigerated. Beverages should be consumed within 8 hours if refrigerated or 4 hours if warm and then discarded.

4.5. Reusable containers must be washed and sanitized at the end of each work shift.

4.6. Sports drinks should be kept cool (60-70 °F) and shaded if possible.

4.7. Sports drinks should not be added directly to canteens or bulk storage such as water buffaloes or tanks. They should be added to drinking cups or larger washable containers for group access.

4.8. Potable water will be made available and collocated with the cooled sports drinks. In order ensure the beneficial effects of sports drinks, proper water intake must be emphasized to affected members.

5. Symptoms of Heat Stress and Emergency Treatment: Heat stress symptoms include one or more of the following: headaches, dizziness, faintness, nausea, vomiting, fever, profuse or decreased sweating, cramps, convulsions, lack of coordination and unconsciousness. In the event an individual suffers from heat stress, take the following steps:

5.1. Move the individual to a cooler (not cold) location or into a shaded area.

5.2. Loosen tight clothing, remove perspiration soaked clothing and apply cool, wet cloths to skin. Fan the individual.

5.3. If the individual is conscious and not vomiting, give water to drink.

5.4. Seek medical attention. The individual should not resume normal activities the same day.

6. Observance of Guidelines Mandatory. Commanders will ensure conformance with the guidelines established by this instruction to the maximum extent possible under actual conditions. Seek the guidance of medical personnel where complete adherence to these principles would significantly degrade mission accomplishment.

7. Adopted Forms : AF Form 55, *Employee Safety and Health Record*; AF Form 190, *Occupational Illness/Injury Report*.

JEFFREY L. HARRIGAN, Colonel, USAF
Commander

Attachment 1**GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION*****References***

AFMAN 33-363, *Management of Records*, 1 March 2008

AFPD 48-1, *Aerospace Medicine Program*, 3 October 2005

AFPAM 48-151, *Thermal Injury*, 18 November 2002

AFMAN 10-100, *Airman's Manual*, 1 June 2004

AFMAN 32-4005, *Personnel Protection and Attack Actions*, 30 October 2001

American Conference of Governmental Industrial Hygienists (ACGIH), *Threshold Limit Values for Chemical Substances and Physical Agents & Biological Exposure Indices*

AFMOA/CC Policy Letter, *Revised Policy on the Role of Sports Drinks in Prevention of Dehydration and Heat Illness*, 23 August 2001

Abbreviations and Acronyms

ACGIH—American Conference of Governmental Industrial Hygienists

AMDS/SGPB—Bioenvironmental Engineering

AMDS/SGPF—Flight Medicine

AMDS/SGPM—Public Health

FW/CP—Command Post

FW/CPM—Maintenance Operations Center

HAFB—Holloman Air Force Base

FW/CP—Command Post

MDG/CC—Medical Group Commander

O&M—Operations and Maintenance

OSS/OSW—Mission-Oriented Protective Posture

RDS—Records Disposition Schedule

WBGT—Wet Bulb Globe Temperature

Attachment 2**HEAT STRESS BRIEFING**

A2.1. Purpose. To brief all personnel on factors that affect heat stress and preventive measures on preventing the risks of heat stress. This briefing should be given by first line supervisors to all personnel on a routine basis and prior to all exercises.

A2.2. Factors Affecting Heat Stress.

A2.2.1. Unit Factors:

A2.2.1.1. Fatalistic Attitude - "Some casualties are expected."

A2.2.1.2. Poor Doctrine - That withholding water can make a "hot weather fighter".

A2.2.1.3. Poor Nutrition - Three meals per day are vital to replace salt and mineral loss.

A2.2.1.4. Disregard for Weather - Meteorological conditions must be considered in establishing work/training goals.

A2.2.1.5. No water or poor water supply at work and rest sites.

A2.2.2. Individual Factors:

A2.2.2.1. Any illnesses.

A2.2.2.2. Adequate acclimatization.

A2.2.2.3. Age over 40.

A2.2.2.4. Obesity.

A2.2.2.5. Alcohol consumption.

A2.2.2.6. Lack of sleep/rest.

A2.2.2.7. Lack of meals.

A2.3. Preventive Measures. The following preventive measures are a guide in preventing heat stress.

A2.3.1. Prior To Exercise/Deployment:

A2.3.1.1. Screen out individuals with even minor illnesses or pregnant women.

A2.3.1.2. Be rested - 12 hours rest/8 hours sleep.

A2.3.1.3. No alcohol.

