



MCIWEST-MCB CAMP PENDLETON 2016 CRITICAL DAYS OF SUMMER NEWSLETTER



WEEK 4 – HEAT INJURY SAFETY



HERE IS THE FUN

June 20th marks the first day of summer in 2016. A countless number of people will be embarking on outdoors activities; exercising, biking, swimming, surfing, boating or hitting the beaches. Southern California is known for its famous beaches and sunny weather. From San Diego north of the Mexican Border to the resort city of Coronado, up the Carlsbad coastline to Oceanside harbor, spanning the scenic route to Los Angeles's great Venice beach just to name a few. From whale watching to shark alert there's no shortage of fun or sunscreen in the Golden State. Not to forget the workforce during this time of season. (With the plethora of training and construction that is conducted on and off the Marine Corps Base Camp Pendleton there will be an effect.)

HERE ARE THE FACTS

With the coming of summer comes the heat in record highs in many places. From the damaging sun rays to overheating cars where children and pets are being left in vehicles under extreme temperature is what we face. Prolonged or intense exposure to hot temperatures can cause **heat**-related illnesses such as **heat** exhaustion, **heat** cramps, and **heat** stroke (also known as sun stroke) and sometimes death. As your body works to cool itself under extreme or prolonged **heat**, blood rushes to the surface of your skin which causes numerous problems.



Commanding General's Safety Hotline: (760)763-7233



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THE HEAT IS ON

Even though June 20th marks the first day of summer in Southern California, other parts of the country have already experienced record temperatures regarding the heat. This should serve as a caution flag for work and play alike. Many people are exposed to heat outdoors or in hot indoor environments. Activities conducted in hot weather and direct sun; increases the risk of heat-related illness at work, training and during recreation time.

From 1999 to 2010, a total of 7,415 deaths were reported in the United States, an average of 618 per year, were associated with exposure to excessive natural heat. The highest yearly total of heat-related deaths (1,050) was in 1999 and the lowest (295) in 2004. Approximately 68% of heat-related deaths were among males as report by the USA.GOV.

The American Academy of Orthopedic Surgeons reported that between 1995 and 2007, there were 31 deaths in the United States due to **heat injuries** in **high school football** alone.

San Jose State University conducted a study which concluded shocking results of **35 children lost to heatstroke** because of being left in cars in 2015 and 16.

Skin cancers are more prevalent than ever: one out of every five Americans will get skin cancer at some point in their lives, and the disease will kill more than 12,000 people in the US in 2013. About 90 percent of the time, the risk of developing skin cancer is directly related to the amount and intensity of ultraviolet (UV) light exposure one receives **from the sun**.



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Symptoms and Solutions

Illness	Symptoms
Heat stroke	Confusion Fainting Seizures Excessive sweating or red, hot, dry skin Very high body temperature
Heat exhaustion	Cool, moist skin Heavy sweating Headache Nausea or vomiting Dizziness Light headedness Weakness Thirst Irritability, Fast heart beat

Solutions

- Wear Sunscreen (SPF 15 or higher for UVB protection)
- Swimmers reapply sunscreen frequently
- Hydrate before during and after activity
- Drink water whether you are thirsty or not
- Wear light weight or light color material clothing
- Spend as little time as possible in a hot environment or exposed to sun
- Limit alcohol intake

In case of a heat casualty:

- Dial 911 (treat every heat casualty serious)
- Move patient to a cool/shaded area
- Remove as many clothes as possible
- Provide some type of cool air
- Encourage the patient to drink cool water
- Never leave the patient until help arrive or until fully recovered

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Base Safety Points of Contact

Picture of the Week



- Traffic Safety – 763-5070
- Recreations Safety – 763-5332
- Safety Training – 763-7326
- Ergonomics – 763-0254
- Radiation Safety – 763-0254
- Mishaps – 763-5334
- Asbestos/Lead – 763-5324
- Respiratory Protection, 763-2366
- Confined Space – 763-2366
- Tactical Safety – 763-5332
- Bloodborne Safety – 763-0255
- Explosive Safety – 763-4817
- HAZMAT – 763-2364
- First Aid/CPR – 763-2364

Upcoming Training

Respirator Protection - 13 June

Confine Space - 14 June

Ground Safety for Marines - 13-24 June

NAVIOSH Electrical Standards - 27-30 June

For more information check us out on our Facebook page

<https://www.facebook.com/Cpenbasesafety>

Or send us an email at:

CPEN_SAFE_TRNG@usmc.mil

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