- Communications: Equipment Failure
 - 1. Stay Calm: Maintain composure to think clearly.
 - 2. **Identify the Issue**: Determine if the failure is due to equipment malfunction, environmental factors, or operator error.
 - 3. **Backup Systems**: Utilize alternative communication methods (e.g., hand signals, runners) if available.
 - 4. **Report the Failure**: Notify your command about the communication breakdown as soon as possible.
 - 5. **Follow Protocols**: Adhere to established procedures for communication failures, which may include predefined signals or messages to relay critical information 13.

Fire Emergency

- 1. **Activate Alarm**: If you see a fire, activate the nearest fire alarm immediately.
- 2. **Evacuate**: Inform others and evacuate the area using designated escape routes.
- 3. **Use Fire Extinguishers**: If trained and safe to do so, use a fire extinguisher on small fires (wastebasket-sized). Remember the acronym PASS:
 - Pull the safety pin.
 - Aim at the base of the fire.
 - Squeeze the handle.
 - **S**weep side to side.
- 4. **Close Doors Behind You**: This helps contain the fire and smoke.
- 5. **Do Not Use Elevators**: Always use stairs during a fire evacuation <u>45</u>.

Explosive Threat

- 1. **Assess the Situation**: Identify if it is a bomb threat or an actual explosive device.
- 2. **Evacuate Immediately**: Clear the area and instruct others to do the same.
- 3. Notify Authorities: Call emergency services and provide them with all relevant information.
- 4. **Do Not Search**: Do not attempt to search for or handle any suspicious packages or devices.
- 5. **Follow Evacuation Routes**: Use pre-planned evacuation routes and avoid using mobile phones or radios near potential explosives 67.

🍾 Heat Exhaustion & Dehydration

- 1. Recognize Symptoms:
 - Heavy sweating
 - Weakness
 - Dizziness

Nausea

2. Immediate Actions:

- Move to a cooler location.
- Lie down and elevate legs.
- Hydrate with water or electrolyte drinks.
- 3. **Monitor Condition**: If symptoms worsen or do not improve within 30 minutes, seek medical assistance8.

Biological or Chemical Attack

- 1. Shelter in Place: If indoors, seal windows and doors with plastic sheeting and tape.
- 2. **Use Protective Gear**: Don masks and protective clothing if available.
- 3. **Avoid Contaminated Areas**: Stay clear of suspected contaminated zones until authorities declare them safe.
- 4. **Report Symptoms**: If exposed, report symptoms immediately and seek medical attention<u>6</u>.

Hypothermia & Cold Injuries

1. Recognize Symptoms of Hypothermia:

- Shivering
- Confusion
- Slurred speech
- Fatigue

2. Immediate Actions:

- Move to a warm shelter.
- Remove wet clothing and replace with dry layers.
- Use blankets or sleeping bags to retain body heat.
- Warm beverages can help (avoid alcohol).
- 3. **Seek Medical Help**: If symptoms persist or worsen, professional medical assistance is necessary8.
- P Navigation: Lost in Unfamiliar Environment
 - 1. Stay Calm: Panic can lead to poor decision-making.
 - 2. **Assess Your Surroundings**: Look for recognizable landmarks or features.
 - 3. Use Navigation Tools:
 - Map and compass if available.
 - GPS devices can be helpful but may fail in remote areas.

4. Establish a Plan:

- Decide whether to stay put (if safe) or attempt to retrace your steps.
- Signal for help if necessary (using mirrors, whistles, etc.).
- 5. Conserve Resources: Ration food and water until you are found or can find your way back68.

6. Active Shooter Situations

Run, Hide, Fight Protocol:

- 1. **Run**: If possible, escape the area quickly.
- 2. **Hide**: If escape is not possible, find a secure hiding spot.
- 3. **Fight Back as Last Resort**: If confronted by the shooter, use available objects to defend yourself<u>1</u>.

Emergency Kits

- Soldiers should maintain personal emergency kits that include:
 - Water (one gallon per person per day)
 - Non-perishable food items
 - First aid supplies
 - Flashlight and batteries
 - Multi-tool or knife

General Emergency Response Steps

- 1. **Stay Calm**: Maintain composure to think clearly and make rational decisions.
- 2. **Assess the Situation**: Quickly evaluate the nature of the emergency, including potential hazards and the safety of your surroundings.
- 3. **Communicate**: Use available communication devices to report the situation to your chain of command or emergency services.
- 4. **Follow Established Protocols**: Adhere to any pre-established emergency plans or protocols specific to your unit or location.
- 5. **Provide First Aid**: If trained, administer first aid to injured personnel until medical help arrives.