A2.3.2. During Exercise:

A2.3.2.1. Prehydrate - Drink at least 1 quart of water prior to beginning of exercise/work day.

A2.3.2.2. Provide three meals per day to ensure salt and mineral replacement.

A2.3.2.3. Provide shade for rest cycles. Personnel should not lie down on hot ground or pavement.

A2.3.2.4. Ensure personnel wearing the MCU-2P mask during simulations and exercises are allowed to remove the mask frequently for water breaks and to allow release of body heat through the head.

A2.3.2.5. Provide cooled and flavored (if possible) water and control hydration as follows:

WBGT (°F)	QUARTS WATER/HOUR
78.0 – 84.9	0.5 – 1.0
85.0 – 89.9	0.75 – 1.0
90+	1.0

A2.3.2.6. Work/rest cycles should be adjusted dependent upon changes in temperature, humidity, wind speed, and solar radiant heat (cloud cover) to decrease the risks of heat stress during hot weather. During these rest cycles, it is important that, if personnel are wearing chemical gear, they remove it to dissipate body heat.

A2.4. Heat Stress Symptoms. Headaches, dizziness, faintness, nausea, vomiting, fever, profuse or decreased sweating, cramps, convulsion, lack of coordination, and unconsciousness.

A2.5. Emergency Actions.

A2.5.1. Move the individual to a cooler (not cold) location or into a shaded area.

A2.5.2. Loosen tight clothing, remove perspiration soaked clothing and apply cool, wet cloths to skin. Fan the individual.

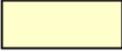
A2.5.3. If the individual is conscious and not vomiting, give water to drink.

A2.5.4. Seek medical attention. The individual should not resume normal activities the same day.

Attachment 3

URINE COLOR CHART

MONITORAND SURVEY

	• OK, CONTINUE TO DRINK WATER
	• DRINK SOME WATER NOW
	• DRINK ¼ CANTEEN/LITER OF WATER WITHIN 1HR • 1/2 LITER IN 1 HR IF OUTSIDE WORKING & SWEATING
	• DRINK ¼ CANTEEN/LITER OF WATER NOW • 1/2 LITER NOW IF OUTSIDE WORKING & SWEATING
	• DRINK 1 CANTEEN/LITER OF WATER WITHIN 1 HR • 1 LITER NOW IF OUTSIDE WORKING & SWEATING

IF YOUR URINE IS RED, BROWN, OR DARKER THAN THIS...REPORT TO NEAREST MEDICAL FACILITY!



U.S. AIR FORCE

Heat Illness Signs, Symptoms, & What To Do:

<p style="color: red; font-weight: bold; margin: 0;">Common Signs & Symptoms:</p> <ul style="list-style-type: none"> • Dizziness, Headache • Nausea • Unsteady walk • Weakness or fatigue • Muscle cramps 	<p style="color: red; font-weight: bold; margin: 0;">Immediate Actions</p> <ul style="list-style-type: none"> • Remove from training-operations • Allow casualty to rest in shade • Loosen clothing • Take sips of waterWhile doing the above • Call for medical assistance
<p style="color: red; font-weight: bold; margin: 0;">Serious Signs & Symptoms:</p> <ul style="list-style-type: none"> • Hot body, high temperature • Confusion, agitation (Mental Status Assessment)** • Vomiting • Involuntary bowel movement • Convulsions • Weak or rapid pulse • Unresponsiveness, coma 	<p style="color: red; font-weight: bold; margin: 0;">Immediately call ambulance while doing the following:</p> <ul style="list-style-type: none"> • Lay person down in shade, elevate feet until medic or ambulance arrives • Undress as much as possible • Aggressively apply ice packs or ice sheets • Pour cold water over casualty and fan. • Give <i>sips</i> of water while awaiting ambulance (if conscious) • Monitor airway & breathing until ambulance comes
<p style="color: red; font-weight: bold; margin: 0;">**Mental Status Assessment:</p> <ul style="list-style-type: none"> • An important sign of a serious life-threatening condition is the presence of mental confusion (<i>with or without increased temperature</i>). • Anyone can do a mental status assessment by asking some simple questions. 	<p style="color: red; font-weight: bold; margin: 0;">Call for Ambulance if Unable to Answer Any of These Questions...</p> <ul style="list-style-type: none"> • What is your name? • What month is it? What year is it? (Does not know the month or year) • Where are we/you? (Is not aware of location or surroundings) • What were you doing before you became ill? (Does not know the events leading to present situation)