



Safety Advisory

Date: April 5, 2013

Subject: Heat Illness Prevention Pocket Guide

Essential functions and work conditions for wildland firefighters requires long, irregular hours and working in extreme environmental conditions that include functioning with varying amounts of rest in extreme environments. Because of these conditions, firefighters can be exposed to the risk of Heat Related Illness (HRI).

Recent HRI events have indicated a need to provide additional information and tools to better aid wildland fire personnel in the recognition of warning signs, symptoms, and prevention of HRI. Below is a list of resources:

Heat Illness Prevention (HIP) Pocket Guide

The NWCG Risk Management Committee has created a new *Heat Illness Prevention Pocket Guide*, http://wildfirelessons.net/documents/HRI_HIP_pocket_guide.pdf. The *HIP Pocket Guide* is created to be used as a field document to be carried by firefighters. This guide provides simple, concise guidelines to assist firefighters with prevention, recognition, and mitigation strategies to educate the firefighter on HRI.

Occupational Safety and Health Administration (OSHA) Heat Safety Tool Application

Within the *HIP Pocket Guide* there is the reference to the OSHA *Heat Safety Tool* application, www.osha.gov/SLTC/heatillness/heat_index/heat_app.html. This app can be loaded on any smartphone and be used in the field to aid firefighters with calculations on the heat index, risk levels and associated precautions.

2013 Wildland Fire Safety Training Annual Refresher (WFSTAR) HRI Module

WFSTAR has created a new Heat Related Illness module <http://www.nifc.gov/wfstar/index.html> to train all firefighters on recognition of HRI symptoms, tips to prevent HRI, and emergency medical procedures to aid those who are suffering from HRI. The companion product for this module is *HIP Pocket Guide* as described above.

Technology and Development Program on Heat Illness Basics for Wildland Firefighters

This MTDC Fire Tech Tip, *Heat Illness Basics for Wildland Firefighters*, June 2010 (1051-2316P-MTDC) www.fs.fed.us/fire/safety/heat-illness.pdf, provides an additional source of information on recognition of symptoms, risk factors that contribute to HRI, and recommendations to alleviate exposure to HRI.

In closing, all field going personnel are encouraged to use the above mentioned tools to better alert and inform individuals on acclimatization, recognition, risk factors, and preventative measures associated with HRI. For more wildland fire safety and risk management information RMC website at:

<http://www.nwcg.gov/branches/pre/rmc/index.htm>.