



USAG – FS/HAAF Safety Gram

Sustaining, Supporting, and Defending Safety Excellence



SG #16-12

Heat Illness

Jun 16

Exposure to extreme heat can make a person seriously ill or even result in death.

Heat cramps, heat exhaustion and heat stroke are conditions caused by overexposure to heat, loss of fluids and electrolytes.

People usually try to get out of extreme heat before they begin to feel ill but often they do not or cannot. They might not even recognize that they are in danger of becoming ill.



Heat Exhaustion symptoms include: headache, nausea, dizziness, weakness, thirst, fatigue and heavy sweating. **Heat cramps** and **heat rash** are less serious but they are still signs of too much heat exposure.

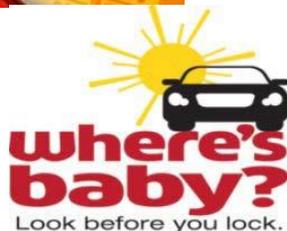
Heatstroke symptoms include: confusion, irrational behavior, fast breathing, very high body temperature, hot, flushed skin, possible convulsions/unresponsiveness and sweating may have stopped. **CALL 911** if you suspect heatstroke!

****Move to a cool place - - Remove outer clothing - - Drink water or a sports drink - - Do not drink alcohol and avoid caffeine - - obtain medical assistance if necessary.**



At Risk

- People who work or exercise outdoors
- Young children and elderly people
- Pets
- People with health problems
- People with previous heat-related illness
- People living in buildings with no cooling/poor ventilation



Never leave infants or young children unattended in a vehicle, even if you leave the windows partly open or the air conditioning on.

Tips on Prevention

Remember three simple words: **WATER – REST - SHADE**

WATER: You need plenty of water throughout the day—every 15 minutes. Don't wait until you feel thirsty.

REST: Rest breaks help your body recover.

SHADE: Resting in the shade or in air-conditioning helps you cool down.

Manage The Risk – Protect The Force For additional information contact: Your Unit Addition Duty Safety Officer (ADSO) or Collateral Duty Safety Person (CDSP), or USAG Installation Safety Office: Fort Stewart Office @ 912-767-6541; Hunter Army Airfield Office @ 912-345-4901.