

Desert Lightning News

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Serving Southern Arizona's military community, including Davis-Monthan Air Force Base

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INSIDE

STORIES

- U.S. training Ukrainian pilots, 3
- Practice like we play, 4
- Brandon Act implemented, 8
- Keep hydrated, 10

FEATURE



U.S. Air Force photo by Senior Airman Vaughn Weber

D-M SUPPORTS COPE THUNDER 23-2

See Pages 6 and 7

D-M AFB is AFSOC's next power projection wing

By
**SECRETARY
OF THE AIR FORCE**

Public Affairs

ARLINGTON, Va. (AFNS) — The Department of the Air Force selected Davis-Monthan Air Force Base, Arizona, as the preferred location to host Air Force Special Operation Command's third power projection wing.

Transforming the 492nd Special Operations Wing into a power projection wing with all of AFSOC's mission capabilities (strike, mobility, ISR, air/ground integration) will enable the Air Force to regionally focus each power projection wing on a geographic combatant commander. The transition will also allow AFSOC to further diversify its locations to protect against natural disasters by ensuring it can maintain its ability to respond to president-directed missions on very tight timelines.

The additional location will also permit AFSOC to take advantage of the Barry M. Goldwater Range, which will provide additional training opportunities, capacity and increased prioritization as its forces prepare to meet the priorities of the National Defense Strategy.

Standing up the new wing at Davis-Monthan AFB requires several relocations, planned throughout the next five years. The final decision will be made following completion of the environmental impact analysis process.

The following outlines the planned transition actions:

The 492nd SOW at Hurlburt Field, Florida, will relocate to Davis-Monthan AFB. The relocation includes the 492nd SOW's transition from support wing into a power projection wing.

The U-28 Draco fleets at Cannon AFB, New Mexico, and Hurlburt Field will be replaced by the OA-1K Armed Overwatch aircraft. As part of the 492nd SOW's transition to a power projection wing, one OA-



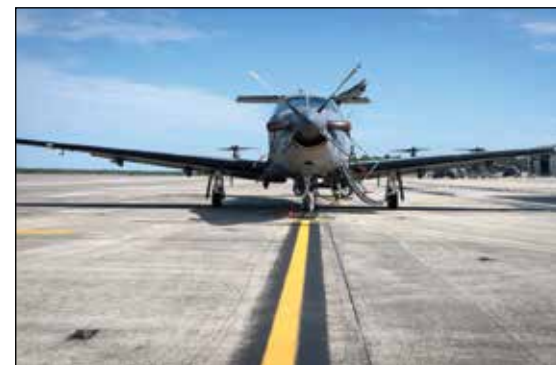
U.S. Air Force photo by Airman 1st Class Shelby Kay-Fantozz

Leaving a trail of dust in its wake, an MC-130J Commando II takes off April 2, 2015, at Melrose Air Force Range, New Mexico. The aircraft's crew demonstrated its capability to take off, land, and perform air drops in remote areas during a joint exercise. An MC-130J Commando II squadron will relocate from Cannon AFB to Davis-Monthan AFB, New Mexico, to join the 492nd SOW.



U.S. Air Force photo by Staff Sgt. Darius Sostre-Miroir

U.S. Air Force Staff Staff Sgts. Jacob McKague and Paul Bartholdson, 920th Logistics Readiness Squadron rescue riggers, prepare to attach a reach pendant underneath a HH-60G Pave Hawk helicopter during sling load training at Patrick Space Force Base, Florida, July 25, 2023. The 34th Weapons Squadron and the 88th Test and Evaluation Squadron will transfer HH-60W Jolly Green IIs from Nellis AFB, Nevada, to Davis-Monthan AFB.



U.S. Air Force photo by Airman 1st Class Blake Wiles

A U-28A Draco assigned to the 319th Special Operations Squadron is parked on the flightline at Hurlburt Field, Florida, Aug. 12, 2020. The U-28 Draco fleets at Cannon AFB, New Mexico, and Hurlburt Field will be replaced by the OA-1K Armed Overwatch aircraft. As part of the 492nd SOW's transition to a power projection wing, one OA-1K Armed Overwatch squadron will relocate from Hurlburt Field to Davis-Monthan AFB.

1K Armed Overwatch squadron will relocate from Hurlburt Field to Davis-Monthan AFB.

An MC-130J Commando II squadron will relocate from Cannon AFB to Davis-Monthan AFB to join the 492nd SOW.

An additional MC-130J squadron will activate at Davis-Monthan AFB.

