



SEMPER SAFE



“Heat Stress”

A few months ago, everyone was wishing for warmer days, and the bright sunshine. Those days are finally here, along with summer vacation. These longer, sunny days added with high humidity creates a dangerous condition. Long exposure to hot, humid weather interferes with the body’s ability to cool itself.

What Causes Heat Stress? Factors leading to heat stress include high temperature and humidity, direct sun or heat, limited air movement, physical exertion, poor physical condition, some medicines, prior heat injuries and inadequate tolerance for hot workplaces.

Symptoms of Heat Exhaustion:

- Headaches, dizziness, lightheadedness, or fainting.
- Weakness and moist skin.
- Mood changes, such as irritability or confusion.
- Upset stomach or vomiting.

Symptoms of Heat Stroke:

- Dry, hot skin, with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsions.

Preventing Heat Stress:

- Know signs/symptoms of heat-related illnesses; monitor yourself and coworkers.
- Block out direct sun or other heat sources.
- Use cooling fans/air-conditioning; rest regularly.
- Drink plenty of water—about 5 to 7 ounces every 15 to 20 minutes.
- Also use sport drinks to replenish lost electrolytes, salts and minerals lost from sweating.
- Wear lightweight, light-colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks, or heavy meals.
- Know and follow your unit’s SOP for physical training and operations in hot environments.

What To Do for Heat-Related Illness:

- Call 911 (or local emergency number) at once.
- While waiting for help to arrive, move the person to a cool, shaded area; loosen or remove heavy clothing; provide cool drinking water, fan and mist the person with water.



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The sun's rays make us feel good, and in the short term, make us look good. But our love affair isn't a two way street: Exposure to sun causes many of the wrinkles and age spots on our faces and is the number one cause of skin cancer. Tanned skin is damaged skin. Nothing can completely undo sun damage, although the skin can sometimes repair itself. So, it's never too late to begin protecting yourself from the sun. Follow these tips to help prevent sun-related problems:

Things to remember about sun and sun exposure

- Sun coming through your car windows can damage your skin.
- Up to 80% of the sun's rays can get through clouds on an overcast day.
- Sand, water and the concrete around pools can reflect up to 85% of the sun's rays.
- White fabrics also reflect the sun.
- A wet T-shirt lets in almost as much light as bare skin.
- Apply sunscreen with a sun protection factor (SPF) of 30 or greater at least 30 minutes before sun exposure and then every few hours thereafter. Reapply after being in the water, as the sunscreen effectiveness may be reduced. Read labels and choose a product with the best UVA blocker possible such as avobenzone (Parsol 1789), zinc oxide, oxybenzone, or titanium dioxide.
- Select cosmetic products and contact lenses that offer UV protection.
- Wear sunglasses with total UV protection.
- Wear wide-brimmed hats, long sleeved shirts, and pants.
- Avoid direct sun exposure as much as possible during peak UV radiation hours between 10:00 a.m. and 3:00 p.m.
- Perform skin self-exams regularly to become familiar with existing growths and to notice any changes or new growths.
- Eighty percent of a person's lifetime sun exposure is acquired before age 18. As a parent, be a good role model and foster skin cancer prevention habits in your child.
- Some medications increase sensitivity to sun exposure. Read and follow the directions for your medicine.

As Marines, Sailors and Civil Servants we live by our core values. So think before you jeopardize the safety of yourself, your fellow Marines, Sailors, civilian employees or family members, and remember SEMPER SAFE!