

# MCLB ALBANY SAFETYGRAM

## Heat Illness Prevention

Five tips for preventing heat illness



1. Give newly assigned personnel time to acclimatize
2. Encourage frequent drinking of water to remain hydrated
3. Provide cooler areas for rest
4. Ensure employees know the signs and symptoms of heat illness
5. Provide heat illness prevention training

Base Order 6200.1K (Heat Injury Prevention Program): Leaders at all levels are responsible for implementing the requirements and procedures to prevent heat illness during heat stress conditions. Listed below are five preventive steps to assist these leaders in preventing heat illnesses.

### Acclimation and Weather

#### Monitoring:

Acclimation is a gradual and temporary adjustment of the body to work in the heat. People need 10-14 days to adjust when working conditions are significantly hotter than they are used to. The weather is a significant factor and requires monitoring by supervisors and designated individuals. The current heat stress flag condition can be accessed from MCLBA webpage.



**Green Flag [Wet Bulb Globe Temperature Index (WBGT) of 80 to 84.9 degrees F]:** Heavy exercises, for non acclimated personnel, will be conducted with caution and under constant supervision.



**Yellow Flag (WBGT 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 (WBGT of 88 to 89 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 (WBGT of 90 and above degrees F):** All nonessential physical activity will be halted.

### Frequent Drinking of Water:

Water is a key preventive measure against heat illness. Supervisors need to facilitate and encourage the frequent drinking of water, and to be on the lookout for work situations that interfere with access to water, especially during heat stress conditions.



### Resting in Cooler Areas:

Rest breaks provide time for cooling and the opportunity to drink water. Workers must have access to rest breaks in cooled or air conditioned areas and away from the sources of heat, particularly during WBGT above 79.9 degrees Fahrenheit.

### Employee and Supervisor Training:

All employees need to know the importance of hydration, resting in cool areas, the signs and symptoms of heat illness, first-aid, and how to report to when someone may be experiencing heat-related illnesses. Training will make a significant difference in the outcome of heat illness cases. Hence, the effectiveness of your heat illness prevention program depends greatly on how you train your employees.

The MCLB Risk Management Office has many heat illness prevention training resources available.



### Know the Signs, symptoms and First-Aid for Heat Illness

Be able to recognize signs and symptoms of heat illness. Remember that the level of severity may not be incremental. Review medical emergency procedures with your co-workers, how to reach EMT's, know how to give instructions to find the worksite, and how to administer first-aid while an ambulance is enroute.

For additional information on the Heat Injury Prevention Program, please visit the Risk Management Office Website



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