



Safety Alert

The Citadel, Military College of South Carolina

Date : 17 August 2017

Number : C005-2017

HEAT ADVISORY

DESCRIPTION OF ISSUE: Heat Alert – The National Weather Service in Charleston has declared a heat advisory until 7:00 p.m. EDT tonight Thursday 17 August 2017. We will be experiencing some high temperatures along with high humidity, which creates a high heat index. In fact, the heat index will raise well in the triple digits creating an extremely dangerous situation. Whether you are working or playing in these hot conditions, everyone needs to take precautions to prevent a heat related illness.

PRELIMINARY FINDINGS:

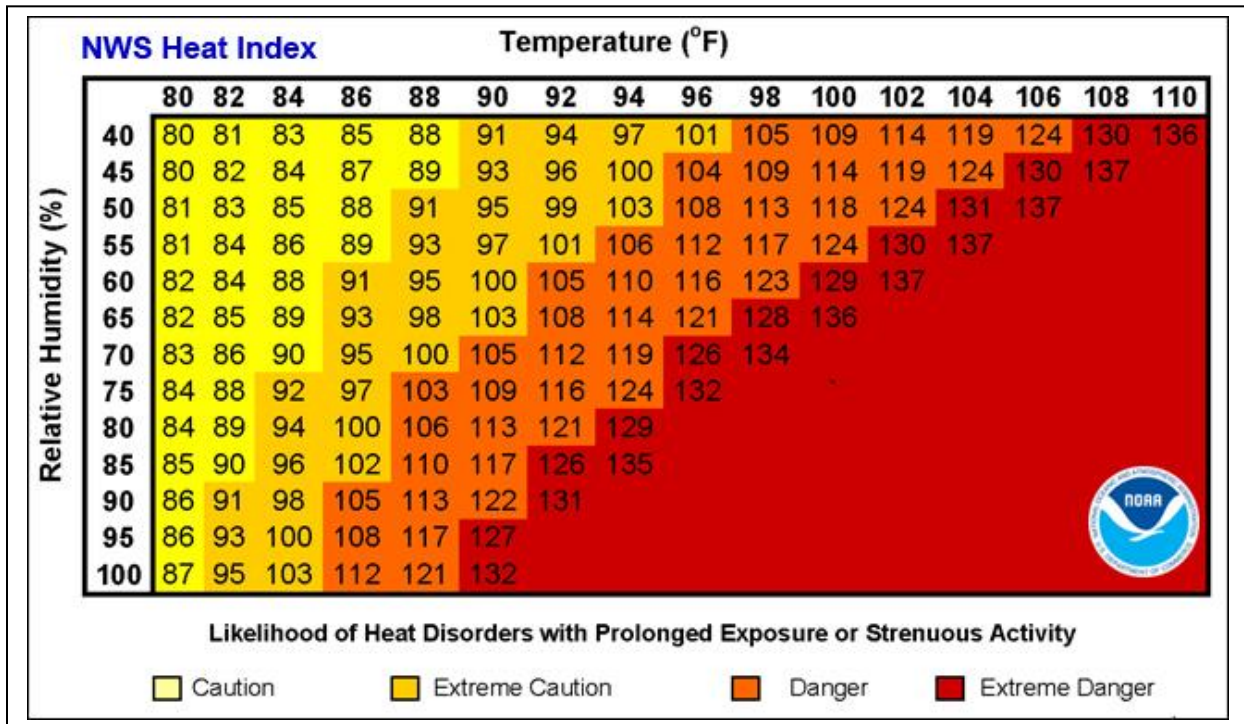
- 1). Extreme heat – heat index in triple digits
- 2). Heat related illness/sickness

PRELIMINARY CORRECTIVE ACTIONS:

- 1). Know the signs of heat illness and monitor yourself and coworkers - **ALL**
- 2). Block out direct sunlight and other heat sources as much as possible - **ALL**
- 3). Drink plenty of liquids – drink before you feel thirsty and stay hydrated – **ALL**
- 4). Wear lightweight, light-colored, loose-fitting clothing - **ALL**
- 5). Be aware that some protective clothing or personal protective equipment may increase the risk of heat stress – **ALL**
- 6). Be aware that some health problems (such as high blood pressure or diabetes), pregnancy, colds and flu, and some medications can increase the risk of suffering from a heat illness. If you are experiencing any symptoms, you may need immediate attention – **ALL**

Prepared by: H. David Orr, Director of Environmental Health and Safety

Reviewed by: Lt. Col Jay Beam, Associate Vice President of Facilities and Engineering



Heat Exhaustion

- Heavy sweating
- Headache, dizziness, fainting
- Weakness
- Irritability or confusion
- Thirst, nausea or vomiting
- Muscle cramps

Actions to be taken:

- Take a break
- Move to cooler location
- Report to your supervisor

Heat Stroke

- May be confused, unable to think clearly, loss of consciousness, possible seizures
- Slurred speech
- Headache
- May stop sweating

Severe Reaction to Heat:

- Call Public Safety
- Move to cooler location
- Remove outer clothing
- Fan and cool mist employee with water, apply ice if available (not directly to skin)
- Provide liquids (water and electrolytes if available)

Heat Cramps

- Muscle spasms
- Loss of large amounts of salt, water and electrolytes
- Impact – abdomen, arms, calves