

MCLB ALBANY SAFETYGRAM

PREVENTING HEAT-RELATED ILLNESS

Know the risk factors for heat illness.....

- ✿ **Poorly supervised employees.** Supervisors are responsible for ensuring their Marines and Civilian Marines receive heat stress prevention training. Supervisors are also responsible for monitoring the Heat Condition, implementing work-rest cycles, and enforcing hydration.
- ✿ **Not acclimatized to heat.** People need 10-14 days exposure to progressively hotter conditions to be fully adjusted to hot environments.
- ✿ **Dehydration.** Water deficit compromises the body's cooling mechanism. Begin hydration 1-2 days before working in hot environments. Drink before you are thirsty. Water is the best fluid for hydration. Frequent small drinks are better than large, less frequent drinks.
- ✿ **Increased exertion level.** Metabolic heat is the largest contributor to excess body heat.
- ✿ **Poor physical fitness level and obesity.** Both conditions compromise the body's natural cooling mechanisms.
- ✿ **Minor illnesses** such as colds, sore throat, low grade fever, nausea, vomiting, diarrhea.
- ✿ **Taking medications** such as dietary aids or supplements, particularly ephedra supplements.
- ✿ **Use of alcohol in the past 24 hours.**
- ✿ **Prior history of heat illness.** A person who has suffered from heat exhaustion or heat stroke is more susceptible to having another heat illness than someone who has never experienced a heat illness.
- ✿ **Skin disorders** such as sunburn or heat rash, which compromise effective sweating.
- ✿ **Over 40 years of age.**

Know the heat illnesses.....

Heat Illness	Signs and Symptoms	Treatment
HEAT SYNCOPE	Fainting	Move to cool area. Allow casualty to recline and provide water.
HEAT CRAMPS	Muscle cramps in arms, legs, and/or stomach. Excessive sweating.	Move to cool area or improvise shade. Loosen or remove clothing. Give water as tolerated. Casualty should slowly drink at least 1 quart of cool water.
HEAT EXHAUSTION	Heavy sweating with pale, moist, cool skin; headache, weakness, dizziness and/or loss of appetite. Heat cramps, nausea, chills, rapid breathing. Change in mental status, confusion.	Move to cool area or shade. Loosen or remove clothing. Give water as tolerated. Casualty should slowly drink at least 1 quart of cool water. Pour water on victim and cool the victim by fanning. Put ice packs on armpits and neck. Seek medical treatment.
HEAT STROKE	Casualty stops sweating. Hot, dry, red skin. May experience headache, dizziness, nausea, fast pulse and respiration, seizures and mental confusion. May collapse and become unconscious.	A medical emergency. Move to cool area or improvise shade. Start cooling immediately. Loosen or remove clothing. Pour water on victim and cool the victim by fanning. Elevate legs. Put ice packs on armpits and neck. If conscious, casualty should slowly drink 1 cup of cool water every 20 minutes. Continue cooling while waiting for EMS transport.



Risk Management 639-5249

Jun 08

