

# Installation Safety Newsletter

United States Army Garrison, NTC and Fort Irwin April 2018

## HEAT INJURY AND PREVENTION

NTC temperatures can soar as high as 119°F in summer months. In May the temperature will begin to climb in excess of 100°F and continue into October. The night temperatures in July and August can, at times, be in the low to mid 90s. These extreme temperatures can be dangerous causing life threatening injuries and possible death.

### Who Is Affected?

Exposure to extreme summer conditions puts everybody at risk of heat injuries, especially during outdoor activities. Children are at greater risk than adults for heat stress and need extra attention in the sun.

### What Is Heat Illness?

The body normally cools itself by sweating. During hot weather sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires immediate medical attentions.

### How Can Heat Illness Be Prevented?

Remember three simple words: **Water, Rest, and Shade**

- Drinking water often, taking breaks, and limiting time in the heat can help prevent heat illness.
- Drink plenty of water, at least 2 to 4 glasses each hour on average. Limit your intake of caffeinated drinks.
- Know the signs of heat cramps, heat exhaustion and heat stroke. Learn and know the proper procedures for each.
- Wear lightweight, light-colored, loose-fitting clothing, a wide brimmed hat to keep your head cool and always wear sunscreen. Check the Sunscreen Protection Factor (SPF) and follow the directions.
- Schedule outdoor activities carefully to limit exposure during the hottest times of the day, usually 11-3PM.
- Always use a buddy system while playing or working outdoors, they could save your life.

**GARRISON  
SAFETY TEAM**

Mr. Mark Harvey

380-1347

Mrs. Kim Garcia

380-6154

**MOTORCYCLE  
SAFETY  
TRAINING**

<https://imc.army.mil/airs/default.aspx>

Please call  
380-6154/1347  
for more  
information

**BUILDING  
MANAGER  
TRAINING**

18 Apr 18

16 May 18

20 Jun 18

15 Aug 18

19 Sep 18

17 Oct 18

21 Nov 18

Please call 380-  
6845/6847 to  
register

**CDSO/ADSO  
TRAINING**

6-8 Mar 18

26-28 Jun 18

25-27 Sep 18

Please call 380-  
5053 to register



**SAFETY RECOMMENDATIONS FOR CHILDREN IN VEHICLES**

**NEVER LEAVE A CHILD UNATTENDED IN A VEHICLE.  
NOT EVEN FOR A MINUTE.**

**IF YOU SEE A CHILD UNATTENDED IN A HOT VEHICLE CALL 911.**

Be sure that all occupants leave the vehicle when unloading. Don't overlook sleeping babies.

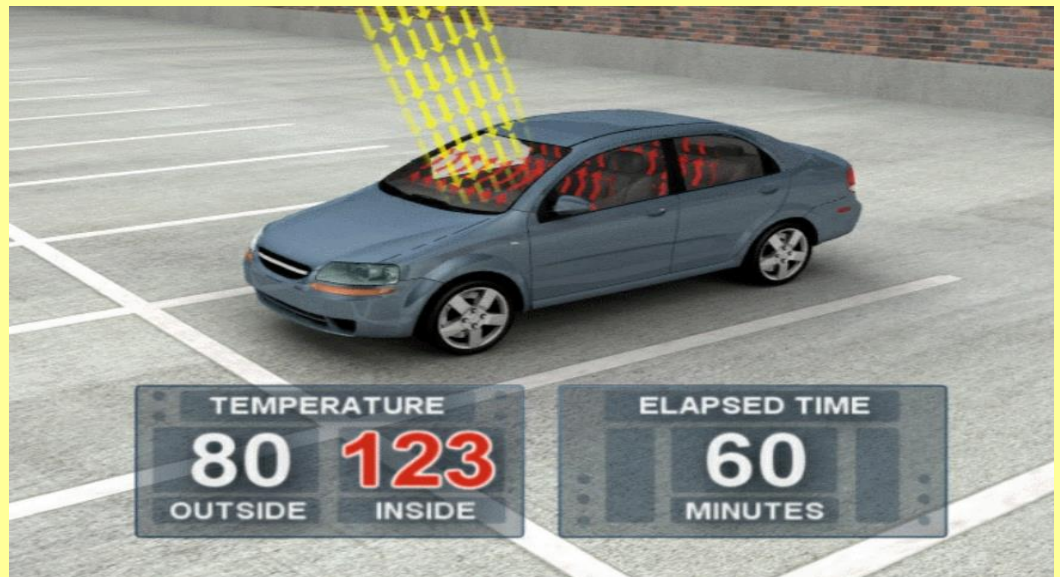
Always lock your car and ensure children do not have access to keys or remote entry devices. Teach children that vehicles are never to be used as a play area.

**IF A CHILD IS MISSING, ALWAYS CHECK THE CAR, INCLUDING THE TRUNK.**

Keep a stuffed animal in the car seat and when the child is put in the seat place the animal in the front with the driver. Or place your purse, briefcase or cell phone in the back seat as a reminder that you have your child in the car.

Make "look before you leave" a routine whenever you get out of the car.

Have a plan that your childcare provider will call you if your child does not show up for school.



**Your Installation Safety Director is Mr. Mark Harvey. He can be reached at  
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