



USAG – FS/HAAF Safety Gram

Sustaining, Supporting, and Defending Safety Excellence



SG #16-14

101 Days of Summer Heat Injuries

Jun 16

HEAT STROKE: A serious condition when the body's cooling system stops working and core temperature rises to dangerous levels. If ignored, heat stroke can lead to death.

Symptoms: - Red, hot and dry skin

- Rapid but weak pulse
- Rapid but shallow breathing
- Confusion, faintness, staggering, hallucinations
- Unusual agitation or coma

Treatment: - Reduce body temperature by cooling the body

- Remove unnecessary clothing
- Apply water, cool air, wet sheets or ice on the neck, groin & armpits to accelerate cooling
- Seek medical attention immediately



Prevention: Same procedure concerning heat cramps or heat exhaustion
Remember the life you save could be your own!!

This message is brought to you by your Garrison Safety Office, remember
Safety is also Your Responsibility!!

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.