



Coast Guard HR Flag Voice 99

HEAT INJURIES

The following is extracted from a recent copy of TRICARE News.

Many of our units are in areas where temperatures in the summertime can rise to well over 90 degrees and members are sometimes transferred from cooler locations. People coming from cooler climates, or changing from air-conditioned indoor to hot outdoor assignments, must acclimate to hot temperatures. Usually, acclimatization takes two weeks and is accomplished by gradually increasing exposures to hot weather over that time period. However, extensive exposure to air-conditioned homes and offices can slow or prevent the acclimatization process. The transition from air-conditioned spaces to field conditions can also be dramatic. The importance of proper acclimatization and good hydration practices is critical to our health.

There are three types of heat injuries: cramps, exhaustion and strokes.

Heat cramps are painful spasms of the muscles caused by excessive loss of salt from the body. Because water and salt loss cause dehydration and reduce efficiency long before any obvious sign of heat illness, ensuring an adequate intake of water is essential.

However, the amount of water the body requires depends on the amount of sweating that occurs, and that varies from one individual to another. Since thirst is not a dependable indicator, drink water frequently (a cup every 15-20 minutes, not to exceed 1.5 quarts per hour). Do not use salt tablets! If cramps persist, dissolve a quarter teaspoon of table salt in one quart of water, and drink it slowly.

Excessive salt depletion and dehydration can cause heat exhaustion. Symptoms are profuse sweating, headache, a tingling sensation in the extremities, weakness, loss of appetite, dizziness, nausea, cramps, chills and rapid breathing. You must hydrate the individual (get water into the victim's system); lay the victim in a cool, shady spot; and elevate the legs. Pour water on the victim and fan to cool. If conscious, have him/her drink cool water slowly.

Heat stroke is the most dangerous of the heat-related illnesses and can be fatal. Its symptoms include mental changes, psychotic behavior and confusion, disorientation or coma, throbbing headache, flushed dry skin, nausea, and elevated body temperature.

The difference between heat stroke and head exhaustion is the changes in mental status. Treatment must

be immediate, and prompt transport to medical care is essential. Move the casualty to a shaded area and cool with ice packs, cool water, or whatever is available. Fan his/her body and elevate the feet. Ensure the cooling process continues during transport to a medical treatment facility.

Undoubtedly, environmental factors have an impact on how well the body can regulate its temperature. When it's hot outside, the body has to work harder to cool itself. Wind speeds and the intensity of radiant energy from the sun can also affect the body's cooling ability.

A number of factors increase heat stress on the body and thus the probability of heat injury. The biggest problem is that people do not drink enough water. Many fall victim to heat injuries while exercising early in the morning. They suffer heat injuries, even though it is still cool outside, because they do not replace the water they lost the day before.

An overweight or fatigued body may not be able to cool itself properly. Heavy meals and hot food place added heat stress on the body. Alcohol and drugs such as tranquilizers, antihistamines, cold medicines and some anti-diarrhea medications cause dehydration and increase the threat of heat injury. Other factors affecting the body's ability to lose heat include tight clothing, sickness, fever and sunburn. Once someone has suffered a heat injury, especially heat stroke, that person is more susceptible to future heat injuries.

The most important step to take in preventing heat injuries is to drink plenty of water. Sweating is the only way the body can maintain its proper temperature in hot weather. A person can lose in excess of one quart of water per hour by sweating. This must be continuously replaced to prevent a heat injury.

Working or exercising in the heat multiplies fluid loss. If you work vigorously in the heat, you must drink several gallons of water per day to properly maintain your body-temperature control capabilities. Drink water frequently and in small amounts throughout the day. Continue to drink water into the evening to continue the rehydration process.

Remember that thirst is not a good indicator of when the body needs water. By the time thirst kicks in, the body is already in danger of a heat injury such as cramps, exhaustion or stroke.

Regards, FL Ames

Special items of note:

National Naval Officers' Association (NNOA) Conference "Developing Leaders for the New Millennium" this week in San Diego.

ALCOAST 314/00: FY2001 SPECIAL DUTY ASSIGNMENT PAY (SDAP)

ALCGOFF 040/00: REVISIONS TO AFLOAT ASSIGNMENT POLICY

ALCOAST 303/00: LEADERSHIP PRINCIPLES AND SKILLS COURSE FOR CIVILIAN EMPLOYEES

1. THIS MESSAGE SOLICITS APPLICATIONS FOR A NEW SERVICEWIDE TRAINING COURSE FOR CIVILIANS AT THE LEADERSHIP DEVELOPMENT CENTER (LDC) IN NEW LONDON, CT. THE GOAL OF THE COURSE IS TO BUILD LEADERSHIP KNOWLEDGE, SKILLS, AND ABILITIES OF CIVILIAN EMPLOYEES. TOPICS OF STUDY WILL INCLUDE: LEADERSHIP SKILLS, EFFECTIVE COMMUNICATION, MANAGING CONFLICT, ETHICS, COACHING, MENTORING, TEAM BUILDING AND FOLLOWERSHIP.

2. COSTS FOR THIS PROGRAM WILL BE FUNDED BY CGHQ.

3. THE ELIGIBILITY, DATE, AND ENROLLMENT PROCEDURES FOLLOW:

A. OPEN TO CIVILIANS GS-12 TO GS-14 AND WAGE GRADE AND NAF EQUIVALENT. THERE ARE 25 QUOTAS.

B. DATE: 11-15 SEPTEMBER 2000.

C. PLEASE FORWARD AN APPROVED STANDARD FORM (SF) 182 "REQUEST AUTHORIZATION AGREEMENT AND CERTIFICATION OF TRAINING" THROUGH THE APPROPRIATE CHAIN OF COMMAND TO COMDT (G-WTL) NLT 4 AUGUST 2000.

