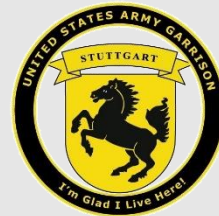
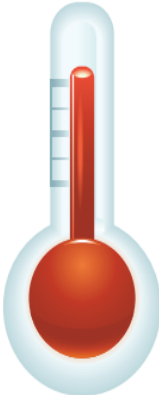




USAG STUTTGART SAFETY BULLETIN



Prevent Heat-Related Injury/Illness

Situation	Heat stress in Germany has steadily increased in recent years. The number of "hot days" with a maximum temperature of 30 degrees Celsius or more has increased. Read below for things you can do to prepare for the heat and protect against heat-related illness.
Example	 <h1 style="text-align: center;">BEAT THE HEAT: Extreme Heat</h1> <p style="text-align: center;"><i>Prevention is key! Protect yourself and others!</i></p>
Info	<ul style="list-style-type: none"> ➤ Slow down. Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, pregnant women, seniors and anyone with health concerns should stay in the coolest available place, not necessarily indoors. ➤ If working outdoors, talk to your supervisor about work/rest cycles. It's important to be vigilant when monitoring yourself or others as temperatures increase. ➤ Heat proof your home and office. Darken rooms and provide shade on balcony or terrace. Ventilate at cooler times of the day, such as first thing in the morning. ➤ Dress for summer. Wear lightweight, loose-fitting, light-colored clothing to reflect heat. ➤ Drink plenty of water. Stick to non-alcoholic and decaffeinated fluids. Thirst is a sign of dehydration. Drink water throughout the day even if you don't feel thirsty. CAUTION: Hourly fluid intake should not exceed 1½ qts. Daily intake should not exceed 12 qts. ➤ Eat light. Vegetables, salads and fruit are ideal. Salty foods can help compensate for mineral loss. Avoid hard-to-digest or high-fat dishes, which put extra strain on the body. ➤ Protect yourself from the sun. Sunburn can negatively affect the body's ability to cool itself and can cause a loss of body fluids. If outdoors, wear wide-brimmed hat and sunglasses. Use sunscreen that offers either "broad spectrum" or "UVA/UVB" protection. ➤ Use air conditioners and/or portable electric fans. Take care to not overload circuits and make sure to check and regularly empty the AC water condensation tray. ➤ Do not leave kids or anyone else in cars. The temperatures in a parked car very quickly rise well above the outside temperature level. ➤ Know the signs and symptoms of heat injury/illness. Severe symptoms of heat stress require urgent care. Monitor daily workload/heat exposure and know what to do.
Action	<ul style="list-style-type: none"> ➤ Questions? <ul style="list-style-type: none"> – Contact the GSO by Email or call DSN 314-596-3832, or +49 (0) 9641-70-596-3832.