The 21st Special Tactics Squadron will relocate from Pope Army Airfield, North Carolina, to Davis-Monthan AFB.

The 22nd Special Tactics Squadron will relocate from Joint Base Lewis-McChord, Washington, to Davis-Monthan AFB.

The 492nd Theater Air Operations Squadron will activate at Duke Field and transfer to Davis-Monthan AFB.

The 47th Fighter Squadron (24 A-10s), the 354th Fighter Squadron (26 A-10s) and the 357th Fighter Squadron (28 A-10s) at Davis-Monthan AFB will inactivate and their respective A-10s will be retired. The 47th FS and 357th FS will continue A-10 formal training until inactivation.

The 34th Weapons Squadron and the 88th Test and Evaluation Squadron will relocate from Nellis AFB, Nevada, to Davis-Monthan AFB, transferring five HH-60W Jolly Green IIs.

Desert Lightning News

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Davis-Monthan ALS schoolhouse named best in Air Force

By Staff Sgt.
Abbey Rieves

355th Wing Public Affairs

The 355th Force Support Squadron's Chief Master Sgt. Carl E. Beck Airman Leadership School was named the Air Force Airman Leadership School of the Year 2022, on Aug. 6, 2023.

Airman Leadership School is professional military education that teaches U.S. Air Force senior airmen (with at least 36-months time-in-service), newly appointed noncommissioned officers and frontline supervisors the necessary skills for a complex global environment. These skills include communication, trust, problem solving, critical thinking and negotiation.

"This education is important because as a military, we can mold staff sergeants for making decisions in big teams," said U.S. Air Force Staff Sgt. Patrick Thomas, 355th FSS ALS instructor. "It is up to our NCO corps to instill these skills to the next generation of Airmen."

Also open to U.S. Space Force and civilian applicants, the schoolhouse deliberately develops students into highly competent frontline supervisors, strengthening the backbone of the armed forces.

"Only 1% of our nation signs up to do what we do," said Thomas. "So, we have to get back to the basics and ensure these standards are upheld."

In line with the National Defense Strategy, 10 Davis-Monthan ALS instructors cultivate a workforce the nation needs: Airmen who understand complex situations and think critically.

"I am grateful to be surrounded by an amazing team," said U.S. Air Force Tech. Sgt. Andrew Denney, 355th FSS ALS instructor. "All of the instructors want to create an amazing environment for our students to learn and grow."

As recipients of an Air Force-level award, these instructors have gone above and beyond the Air Force's standard of excellence. By partnering with 12th Air Force (Air Forces Southern), the ALS cadre brought international allies to the schoolhouse, providing tips and tricks to how the U.S. military trains its future NCO corp with professional military education.

An additional factor to their success was obtaining student feedback and implementing the necessary change. The cadre's deliberate course modifications bolstered their success.

Leading with Air Force values, like excellence, these in-



U.S. Air Forces photo by Staff Sgt. Abbey Rieves

The 355th Force Support Squadron Chief Master Sgt. Carl E. Beck Airman Leadership School cadre, team together at Davis-Monthan Air Force Base, Aug. 14, 2023. The Davis-Monthan ALS schoolhouse was named best in the Air Force for 2022 on Aug. 6, 2023.



U.S. Air Force Staff Sgt. Patrick Thomas, 355th Force Support Squadron Chief Master Sgt. Carl E. Beck Airman Leadership School instructor, displays his professional military education patch at Davis-Monthan Air Force Base, Aug. 14, 2023. ALS is the first PME Airmen encounter and it teaches communication, trust, problem solving, critical thinking and negotiation.



U.S. Air Force Staff Sgt. Patrick Thomas, 355th Force Support Squadron Chief Master Sgt. Carl E. Beck Airman Leadership School instructor, teaches an ALS course at Davis-Monthan Air Force Base, Aug. 14, 2023. Leading with Air Force values, DM had 10 instructors who train more than 600 students annually.

structors train more than 600 students annually, allowing a wealth of knowledge and lessons learned to be brought back to the students' home units.

"We are held to a higher standard, in the Profession of Arms," said Thomas. "The next fight is coming, and we need to be ready to go."

U.S. will train Ukrainian F-16 pilots, ground crews

By
JOSEPH CLARK

DOD News

The Defense Department will begin training Ukrainians to fly and maintain F-16 fighter jets in the coming months, Pentagon Press Secretary Air Force Brig. Gen. Pat Ryder said in a speech on Aug. 24.