APPLICATIONS MAY BE FAXED TO 202-267-4610 OR MAILED TO: COMMANDANT (G-WTL-2), 2100 2ND ST, SW, WASHINGTON, DC 20593-0001. IN BLOCK 16

STATE HOW THIS COURSE WILL SUPPORT YOUR INDIVIDUAL AND PROFESSIONAL

DEVELOPMENT GOALS.

4. POC IS MS. CORA MCVEY AT 202-267-6239.

ALCOAST 312/00: COAST GUARD ATTENDANCE AT THE 2000 ANSO NATIONAL CONFERENCE

1. THE ASSOCIATION OF NAVAL SERVICES OFFICERS (ANSO) 19TH ANNUAL CONFERENCE WILL BE HELD FROM 13-15 SEP 00 AT THE U.S. NAVAL ACADEMY IN ANNAPOLIS, MD. THIS YEAR'S CONFERENCE THEME IS "HONORING THE STRENGTH OF OUR PAST, EMBRACING THE PROMISE OF A NEW MILLENNIUM."

2. ANSO'S PRIMARY OBJECTIVE IS TO ADVANCE RECRUITMENT, RETENTION, AND CAREER DEVELOPMENT OF HISPANIC AND OTHER MINORITY OFFICERS IN THE NAVY, MARINE CORPS, AND COAST GUARD. ANSO STRONGLY ENCOURAGES ENLISTED PERSONNEL OF THESE SEA SERVICES TO JOIN AS ASSOCIATE MEMBERS.

3. THE 2000 ANSO CONFERENCE WILL FEATURE USN, USMC, AND USCG PROFESSIONAL DEVELOPMENT BREAKOUT SESSIONS, USNA CANDIDATE GUIDANCE PRESENTATIONS, MIDSHIPMEN LUNCHEON, AND BANQUET GUEST SPEAKERS.

THE FORMAL BANQUET IS PLANNED ON 14 SEP 00. DURING THE BANQUET, ANSO WILL PRESENT THE HIDALGO AWARD, THE GARCIA AWARD, AND A SCHOLARSHIP. THE ANSO SCHOLARSHIP WILL BE GIVEN TO ONE HISPANIC

ENLISTED MEMBER FROM EACH SEA SERVICE, CURRENTLY ATTENDING COLLEGE.

THE ENLISTED SCHOLARSHIP RECIPIENT WILL BE SELECTED FROM NOMINATIONS

SUBMITTED TO THE ANSO, COAST GUARD REPRESENTATIVE CDR ZAPATA. THE ANSO SCHOLARSHIP CRITERIA, AND OTHER CONFERENCE AGENDA, CAN BE FOUND ON THE ANSO WEB SITE [HTTP://USERS.EROLS.COM/ANSO/](http://users.erols.com/anso/)

4. CONFERENCE UNIFORM WILL BE TROPICAL BLUE LONG. DINNER DRESS BLUE (O-3 AND BELOW), OR DINNER DRESS WHITE JACKET (O-4 AND ABOVE) ARE REQUIRED FOR THE BANQUET ON 14 SEP 00.

5. MAXIMUM PARTICIPATION BY ALL INTERESTED CG OFFICERS IS HIGHLY ENCOURAGED. COMMANDS ARE AUTHORIZED TO GRANT TAD ORDERS TO INCLUDE CONFERENCE REGISTRATION FEES, TRANSPORTATION COSTS AND PER DIEM FOR ATTENDANCE AT THIS CONFERENCE. THIS AUTHORIZATION IS GRANTED WITH FULL APPRECIATION FOR REDUCED ADMIN BUDGET LEVELS. COMMANDS MAY ISSUE PERMISSIVE ORDERS IAW ARTICLE 4-D-1-F(5) AND 7-A-10 CG PERSMAN, COMDTINST M1000.6A. USE OF OFFICIAL GOVERNMENT TRANSPORTATION IS ENCOURAGED TO ENHANCE CONFERENCE PARTICIPATION AND HELP DEFRAY COSTS. ANSO HAS MADE ARRANGEMENTS WITH THE SHERATON BARCELO HOTEL IN ANNAPOLIS TO PROVIDE ROOMS (87 DOLLARS SINGLE, 97 DOLLARS DOUBLE PER NIGHT) WITHIN THE LOCAL PER DIEM RATES. ATTENDEES MUST CALL THE HOTEL DIRECT AT (410) 266-3131 AND ASK FOR THE ANSO CONFERENCE RATE. ANSO HAS ARRANGED FOR SHUTTLE SERVICE BETWEEN THE HOTEL AND THE USNA CONFERENCE SITE. EXTREMELY LIMITED FUNDING IS AVAILABLE THROUGH COMDT (G-WTL) FOR PER DIEM, REGISTRATION, LOCAL

MILEAGE AND AIRFARE. MEMBERSHIP FEES WILL NOT BE FUNDED.

REQUESTS SHOULD ALSO INCLUDE AN ESTIMATED COST (PER DIEM,

REGISTRATION, LOCAL MILEAGE AND AIRFARE. PLEASE CONTACT CDR ZAPATA

AT (202) 267-0109 E-MAIL TZAPATA@uscg.mil OR FAX REQUEST TO

(202) 267-4610 FOR FURTHER INFORMATION.

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