



IMCOM Safety Gram

Sustaining, Supporting, and Defending Safety Excellence



U.S. ARMY

ARMY SAFE IS ARMY STRONG

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When You're Hot You're Hot!

Heat illness and sunburn are two serious safety problems. Less obvious are the fatigue and irritability caused by hot weather and other summer distractions.

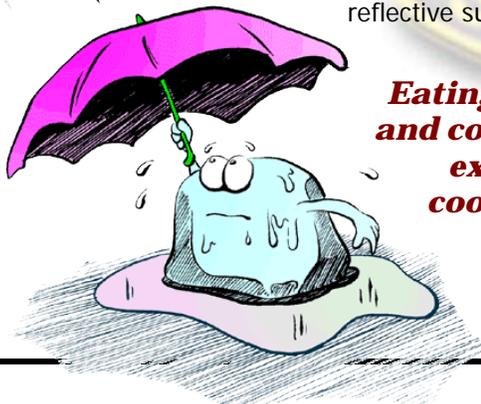
Here are some suggestions for beating the summer heat:

- ◆ When the hot weather hits, expect everyone to be sluggish for a few days until they adjust. Alter work routines to reduce heavy exertion in the heat of the day. Enforce frequent rest and cool-off breaks.
- ◆ Water should be readily available. Encourage everyone to keep sipping to prevent dehydration which can lead to heat illness.
- ◆ Fountains and water dispensers should be brightly colored and easy to locate and use. The workers should find it easier to get a drink of water than a soft drink, which can contribute to dehydration.
- ◆ You need to be especially aware of worker fatigue in the summer. When it is too hot to sleep, when weekends are spent traveling and evenings in outdoor recreation, some workers may be too tired to work safely.
- ◆ Remind your employees to watch each other for signs of heat illness. Mild cases can be treated by moving the person to a cool area and supplying water to drink. Heat stroke is a life-threatening condition which calls for immediate medical help.



Sunburn and sun damage to the eyes are also serious concerns in hot weather. Try these tips to avoid overexposure to the sun:

- ◆ Stay in the shade if you can, especially between the hours of 10 a.m. and 3 p.m. when the sun is the brightest and hottest.
- ◆ Cover up with clothing. A hat, long-sleeved shirt and pants are recommended. Light colored fabrics reflect the heat and feel cooler.
- ◆ Wear sunglasses. When buying sunglasses, read the label to make sure they are made of a material which will protect against ultraviolet radiation.
- ◆ Wear a sunscreen on exposed parts of the body. Check the label to ensure that it is at least SPF #15 (sun protection factor). The sunscreen must be formulated to protect you against both UVA and UVB kinds of ultraviolet rays.
- ◆ You can get sunburned on cloudy days, too. The potential for sunburn is greater around reflective surfaces such as water, sand or concrete and at high altitudes.



Eating right, drinking enough water, getting enough sleep and controlling your weight are critical to avoiding heat exhaustion or potentially deadly heat stroke. Staying cool on the job involves more than holding your temper. Use sun sense this summer!