The training is expected to begin in October at the Morris Air National Guard Base in Tucson, Arizona, and will be facilitated by the Air National Guard's 162nd Wing.

The U.S.-led training is "in support of the international effort to develop and strengthen Ukraine's long-term defenses," Ryder said.

The Netherlands, Denmark and Norway have announced their intentions to make F-16 aircraft from their fleets available to Ukraine.

Secretary of State Antony Blinken signaled the United States' willingness to approve the third-party transfer of the U.S.-made F-16s to Ukraine in a letter to his European counterparts last week.

"The training provided by the United States will complement the F-16 pilot and maintenance training that's already underway in Europe and further deepens our support of the F-16 training coalition led by Denmark and the Netherlands," Ryder said. "Moving forward we will remain in close consultation with the Danes, the Dutch and other allies to ensure U.S. training complements the broader coalition training efforts."

Ryder added that by announcing the training, the U.S. is preempting any training capacity constraints in Denmark and the Netherlands' training pipeline to ensure the aircraft are fielded to Ukraine as quickly as possible.

He said Ukraine will ultimately determine the number of pilots that will require the training.

During a recent briefing, National Security Adviser Jake Sullivan said U.S. approval for the transfer would come after consultation with Congress and after completion of training for Ukrainian pilots on the aircraft.



Courtesy photo

A KC-135 aircraft refuels an F-16s assigned to the 162nd Fighter Wing, Morris Air National Guard Base, Tucson, Arizona, May 4, 2023.



U.S. Air Force photo by Senior Airman Cesar J. Navarro

Pentagon Press Secretary Air Force Brig. Gen. Pat Ryder conducts a press briefing at the Pentagon, Aug. 24, 2023.

Ryder said the complete training pipeline would likely take several months, depending upon the pilots' proficiency coming into the course.

"Part of this training will be assessing the individual pilots' skill level, which will determine help to determine how long that training will last," he said. "Your

basic, new F-16 pilot with not a lot of training on the U.S. side, that training typically lasts about eight months."

That training includes a series of courses ranging from basic flight training to instruction on fighter fundamentals, weapons employment, combat maneuvering and tactical intercepts among other concepts.

He said training for more experienced pilots could be completed in about five months.

Beyond flight training, Ryder said the F-16s require significant logistics and maintenance training for ground support personnel that ensures the aircrafts remain combat capable.

Prior to flight training, the pilots will receive language training at Lackland Air Force Base in San Antonio, Texas beginning in September.

The language training will ensure that all pilots have sufficient language skills to be able to fully

comprehend the "complexities and specialized English required to fly the aircraft," Ryder said.

The announcement further underscores the United States' long-term solidarity with Ukraine as it defends itself from Russia's unprovoked war of aggression.

Secretary of Defense Lloyd J. Austin III highlighted that commitment earlier today in a statement marking Ukraine's 32nd anniversary of its independence.

"The Ukrainian people have inspired the world with their courage and resolve to defend their right to live in a sovereign, democratic and free country," he said.

"Today, as Ukraine commemorates another year of independence, the United States remains steadfast in our commitment to ensure that it can celebrate many more," he said. "We will support Ukraine for as long as it takes in its fight for its security and freedom."



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Practice like we play: Simulator of the HC-130J

U.S. Air Force Lt. Col. Max Miller, 79th Rescue Squadron commander, and Capt. Alex Frazier, 79th RQS pilot, fly in an HC-130J Combat King II simulation aircraft during routine

training at Davis-Monthan Air Force Base, Arizona, Aug. 9, 2023. The simulation aircraft allowed pilots to train at higher levels with replicated threats over contested

areas with mitigated risk; the simulation is working to network with other aircraft simulators, to would making flight scenarios nearly endless.



U.S. Air Force Capt. Alex Frazier, 79th Rescue Squadron pilot, prepares for flight on an HC-130J Combat King II simulation aircraft during routine training at Davis-Monthan Air Force Base, Arizona, Aug. 9, 2023. Simulation aircraft allowed pilots to train at higher levels with replicated threats over contested areas with mitigated risk.



U.S. Air Force photo by Staff Sgt. Abbey Rieves

U.S. Air Force Lt. Col. Max Miller, 79th Rescue Squadron commander, left, and Capt. Alex Frazier, 79th RQS pilot, right, operate an HC-130J Combat King II simulation aircraft during routine training at Davis-Monthan Air Force Base, Arizona, Aug. 9, 2023. The pilots trained more than 100 hours in the simulation annually.



