

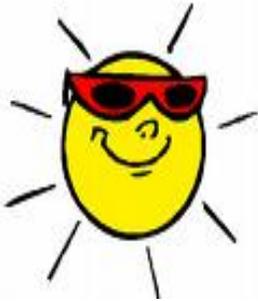


TDCJ Risk Management's Training Circular

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Risk Management Issues

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MAY Chill Out



Oh, No, Summer is here again!!!! Hot days, hot nights, humidity, sweating, flat hair, feeling like you could melt any given moment, 3-digit temperatures, hunting for a shady area to sit and drink ice **COLD** lemonade and chill out, and oh, by the way, did I say it was **HOT!** As we say, **Welcome to a Texas Summer.**



Did you know that it is a lot easier to prevent a heat related illness, than to treat a heat related illness? During prolonged heat waves, the risk of heat related illnesses, injuries and deaths climb dramatically.



As summer months approach, the occurrence of heat related illnesses rise. **Recognition and prompt treatment of these symptoms are imperative.** Victims of prolonged or high heat can develop heat cramps or heat exhaustion. If heating continues, the condition can progress to a heat stroke and death.



The Agency understands that the temperature levels affect the unit staff and offenders who are working in areas of high temperature and humidity levels. Due to the heat, tempers sometimes run as high as the humidity levels.

The Agency has Administrative Directive AD-10.64 that addresses the temperature extremes in the workplace. The Agency takes measures to protect staff and offenders within the agency from heat related illnesses. This directive contains information on the preventive measures to take as well as a Heat and Humidity Matrix chart. The TDCJ Department of Preventive Medicine in conjunction with UTMB will conduct employee/offender annual heat awareness training.

Would you be able to recognize a heat related illness? Would you know how to treat the individual? Sit back, chill out and drink that cold glass of lemonade while we go through the recognition and treatment of heat related illness.



Would you know the symptoms?

Heat Cramps-are the most benign heat syndrome. They develop usually following strenuous exercise in muscles that have been subjected to extensive work. The pain is brief, intermittent and crampy but may be excruciating.



Treatment-consists of rest in a cool environment and replacement of fluids.

Heat Exhaustion-is the most common heat syndrome. The warning signs of heat exhaustion can be mild or severe, but all important danger signals. Symptoms include weakness, anxiety, fatigue, thirst, dizziness, headache, paleness, muscle cramps, nausea or vomiting and faintness. The onset is usually sudden and duration of brief collapse.



Treatment-consists of moving the patient to a cool area and having them lie down and elevate the feet. Spontaneous



recovery then usually starts taking place. If the patient is fully alert encourage small sips of water.

Heat Stroke-is a true medical emergency. Heat exhaustion can progress to a heat stroke. A sudden change in the level of consciousness in a setting of heat exposure suggests the possibility of a heat stroke. Heat strokes occur when the body's cooling system fails. The skin is hot and dry, pulse rate, respirations are rapid and weak. Coma, paralysis and death can follow if emergency treatment is not immediately given.



Treatment-once a heat stroke is suspected rapid, aggressive therapy aimed at lowering the body temperature should be initiated immediately by whatever means available. In field, remove the patient from the external sources of heat, remove clothing, and promote evaporative cooling by applying cool or iced water to the entire skin by surface sponging or splashing, accompanied by fanning either by hand or mechanical



means. This should be continued throughout transportation to an emergency room receiving facility as well. Always transfer heat stroke victims to a medical facility.

Do you know how to avoid a heat illness during excessive heat?

As record-breaking high temperatures are here to stay for a few months throughout Texas, the Texas Department of Health (TDH) has issued a list of precautions people can take to reduce the risk of heat exhaustion and heat stroke. All Texans are urged to follow these precautions.

- * Drink two to five times more water and non-sugar, non-alcoholic beverages to replace fluids lost in perspiration.
- * Wear loose-fitting, lightweight, light-colored clothing and wide brimmed hats while in the sun.
- * Use sunscreen with an SPF-15 or more.
- * Take frequent breaks limiting physical activity.
- * Rest in a cool place.



- * Stay in an air conditioned area if possible. If no air conditioning is available, fans are helpful.
- * Use the buddy system between co-workers in high heat jobs.
- * Older people should have a friend or relative check on them or call twice a day.
- * When planning activities choose cooler hours to be outdoors.
- * Before prolonged work or exercise outdoors, listen to weather forecasts and give special attention to Advisories



Final Reminder

Heat related illnesses can strike anyone in any occupation. The occupations from which heat related injuries are reported to Risk Management range from field security staff working outdoors in the sun to administrative staff working indoors at a cubicle. So, remember, drink plenty of liquids to keep your body hydrated and *stay cool!*



Heat Advisory

The national weather service issues alerts for excessive heat on a county-by-county basis. The alerts are broadcast on NOAA Weather radio and on local radio and television stations. The parameters of an excessive heat watch, warning, and advisory vary by location.

- * **Excessive Heat Watch**—means conditions are favorable for an event to meet or exceed local excessive heat warning criteria in the next 12 to 48 hours.
- * **Excessive Heat Warning**—means that heat values are forecast to meet or exceed locally defined warning criteria for at least two days.
- * **Excessive Heat Advisory**—means hazardous heat conditions have begun or will begin within 36 hours and, if caution is not exercised, they could become life threatening



Your Pet



Animals are also susceptible to heat stroke, or hyperthermia, which is considered an emergency as it is with people. Signs in animals include excessive panting, increased body temperature, heart rate, or respiratory rate, unusual salivation, collapse, stupor, seizures, or coma, redder than normal gums.

Follow these common sense tips to prevent a heat-related pet emergency

- Besides the obvious... provide shelter and shade, fresh water, and good grooming, here are some tips to help keep your pet cool in the summer heat.
- Be aware of ways that your pet could accidentally be caught without shade - is your pet on a tether and could potentially get caught out in the full sun? Will the shade be available all day? While the shelter provides shade, is it hotter inside the shelter? If possible, utilize shade from trees in addition to the dog house; assuring that there is sufficient shade all day long.



- If your pet is left indoors, is air conditioning available? Will the house stay cool through the heat of the day?
- For indoor or outdoor animals, a cool water "bath" before leaving for work will provide additional cooling for your pet.
- Is fresh, cool water available at all times? Can your pet spill the water source? Consider installing an automatic pet waterier.
- **Do not** plan long walks or go jogging in the heat of the day. This can be life-threatening for some dogs. Plan exercise and outdoor activities in the relative coolness of morning and evening time. Be sure to bring along fresh water or a collapsible drinking bowl to allow your pet to get a cool drink when needed.
- **NEVER** leave your pet in the car, even if it is only for a "quick errand"! This is very dangerous, even on days that are only mildly warm



Sunburn

Sunburn should be avoided because it damages the skin. Although the discomfort is usually minor and healing often occurs in about a week, a more severe sunburn may require medical attention.

Recognizing Sunburn

Symptoms of sunburn are well known: the skin becomes red, painful, and abnormally warm after sun exposure.

What to Do

Consult a doctor if the sunburn affects an infant younger than 1 year of age or if these symptoms are present:

- Fever
- Fluid-filled blisters
- Severe pain
- Also, remember these tips when treating sunburn:
 - Avoid repeated sun exposure.
 - Apply cold compresses or immerse the sunburned area in cool water.
 - Apply moisturizing lotion to affected areas. Do not use salve, butter, or ointment.
 - Do not break blisters.



Have a very safe and enjoyable summer from the Risk Management Central Office.



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