

# **Richard A. McGee Correctional Training Center HEAT INJURY PROTECTION PROGRAM (HIPP) TRAINING**

## **SIGNS, SYMPTOMS AND TREATMENT**

The following are common signs and symptoms related to heat illness. If a person is suffering from the following like symptoms, notify the Watch Office to call 911. Then remove person to a shaded area and start hydration:

- Muscle spasms/cramps
- Heavy or profuse sweating
- Skin is flushed or cool and pale
- Headache
- Dizziness
- Rapid pulse, nausea, weakness
- Disorientation, confusion
- Elevated body core temperature
- Cessation of sweating
- Red, dry skin
- Shallow breathing and rapid pulse
- Loss of consciousness

## **HEAT ILLNESS/INJURY FACTS**

- Adolescents take longer to acclimate to the heat than adults.
- Weight loss of water greater than 3% of body weight significantly increases the risk of body heat related illness.
- 1.5 times the amount of water lost must be consumed to replace lost weight.
- Caffeine intake limits the ability of the body to absorb the necessary fluids.
- Unrelated illnesses causing vomiting and/or diarrhea will increase the risk of heat related illnesses. These conditions should be brought to the attention of your supervisor or company commander. If these people do decide to participate in activities in the heat, they should be flagged and closely monitored.
- Staff taking certain medications including diuretics, antihistamines, beta blockers and anti-cholinergic are at a higher risk for heat illness.
- Light colored, breathable clothing can assist the body in cooling.
- Staff who are overweight, deconditioned, recovering from illness, lacking in sleep or taking medications are at an added risk for heat illnesses. They should be monitored closely prior to exercise or prolonged exposure to the heat.
- Avoid wearing articles that prevent water absorption.
- Early morning commonly produces a humid environment and lower temperatures. Usually, as the sun rises, the temperature will increase

and the humidity decreases. As the evening hours approach, the temperature decreases and the humidity will rise.

- A mild breeze can reduce the humidity and improve the evaporative process.

## **FLUID REPLACEMENT**

- The culinary unit will make fluids readily available in shady locations for staff to maintain hydration.
- All staff should inform their supervisors of any physical restrictions in regards to heat prior to prolonged exposure to the heat.
- Staff will be educated by their assigned Company Commander in the process of hydrating themselves as a 24 hour a day practice.
- Staff should begin every outdoor activity in the heat well hydrated.
- During outdoor activities on hot days, the average person should drink 8-12 oz of fluid every 20-30 minutes.
- Urine color is an easy method to determine hydration status. Light yellow to clear urine indicates a well hydrated person.
- Water should be available to staff at all times and never withheld from individuals.

## **ENVIRONMENTAL FACTORS**

When the air temperature is above 90 degrees, the Watch Sergeant will notify the Program Lieutenant so that outdoor activities can be monitored for HIPP compliance.

## **HEAT TRIGGERS**

<u>Temperature</u>	<u>Recommendations</u>
<b>105 degrees and up 95-104 degrees</b>	Minimize outside activities. Minimize equipment (tyvex, red man suits, etc.) to be worn outside.
<b>90-94 degrees</b>	Above listed equipment can be used but should be removed as often as possible.
<b>Below 89 degrees</b>	Adequate water should be consumed at frequent intervals when working outdoors.

## **HEAT ACCLIMIZATION**

- Onset of perspiration occurs earlier.
- Perspiration increases.
- Increase in blood volume with the more training an individual does.
- Improved supply of oxygen to the muscles.
- Heart rate decreases.
- Core body temperature does not rise as high during exercise.

Control# \_\_\_\_\_

**Richard A. McGee Correctional Training Center  
HEAT INJURY PROTECTION PROGRAM (HIPP)  
TRAINING**

**I have read and I understand the information above.**

**Employee Use:**

\_\_\_\_\_  
Employee's Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Employee's Signature

\_\_\_\_\_  
Title