



May Safety Briefing

Heat related injuries

Heat injuries are the result of over exertion and dehydration. These conditions can occur at any time of the year, but are most common in the summer months.

To prevent the injuries here are a few things that you can do.

- a) Drink plenty of clear liquids **WATER IS THE BEST (1QT AN HOUR)**
- b) Monitor the color of your urine **IT SHOULD BE CLEAR.**
- c) Wear loose fitting and open clothing
- d) Do not over exert yourself **Know your limits, take frequent breaks**
- e) Avoid sunburns. **USE SUNSCREEN OR KEEP SLEEVES ROLLED DOWN AND WEAR YOUR HAT.**
- f) Watch other members for signs of heat stress. **USE THE BUDDY SYSTEM**

The three types of heat injuries: Heat cramps
Heat exhaustion, and Heat Stroke.

Heat cramps are usually the first stage of heat stress. They are the results of dehydration and the loss of electrolytes.

The symptoms of heat cramps :

- Severe muscle cramps in legs and abdomen
- General weakness
- Sometimes dizziness or faintness.

Treatment for Heat Cramps:

- Move person to cool, shady place
- Provide salted water or a commercial electrolyte. (Gatorade)
- Massage cramped area
- Apply pressure to cramped area, stop if this makes the person more uncomfortable.
- Apply moist towels to the person's forehead and cramped muscle.

IF SYMPTOMS WORSEN, IMMEDIATELY TRANSPORT TO A MEDICAL CARE FACILITY.

Heat exhaustion is the next phase of heat stress.

The symptoms of heat exhaustion:

Rapid and shallow breathing.

Weak pulse

Cold and clammy skin

Heavy perspiration

Weakness and dizziness that may lead to unconsciousness

The treatment for heat exhaustion:

Move person to cool, shady place and keep them at rest.

Remove enough clothing to cool (not chill) the person.

Fan the person's skin to promote sweat evaporation.

If the person is conscious, provide salted water or Gatorade.

Treat for shock and transport the person to a medical facility

Heat stroke is the final phase of heat stress. This is a life threatening condition. It is the result of the body's absolute failure to regulate heat, and as a result the body's core temperature starts to rise. (hyperthermia) This leads to the rapid destruction of body tissues and brain cells. Permanent brain damage and death are possible outcomes of heat stroke. Even if successfully treated, it will take days for the person to recover.

Symptoms of heat stroke:

Deep breathing becoming progressively shallower.

A rapid, strong pulse becoming weaker

Dry hot skin

Dilated pupils

Possible unconsciousness, seizures, and muscle twitching.

Treatment for heat stroke. The key is to cool the person as rapidly as possible.

Remove the person from any heat sources and remove clothing.

If possible immerse the person in cool water, or use cold wet towels, or ice packs in the armpits, groin, under the neck and behind the knees.

Treat for shock and transport to a medical care facility.

This briefing covers 0-0003 in the ground team tasks

**SAFETY FIRST
IS OUR
GOAL**