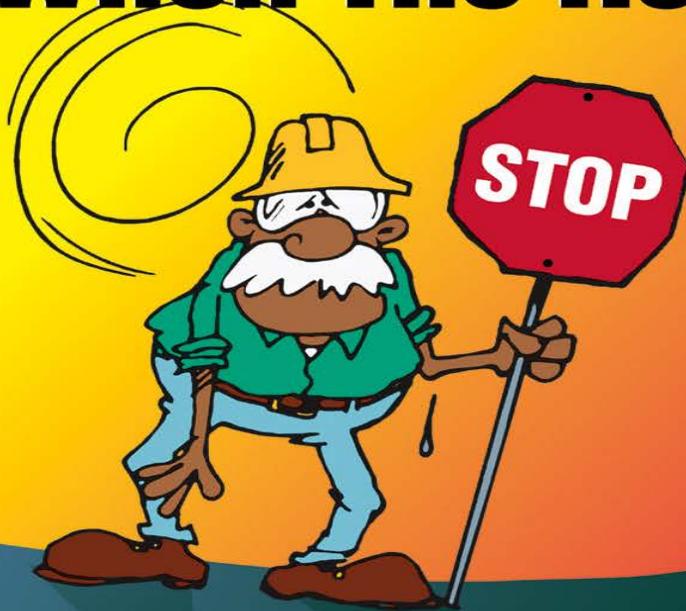


MCLB ALBANY SAFETYGRAM

HEAT ILLNESS PREVENTION

Every year, thousands of workers become sick from exposure to heat, and some even die. The good news is heat related illnesses and deaths can be prevented. As such, supervisors are responsible for providing workplaces that are safe from excessive heat.

When The Heat Is On ...



**be alert
for signs
of heat
exhaustion!**

If you experience feelings of nausea or dizziness or if your skin becomes clammy, follow these steps:

- 1. Drink water.**
- 2. Find a cool place immediately.**
- 3. Loosen your clothing.**
- 4. Lie down with your feet raised.**
- 5. Use a fan or air conditioner if possible.**

For more serious heat illnesses, dial **911** from a base phone or **639-5911** from a cell phone.

Base Order MCLBAO 6200.1L, Heat Illness Prevention Program, provides guidance on heat illness aboard MCLB Albany. Leaders at all levels are responsible for implementing the requirements and procedures to prevent heat illness during heat stress conditions. For additional information on heat illness prevention, please visit OSHA website at <https://www.osha.gov/SLTC/heatillness/index.html>



**Risk Management 639-5249
Prepared by Stacey Williams**

May 2016

