

NAME: SECTION HEAD

EVENT: STUDENT PT/ 3 MILE RUN

Step 1. Identify Hazards		Step 2. Assess Hazards		Step 3. Make Risk Decisions		Step 4. Implement Controls		Step 5. Supervise	
Operation Phases	Hazards	Causes	Initial RAC	Develop Controls	Residual RAC	How to Implement	How to Supervise		
RUNNING	HEAT INJURY/ ILLNESS	POOR HYDRATION	C1	FREQUENT FLUID INTAKE	3	HAVE MARINES HYDRATE DAYS PRIOR TO RUN. ENSURE RUN IS COMMUNICATED TO EVERYONE	ENSURE ALL MARINES ARE CLIMATIZED TO PERFORM RUN. THOSE WHO ARE NOT WILL RUN BUT AT OWN PACE.	UNIT LEADERS WILL ENSURE PERSONNEL ARE HYDRATED. A CHECK WILL BE CONDUCTED BEFORE THE RUN BY ALL LEADERS	
	HEAT INJURY/ ILLNESS	ACCLIMATTIZATION	C2	PROPERLY CLIMATIZED IAW NAVMED P-5010	3	ENSURE ALL MARINES ARE CLIMATIZED TO PERFORM RUN. THOSE WHO ARE NOT WILL RUN BUT AT OWN PACE.	MARINES THAT HAVE NOT BEEN WITH THE SECTION FOR 22 DAYS WILL BE ALLOWED TO RUN AT OWN PACE AND SUPERVISED BY SNCO FOR TRAINING.		
	HEAT INJURY/ ILLNESS	PRIOR HEAT INJURY	C1	ENSURE PRIOR HEAT INJURY PERSONNEL ARE ANNOTED AND SUPERVISED	3	INFROM ALL LEADERS OF INDIVIDUALS AND THAT THEY ARE TO BE SUPERVISED AND WATCHED CLOSE.	IDENTIFIED MARINES WILL BE WATCHED CLOSELY BY ALL LEADERS. 1 NCO WILL HAVE DIRECT CONTACT WITH INDIVIDUAL AT ALL TIMES. ANY SYMPTOMS WILL BE REPORTED IMMEDIALEY TO SNCO AND OIC		
	HEAT INJURY/ ILLNESS	HEAT CRAMPS, EXHAUSTION, STROKE	C2	FRESH COOL WATER, ICE CHEST WITH WATER, PRPER HYDRATION	3	SAFETY VEHICLE CARRIES WATER, COOLER WITH ICE/ICE WATER. INDIVIDUALS PROPERLY HYDRATE	SNCO ENSURES DUTY VAN HAS WATER, COOLER AND ICE. NCO'S ENSURE PROPER HYDRATION		
Average Residual RAC:		FOOT	3	Accept Risks:	Yes	1			
Mode of Transportation:		From Ft Sill to Destination							
Date Dep:		0707/01	Planned Stops:		Date Return:		Planned Stops:		
ETD:		0530			ETA:				
ETA:		0730			TOT MILEAGE:				
TOT MILEAGE:		3			EST Drive Time:				
EST Drive Time:		20 MIN							
Driving W/:									
Evacuation Plan:		Example: duty driver and van will follow run. Van will have (3) 5-gallon cans of water, cooler with ice water and ice blanket and a cell phone. If any injurtes occur person will receive immedate treatment from Combat Lifesaver and taken to the Post Hospital for treatment and evaluation. Van driver will know route and route to hospital before run begins.							

Risk Assessment Code
Probability
 A-Likely to occur immediately
 B-Probably will occur in time
 C-May occur in time
 D-Unlikely to occur

Severity
 I-May cause death, loss of facility/asset
 II-May cause severe injury, illness, property damage
 III-May cause minor injury, illness, damage
 IV-Minimal threat
 RAC

	A	B	C	D
I	1	1	2	3
II	1	2	3	4
III	2	3	4	5
IV	3	4	5	