U.S. Air Force Capt. Alex Frazier, 79th Rescue Squadron pilot, sets performance data on an HC-130J Combat King II simulation aircraft during routine training at Davis-Monthan Air Force Base, Arizona, Aug. 9, 2023. The data calculated the speed and distance the aircraft would need for a safe takeoff.

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Maintaining the components at DM

By Senior Airman
VAUGHN WEBER

355 WG/PA

The 355th Component Maintenance Squadron is the lifeline for flight line squadrons and back shops at Davis-Monthan Air Force Base, Arizona, June 28, 2023.

The 355 Armament and Electronics Maintenance Squadron was constituted and activated on April 13, 1962. On Sept. 30, 2002, the 355th CMS officially came into being after going through one in-activation, one activation and two redesignations.

"The main mission here is Rescue and Attack. Within CMS, we are the support for the flight line," said U.S. Air Force Tech. Sgt. Alan Wright, 355th CMS jet engine intermediate maintenance non-commissioned officer in charge, "For all the deployments, TDYs and training missions through the 357th Fighter Generation Squadron and 354th FGS, we help to serve as a lifeline for engine maintenance."

Instead of aircraft and aircrew having to set up and teardown on the flight line, the 355th CMS

propulsion and engines back shop offers an alternate streamline maintenance practice for engine swap outs. This helps fulfill the mission requirement of a quick turnaround.

At DM, the 355th CMS supports the 55th FGS' and 79th FGS' Allison T56 engines, as well as the 354th FGS' and 357th FGS' General Electric TF34 engines. In total, they support over 100 aircraft across four specialized airframes by replacing defective components, performing expert troubleshooting to determine aircraft faults and performing operational checks on parts and systems.

The 355th CMS is also the centralized repair facility for global strike command and other Air Combat Command components. Whiteman AFB, Missouri, Nellis AFB, Nevada, and Hill AFB, Utah, are among these. When these bases have engine issues that require more in-depth maintenance, they send their engines to DM for repair.

"As aircraft fuel systems maintainers, we specialize in the troubleshooting and replacement of fuel systems components while also

identifying and isolating aircraft fuel leaks," said Staff Sgt. Kevin Hammer, 355th CMS fuel systems support NCOIC, "What distinguishes us from work centers like the precision measurement equipment laboratory or props is that we routinely work inside of aircraft, performing in-tank maintenance."

A fuel systems maintainer will don multiple layers of proper protective equipment before performing in-tank maintenance. The 2-foot tank opening on an HC-130J Combat King II aircraft or A-10C Thunderbolt II aircraft is purged with air before an atmospheric air sample reading can be taken, ensuring the inside of the tank is safe to enter. Once it is safe, the fuel systems maintainer will crawl through the inner workings of the fuel tank to the component that needs replaced. After replacing the component, they exit feet first, seal the door, put fuel back in the tank and perform operational checks to ensure the aircraft is clear to return to service.

The 355th CMS keeps the fleet flying by finding and fixing the more in-depth problems on the flight line, in back shops and in fuel tanks.



U.S. Air Force Photo by Senior Airman Vaughn Weber

A photo of the 355th Component Maintenance Squadron's logo is displayed on a wall at Davis-Monthan Air Force Base, Arizona, 28 June, 2023. The 355th CMS was officially redesignated on 30 Sept. 2002.

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A U.S. Marine Corps Marine, assigned to Marine Wing Support Squadron 373, carries a hose during a forward arming and refueling exercise for Cope Thunder 23-2 at Subic Bay International Airport, Philippines, July 15, 2023. Cope Thunder 23-2 provided valuable training to aircrews allowing joint foreign forces to work together and improve interoperability.



An A-10C Thunderbolt II sits on the flightline in support of Cope Thunder 23-2 operations at Clark Air Base, Philippines, July 11, 2023.



U.S. Air Force Airmen, assigned to Davis-Monthan Air Force Base, Arizona, and Marine Corps Marines, assigned to Marine Wing Support Squadron 373, pose for a photo during Cope Thunder 23-2 at Subic Bay International Airport, Philippines, July 15, 2023. The objectives of Cope Thunder 23-2 were to plan for combined fighter operations, practice interoperability with tactical units and bolster the combat capability of participating nations.



A Philippine Air Force member provides security in support of Cope Thunder 23-2 at General Santos International Airport, Philippines, July 11, 2023. The movement to Gen Santos was a huge success with the Philippines leveraging agile combat employment capabilities.



