

MCLB ALBANY SAFETYGRAM

CY2025 101 Critical Days of Summer

The 101 Critical Days of Summer encompasses the longest period of the year where workers are exposed to extreme warm weather that can cause heat-related illnesses, beginning Memorial Day weekend and ending Labor Day weekend. This information is intended as general summer safety tips to help you, and your coworkers maintain an active risk management mindset and help ensure a safe 101 Critical Days of Summer.

“Tips That Can Help Protect You and Others at Work During 101 Critical Days of Summer”

Know the Symptoms of Heat Stress

- Cool, moist skin with goose bumps when in the heat
- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Muscle cramps
- Nausea
- Headache
- Low blood pressure upon standing



Know How to Prevent Heat Stress

- Stay Hydrated
- Wear long sleeves
- Take rest break
- Monitor the heat flag conditions
- Provide fans & cooling places for workers
- Schedule strenuous activities during cooler part of the day



Know Flag Conditions



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.



Know What to do

- Give water to drink
- Remove unnecessary clothing
- Stop all activity and rest
- Move to a cooler place
- Cool with water, ice, or a fan
- Do not leave alone
- Seek Medical Care if needed

**IN CASE OF
EMERGENCY
Call 911**



For more information on 101 Critical Days of Summer, please visit the Navy Safety Command link <https://www.dvidshub.net/news/497620/naval-safety-command-launches-101-critical-days-summer-campaign>



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