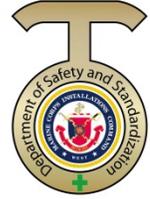




# MCIWEST-MCB CAMP PENDLETON

2015 Critical Days of Summer Newsletter

Week 8: 12-18 July 2015



## Heat Injury Safety

Heat injuries can occur when workers are exposed to extreme heat or work in hot environments (cdc.gov, 2015). Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness. Burns may also occur as a result of accidental contact with hot surfaces or steam (cdc.gov, 2015). Prevention of heat injuries is important. Training should be provided to workers so that they understand what heat stress is and how it affects their health and safety as well as how it can be prevented (cdc.gov, 2015).

### Hydration

- During and after most physical activity such as short periods of routine exercise it doesn't matter whether you drink water or sports drinks as long as you drink something to replace fluids.
- If you plan to exert during high heat, start drinking water an hour or two before you start.
- After extended periods of exercise or exertion, sports drinks containing carbohydrates and electrolytes help prevent dehydration.
- Some studies have shown that electrolyte/carbohydrate formulas may enhance performance, endurance and recovery (particularly for elite athletes and after long-term strenuous activity, such as marathons and full triathlons).
- If you drink too much water, there is the hazard of "water intoxication" and hyponatremia (low blood sodium).



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



## Safety Tips on Sunburn

(Courtesy of the Naval Safety Center)

- ✓ Use a sunscreen with a Sun Protection Factor (SPF) of at least 15.
- ✓ Some types are waterproof, but even so, you should reapply the sunscreen every two hours.
- ✓ Use sunscreen on cloudy days, too.
- ✓ It may be slightly uncomfortable in the heat, but you should wear a long-sleeved shirt and long pants.
- ✓ Also put on a hat with a large brim and wear sunglasses.
- ✓ If you have a choice, stay in the shade. Beach umbrellas will protect you from some of the sun exposure.
- ✓ Remember that children's skin is even more sensitive than yours. They can start wearing sunscreen by the time they are six months old.
- ✓ Avoid tanning parlors.
- ✓ The sun is strongest between 10 a.m. and 4 p.m. Hit the beach early, use the main part of the day for other activities, then go back later in the afternoon.



## Heat-related Illnesses and First Aid

(Courtesy of OSHA.gov)

**Heat stroke**, the most serious form of heat-related illness, happens when the body becomes unable to regulate its core temperature. Sweating stops and the body can no longer rid itself of excess heat. Signs include confusion, loss of consciousness, and seizures. "Heat stroke is a medical emergency that may result in death! Call 911 immediately.



**Heat exhaustion** is the body's response to loss of water and salt from heavy sweating. Signs include headache, nausea, dizziness, weakness, irritability, thirst, and heavy sweating.

**Heat cramps** are caused by the loss of body salts and fluid during sweating. Low salt levels in muscles cause painful cramps. Tired muscles—those used for performing the work—are usually the ones most affected by cramps. Cramps may occur during or after working hours.



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## Upcoming Training

(Please call Base Safety for more information, and to verify class prerequisites)

- Ground Safety for Marines Course: 27 July-7 August
- Fire Protection and Life Safety: 18-21 August
- CPR (upon request)
- 10 OSHA Course: 11-12 August
- 30 hour OSHA class 14-17 July
- Attitudinal Dynamics of Driving (Remedial Driving): Every other Friday
- Fall Stand down: 28 Oct 2015

## Safety Quote of the Week

Luck runs out but safety is good for life. ~Author Unknown

## Picture of the Week



 Check us out on Facebook

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

Click on these links for more tips.

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

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

[https://www.osha.gov/SLTC/heatstress/heat\\_illnesses.html](https://www.osha.gov/SLTC/heatstress/heat_illnesses.html)

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