Contractors refuel an A-10C Thunderbolt 23-2 at Mactan, Philippines, July 11, 2023. The refueling provided a unique opportunity for the contractors to work together, increasing the U.S.' and the Philippines' interoperability.

UNDER 23-2 AT SUBIC BAY



U.S. Air Force photo by Senior Airman Vaughn Weber
Base, Philippines, July 7, 2023. Cope Thunder 23-2 was an exercise with the goal to improve regional security and protect a free and open Indo-Pacific.



nderbolt II in support of Cope Thun-
July 11, 2023. Cope Thunder 23-2
for the service members to train
and the Philippines' ability to work to-



A U.S. Air Force Airman, assigned to Davis-Monthan Air Force Base, Arizona, helps a pilot with his gear in support of Cope Thunder 23-2 at Mactan, Philippines, July 11, 2023. Cope Thunder 23-2 provided a unique opportunity for the service members to train together, increasing the U.S.' and the Philippines' ability to work together.



U.S. Air Force Airmen, assigned to Davis-Monthan Air Force Base, Arizona, depart a C-130 Hercules in support of Cope Thunder 23-2 at Mactan, Philippines, July 11, 2023. Cope Thunder 23-2 was an exercise with the goal to improve regional security and protect a free and open Indo-Pacific.

Brandon Act expedites mental health care referrals for Airmen, Guardians

By
**SECRETARY OF
THE AIR FORCE**

Public Affairs

ARLINGTON, Va. (AFNS) — Airmen and Guardians can expect to see an additional referral process for mental health care as the Brandon Act is implemented throughout Air Force and Space Force installations.

The Brandon Act is intended to help identify and get care for mental health concerns by making it easier to access — and required of leaders to take seriously — mental health support by referencing “The Brandon Act” when they need a referral to mental health services.

The Brandon Act is named after U.S. Navy Aviation Electrician’s Mate 3rd Class Brandon Caserta, who died by suicide in 2018. Teri and Patrick Caserta, Brandon’s parents, have been a driving force in implementing the Brandon Act.

“I spoke with the Caserta family and listened to their experience,” said Secretary of the Air Force Frank Kendall. “They bravely shared the story of their son in hopes to help save others. We must honor their spirit and remind every supervisor and leader in the Air

Force and Space Force of their duty and legal obligation to help fellow teammates who ask for assistance.”

“The path for the Brandon Act has been long,” said Teri Caserta. “But as each military service implements the act, it has renewed our hope. A hope that these new rules will save the lives of those who are serving on our behalf.”

“As leaders and supervisors learn about the Brandon Act, we hope it lifts the stigma that some have when asking for help,” said Patrick Caserta. “Asking for help is an act of courage and mature judgement — in our call with Secretary Kendall, we believe we have the right leaders to help lead the change and improve our military and save lives. We want to thank Secretary Kendall for embracing and implementing the Brandon Act. We appreciate the hard work that he has and continues to do for our Airmen and Guardians.”

When Airmen and Guardians voluntarily request a mental health referral by contacting their commander or supervisor (in the grade of E-6 or above) it invokes the Brandon Act and expedites the process. Service members may request a referral for any reason, including, but not limited to per-

sonal distress, personal concerns or trouble performing their duties. They are not required to provide a reason or basis for the referral.

It is mandatory for commanders and supervisors to honor a Brandon Act request.

The Department of the Air Force program will be called the Brandon Act — The Commander/ Supervisor Facilitated Referral Program.

“The care and well-being of our Airmen is always our top priority,” said Chief Master Sgt. of the Air Force JoAnne S. Bass. “I’m encouraged by initiatives, like the Brandon Act, that ensure our people have multiple paths to seeking care for mental health concerns they are experiencing.”

A mental health evaluation referral request can be made by active-duty members at any time and in any environment, including deployed locations. Members can be active duty, in active-duty status as a member of the select Reserve, assigned to a temporary duty station or on leave.

“Few things are more important than improving access to mental health care and every improvement matters,” said Chief Master Sergeant of the Space Force Roger A. Towberman.

Once members request assistance under the Brandon Act, their commander or supervisor must contact the mental health clinic and request an appointment for the member the same or next day. The mental health provider will do either a face-to-face, telephonic or telehealth appointment.

A referral under the Brandon Act differs from a command-directed or independent referral in several ways. A Brandon Act referral is initiated by the service member to their commander/supervisor, while a command-directed mental health referral is initiated by a commander or supervisor and is mandatory. An independent self-referral is handled completely by the member themselves.

