



MCIWEST-MCB CAMP PENDLETON



Critical Days of Summer Newsletter

July 2014

Heat Injury Safety



Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in occupational illnesses and injuries (CDC, 2014).

Exposure to prolonged amounts of heat and humidity without adequate water intake can lead to various types of heat-related illness (hopkinsmedicine.org)

There are three types of heat-related illnesses:

- Heat cramps
- Heat exhaustion
- Heat stroke

Heat cramps are muscular pains and spasms that result from intense exertion. Cramps most often attack the abdomen and legs. (Naval Safety Center, 2014)

Heat exhaustion results from a loss of water and salt in the body. It occurs in conditions of extreme heat and excessive sweating without adequate fluid and salt replacement. Heat exhaustion occurs when the body is unable to cool itself properly and, if left untreated, can progress to heat stroke (hopkinsmedicine.org)

Heat stroke occurs when the body's heat-regulating system is overwhelmed by excessive heat. It is a life-threatening emergency and requires immediate medical attention (hopkinsmedicine.org).

Causes for Heat Injuries

Heat emergencies are caused by prolonged exposure to extreme heat. The following are common causes of heat emergencies:

- Alcohol use
- Dehydration
- Heart disease
- High temperatures or humidity
- Medications such as beta blockers, diuretics, neuroleptics, phenothiazines, and anticholinergics
- Prolonged or excessive exercise
- Sweat gland problems

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



Heat Injury Prevention



1. **Drink plenty of fluids.** In hot environments, it is possible for the body to lose one liter of fluids per hour. Thirst is not a good indicator of fluid loss. Don't wait until you are thirsty to drink fluids.
2. **Be aware of your environment.** If you work in the heat or around heat sources, take whatever steps are possible to control the heat externally.
3. **Take frequent breaks.** As the temperature increases, more frequent breaks are needed to stay cool.
4. **Wear proper clothing.** Loose, lightweight fabrics encourage heat release.
5. **Acclimatize.** It takes at least 7-10 days to get used to working in a hot environment.
6. **Stay in shape.** A healthy heart and good muscle tone work more efficiently and generate less heat.
7. **Eat light during the workday.** Hot, heavy meals add heat to the body and divert blood flow to aid with digestion. Normal dietary intake typically replaces all salt lost during the day, so there is no need to take salt supplements.
8. **Be aware of special heat stress risk.** Caffeine, alcohol, diabetes, or medications for high blood pressure and allergies can increase the risk of heat stress.



How to Treat Heat Injury



1. Have the person lie down in a cool place. Raise the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If alert, give the person beverages to sip (such as Gatorade), or make a salted drink by adding a teaspoon of salt per quart of water. Give a half cup every 15 minutes. Cool water will do if salt beverages are not available.
4. For muscle cramps, give beverages as above and massage affected muscles gently, but firmly, until they relax.
5. If the person shows signs of shock (bluish lips and fingernails and decreased alertness), starts having seizures, or loses consciousness, call 911 and give first aid as needed.

Workplace Humor

One reason the Services have trouble operating jointly is that they don't speak the same language.

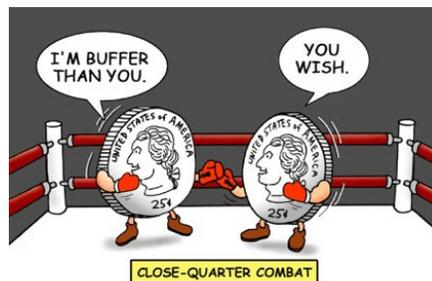
For example, if you told Navy personnel to "secure a building," they would turn off the lights and lock the doors.

Army personnel would occupy the building so no one could enter.

Marines would assault the building, capture it, and defend it with suppressive fire and close combat.

The Air Force, on the other hand, would take out a three-year lease with an option to buy.

Picture of the Week



MCO 5100.30B Off-Duty Recreation Order

MCO 5100.19F (Marine Corps Traffic safety Program)

MCIWEST-MCB CAMPEN Order 6200.4 (Heat Injury Prevention Program)

For more information contact the Installation Tactical Safety Manager at (760)763-5332.

 Check us out on Facebook

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

[Click on these links for more tips.](#)

http://sisc.kern.org/rm/heat_injury_prevention/

<http://www.cdc.gov/niosh/topics/heatstress/>

<https://www.osha.gov/SLTC/heatillness/map.html>

<http://safetycenter.navy.mil/>

<http://www.nlm.nih.gov/medlineplus/ency/article/000056.htm>

<http://www.hopkinsmedicine.org>

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