

Critical Days of Summer Safety Campaign 2020



Week 2 of 16

Beating the Heat

Summer is nearly upon us. This year may prove more critical than ever as we begin to emerge from social distancing and head out for our favorite outdoor activities (*and the hazards that accompany them*).

Even if our movement stays restricted, the potential for mishaps exists as we knock out the overdue yard work, head off to the beach or fire up that new grill.

Over the last three years, the Naval services have lost an average of 93 Sailors, Marines, and civilian employees in off-duty mishaps annually. While the rate has trended downward from 108 to 98 to 74 fatalities in FYs 17, 18, and 19 respectively, Zero would be a much better number. During 2019's Critical Days of Summer, there were more than 1,000 off duty mishaps, including 74 fatalities.

Throughout the longest vacation period of the year, we are producing a series of weekly newsletters to remind us all to be safety conscious on our off-time and stay safe during the critical days of summer. We kick off the series with this newsletter which focuses on how to beat the heat.

Stay Informed!

- Check the weather when planning outdoor activities. Reschedule if it looks like it's going to be a scorcher.
- AFN provides weather information on channel 16 and throughout the day on the radio, AM 1575.
- Know the emergency phone numbers in case you need immediate assistance.
- Know the signs of heat illness and what you can do to help somebody with symptoms.



Stay Cool!

- Choose lightweight, light-colored, loose-fitting clothing.
- Stay in an air-conditioned place as much as possible. Use your stove and oven less to maintain cooler temperature in your home. Eat smaller and lighter meals instead.
- Limit outdoor activities and exercise to cooler times of the day like morning and evening. Rest often in shady areas during the heat of the day.
- Wear sunscreen, hats, and sunglasses.
- Never leave children or pets alone in a parked car.

Stay Hydrated!

- Drink plenty of water. Don't wait until you're thirsty to drink.
- Stay away from alcohol, sugary, and carbonated drinks.
- Replace salt and minerals lost from sweating with an occasional sports drink.
- Monitor children and make sure they hydrate.
- Make sure your pets have access to fresh, cool water.

Wet Bulb Globe Temperature (WBGT) is a measure of the heat stress in direct sunlight, and takes into account: temperature, humidity, wind speed, sun angle and cloud cover. This differs from the heat index, which takes into consideration temperature and humidity and is calculated for shady areas.

Tips for Sun Exposure and Sunburns

- Sunburn should be avoided because it damages the skin. Although the discomfort is usually minor and healing often occurs in about a week, a more severe sunburn may require medical attention.
- Symptoms of sunburn are well known: The skin becomes red, painful, and abnormally warm after sun exposure.
- Consult a doctor if the sunburn affects an infant younger than 1 year of age or if these symptoms are present: fever, fluid-filled blisters, severe pain.
- Avoid repeated sun exposure.
- Apply cold compresses or immerse the sunburned area in cool water.
- Apply moisturizing lotion to affected areas. Do not use salve, butter, or ointment.
- Do not break blisters



Visit these sites for more information

- www.redcross.org
- www.ready.gov/heat
- www.weather.gov/safety/heat
- www.cdc.gov/disasters/extremeheat

For Military Personnel

(III MEF/MCIPACO 6200.1)

- **Green Flag**—Heavy exercise for un-acclimatized personnel should be conducted with caution and under constant, responsible supervision.
- **Yellow Flag**—Strenuous exercise such as marching at a standard cadence should be suspended for un-acclimatized troops. Avoid outdoor classes in the sun.
- **Red Flag**—All physical training should be halted for those troops who have not become thoroughly acclimatized. Those troops who are thoroughly acclimatized may carry on limited activity not to exceed six hours per day. Personnel will not be burdened with body armor, field marching packs or similar equipment during this condition.
- **Black Flag**—All strenuous outdoor physical activity will be halted for all units.

Flag Conditions indicate WBGT

GREEN FLAG 80F to 84.9F (26.6C to 29.3C)

YELLOW FLAG 85F to 87.9F (29.4C to 31C)

RED FLAG 88F to 89.9F (31.1C to 32.1C)

BLACK FLAG 90F and up (32.2C and up)

you will see flags posted near the boat house, at building one, and at Ironworks South and North gyms.



Questions? Contact the MCAS Iwakuni Station Safety Center.