Additionally, the service is working to develop annual training on how to recognize if someone may need a mental health evaluation based on behavior or imminent danger for commanders/supervisors. The training will also include how a member may obtain a Brandon Act referral that protects their privacy. Further information on the training will be released as it becomes available.



Courtesy photo
U.S. Navy Petty Officer 3rd Class Brandon Caserta, shown here at age 17 at his boot camp graduation. Caserta died by suicide in 2018. The Brandon Act was enacted this year to improve the process for service members to seek mental health support confidentially and to reduce stigma by allowing them to seek help.

Additional mental health resources include the 988 Veterans Crisis Line, Military OneSource nonmedical counseling, and the 24/7 Psychological Health Resource Center. For more information, visit health.mil/brandonact.

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Heritage and History of Davis-Monthan AFB

Special Edition of Desert Lightning News

Published Friday, September 22, 2023

Davis-Monthan Air Force Base, originally designated Davis-Monthan Landing Field in 1925, has a rich and fascinating history in Arizona.

Davis-Monthan AFB plays a vital role in the U.S. Air Force. The 355 WG serves as the host unit for DMAFB and provides support functions for 34 unique mission partners, to include 12th AF Headquarters, 309th Aerospace Maintenance and Regeneration Group, 55th Electronic Combat Group, and the 162nd Arizona Air National Guard alert Detachment.

This special edition, History of Davis-Monthan Air Force Base, will feature historical photographs, stories about how the base came to be, all the major milestones in flight reached there, and the men and women who did not see limitations – only possibilities.

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Work can't stop for heat: hydrate!

By
56TH FIGHTER WING

Public Affairs

There is no denying the heat in Arizona, especially after breaking the record of 19 consecutive days of temperatures above 110 degrees Fahrenheit! Running from the heat may seem to be the smartest choice, however it is not always feasible to have the luxury of being in cool conditions. Having the right information will help you from being the next causality from a heat related injury.

When it comes to knowing heat illnesses, the three H's are crucial!

- Heat Cramps
- Heat Exhaustion
- Heat Stroke (Medical Emergency! Call 911)

Without proper precautions and care, these stages can progress quickly. The most dangerous of the three being "Heat Stroke," which can lead to permanent brain damage or death.

Hydration is a huge factor when it comes to precautionary measures, especially during these hot-

ter months, but proper hydration should be practiced year-round! Water and some sport drinks containing electrolytes are great ways to keep yourself hydrated throughout the day.

Unfortunately, caffeinated drinks do not count as proper hydration, so limit your enjoyment of these drinks such as coffee and energy drinks and substitute them for water. If you are thirsty, it is already a late sign/symptom that you are dehydrated. Clear and copious amount of urine is a good indication that you are hydrated.

Your local Bioenvironmental Engineering office works with the Command Post to help keep our base aware of the flag conditions and provide hydration and work/rest cycles recommendations. Following these hydration and work/rest cycles are crucial to your health and the mission.

Ensure careful planning and take proper safety measures, such as working in the shade and wearing sunblock, to protect everyone on base! It is important to be able to recognize signs and symptoms

heat-related illnesses, not only in yourself, but also in your fellow wingman.

Here are some warning signs of a heat related illness:

- Slurred speech, confusion, or dizziness (Medical Emergency!)
- Headache
- Excessive sweating
- Weak, rapid pulse
- Nausea or vomiting
- Muscle pain or spasms

If you suspect heat related injury, unless it is a medical emergency (stated above), it is recommended to move the individual (or yourself) out of the sun, into shade or a cool air condition environment.

Have the individual drink (if conscious and able to safely swallow), a cool, non-alcoholic beverage, which will help regulate and stabilize body temperature.

The heat in Arizona is no joke. Please be safe and do yourself a favor; stay hydrated, follow your work rest/cycle, and look out for your airmen/wingmen. Keep yourself as a vital part of the mission instead of becoming the next hot topic.

HEAT EXHAUSTION: WHAT TO WATCH FOR

- Headaches
- Faint or dizzy
- Nausea and vomiting
- Fatigue, weakness and restlessness
- Thirsty
- Anxiety
- Poor coordination
- Weak, rapid pulse
- Sweating heavily
- Raised body temperature
- Muscle cramps
- Cool, pale, clammy skin

WHAT TO DO:

- Lie down in shade or air-conditioned place
- Drink plenty of water
- Keep cool with a cold compress, shower or bath

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