

# MCLB ALBANY SAFETYGRAM

## HEAT INJURY AND ILLNESS

**Marines are going to be training, rain or shine, day or night.** During these summer months, be aware of the potential injuries summer exercise can bring. Whether you're outside for PT or a hike, know how to prevent or identify these heat-related injuries.

### Types of Heat Illness

#### Heat Cramps

**Cause:** Occurs after several hours of physical exertion in the heat.

**Symptoms:** Painful muscle spasms usually in the legs or abdomen.

**Treatment:** Get out of the heat and into the shade. Hydrate with water or sports drink. Stretch and massage the muscle.

#### Heat Exhaustion

**Cause:** Due to loss of water and salt through sweat.

**Symptoms:** Headache, nausea, dizziness, weakness, and cool, clammy skin.

**Treatment:** Stop and rest. Hydrate and get into a cool room or shade. Loosen clothing and apply cool, wet towels or pour cool water over the head.

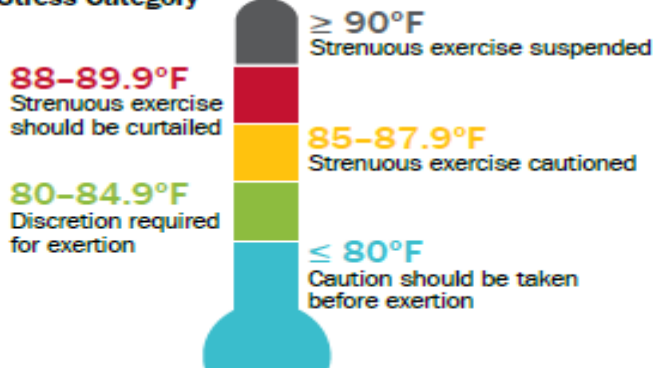
#### Heat Stroke

**Cause:** When the body's cooling system stops working and core temperature rises to dangerous levels. It is a serious condition that, if ignored, can lead to death.

**Symptoms:** Red, hot, and dry skin. Rapid but weak pulse. Rapid but shallow breathing. Confusion, faintness, staggering, hallucinations. Unusual agitation or coma.

**Treatment:** Reduce body temperature by cooling the body. Remove unnecessary clothing. Apply water, cool air, wet sheets or ice on the neck, groin, and armpits to accelerate cooling. Seek professional medical attention IMMEDIATELY!

### Wet Bulb Global Temperature Heat Stress Category



### Stay Hydrated!

Begin drinking fluids at least an hour before your activity to avoid heat illness.

Don't rely on thirst to tell you when you are dehydrated—thirst lags behind dehydration by several hours.

Drink 1 cup (8 ounces) of water every 15–20 minutes while working in the heat.

Eat regular meals to replace electrolytes.

Sports drinks can also replace electrolytes, but are not usually necessary unless heavy sweating continues for more than 2 hours.

### Heat-related Incident Risk Factors

- High humidity
- Dehydration
- Protective gear, including non-breathable or minimally breathable clothing, respirators, and chemical-resistant apparel
- Certain health conditions and medications
- Physically demanding work
- Recent alcohol use (within the previous 24 hours)

### Solar Safety

Wear a wide-brimmed hat to protect your face, neck and ears.

Wear sunglasses to protect your eyes from UV rays and lower the risk of cataracts.

Wear clothing with long sleeves and pant legs to avoid getting sunburned.

Apply sunscreen with SPF of 15 or higher any time you will be outside.

Stay in the shade when you can.



### Prevention

Acclimate to the environment so your body adapts to the heat. Hydrate with water or sports drink before and during exercise. Avoid exercising during the hottest part of the day. Wear light, loose clothing and use sunscreen.

For additional information, please visit:

[www.albany.marines.mil/Resources/MCLB-Offices-Staff/Risk-Management-Office](http://www.albany.marines.mil/Resources/MCLB-Offices-Staff/Risk-Management-Office)

**Risk Management 639-5249**

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