



Fort Knox Safety Bulletin



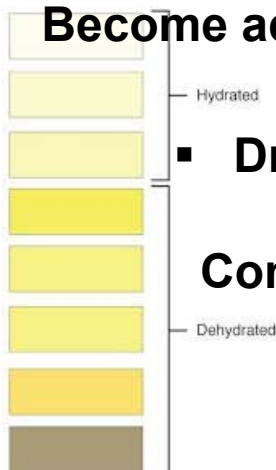
FY 18-17

ATTENTION Heat Injury Prevention



Heat can **KILL!** Every year Soldiers and Civilians become exposed to heat related injuries by over exertion, lack of hydration, and not following basic prevention measures

- Use heat injury prevention techniques
- Know the signs and symptoms related to heat stress
- Reduce the time exposed and limit the amount of activity conducted in hot environments. Adjust timelines to cooler part of the day.
- Heat casualties are more susceptible to a second attack
- Become acclimated to hotter weather



- Drink plenty of water to prevent dehydration

Contact Environmental Health for assistance at
502-624-5343

BE ALERT, STAY ALERT, STAY SAFE!

Fort Knox Safety Office, 502-624-3381

