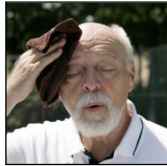


MCLB ALBANY SAFETYGRAM

Heat Illness Awareness Week (8-14 June 2014)

Heat Illness Can Be Fatal Working in an excessively hot environment can be difficult. Heat can create a number of safety problems and illnesses, including heat cramps, heat exhaustion and heat stroke, which can be fatal. Heat can also cause you to become inattentive, short-tempered, dizzy, and slow. All of these conditions can cause you to work in an unsafe manner. To help prevent heat illness learn the warning signs and signals and follow the tips listed below.

Warning signs of heat illness:



- Heat Cramp** affects muscles such as those in the arms, legs and abdomen. Heat cramp is a signal that the body has lost too much salt through sweating. It may occur after work, when the person is resting.
- Heat Exhaustion** is a serious condition that needs immediate attention. It is also a warning that the mechanism which controls heat for the body has become seriously overtaxed. Symptoms to watch for: A feeling of exhaustion, nausea, dizziness, pale and clammy skin, quick pulse, and low blood pressure. Heat stroke may follow if heat exhaustion is not treated.
- Heat Stroke** is a serious medical emergency and must be treated immediately or it can be fatal. It occurs when the body's heat control mechanism simply shuts down. Perspiration stops and the body temperature rises. The heart pounds and the skin becomes flushed and hot.

Flag warning signals to assist in preventing heat illness:



Green Flag (WBGTI of 80 to 84.9 degrees F): Heavy exercises, for non acclimated personnel, will be conducted with caution and under constant supervision.



Yellow Flag (WBGTI of 85 to 87.9 degrees F): Strenuous exercises or physical labor will be curtailed for non acclimated, newly assigned Marines and Civilian Marines in their first 3 weeks. Avoid outdoor classes or work in the sun.



Red Flag (WBGTI of 88 to 89.9 degrees F): All PT or very strenuous work will be curtailed for those not thoroughly acclimated by at least 3 weeks. Personnel not thoroughly acclimated may carry on limited activity not to exceed 6 hours per day.



Black Flag (WBGTI of 90 and above degrees F): All nonessential physical activity will be halted.

Tips for preventing heat illness:

- Get used to working in the heat gradually. For example, if the weather suddenly turns hot or you are transferred to a hot environment, take it easy until you are accustomed to the temperature.
- Drink water often to avoid dehydration. The body loses water through perspiration, so you need to replenish it frequently.
- Do not drink alcohol or caffeinated beverages. This can cause you to lose even more water and salt.
- Take frequent rest breaks when working in hot conditions. Breaks can consist of moving to a cooler area or switching to lighter work for a while.
- Get a physician's advice before replacing salt, particularly if your salt intake is restricted for medical reasons such as circulatory problems. The use of salt tablets is not recommended. Eating lightly salted food – before entering the work environment – may be a better idea.
- Dress lightly, in layers so that you can subtract or add clothing as the temperature changes. Be sure to shade the skin against the sun.

It is important to remain alert to the signs of heat illness for yourself and co-workers. If signs of heat illness develop, move the victim to a cool place and cool the person off as quickly as possible. If you have any reason to suspect that the person may be suffering from heat stroke, call for medical help on base immediately by dialing **639-5911**.



For additional information on Heat Illness Awareness, visit <http://www.osha.gov/SLTC/heatillness/>



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