

SAF protects soldiers from heat injuries

The Singapore Armed Forces already adopts measures to regulate soldiers' temperatures and protect them from heat injuries, but additional ones may be needed to cope with the rise in temperatures.

In a statement on Thursday, the Ministry of Defence said soldiers currently undergo hydration regimes, such as water parades and ingesting ice slurries, and commanders have the flexibility to modify attire and load requirements for strenuous activities. The former refers to the supervised drinking of water.

Training schedules can also be tweaked to mitigate the risk of heat-induced injuries, with soldiers having a work-rest cycle based on the wet-bulb global



SAF personnel training in their hybrid uniform. PHOTO: MINDEF

temperature, which takes into account the effects of humidity, sun angle and solar radiation.

This is on top of the heat acclimatisation that soldiers go through when they enlist in basic military training, or when they

undergo specialised courses or operations.

Mindef said that it pays close attention to heat injuries across the SAF, and that units are required to report incidents daily.

“As global temperatures may rise further, the SAF will need to adopt a science-based approach to improve heat resilience and performance initiatives,” added Mindef, citing the launch of the Heat Resilience and Performance Centre in January.

The centre looks to innovate solutions that can boost human resilience against heat stress, and is a tripartite collaboration between the SAF, the National University of Singapore and DSO National Laboratories.

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