



## HEAT STRESS

This time of year all of us look forward to vacations, visits to the beach, and just lolling about enjoying the warmth of summer. Then there is the business of work, and here at Wallops Flight Facility many jobs require working in environments that are hot. Hot environments may be encountered when working outside during hot, humid summer days, in un-air conditioned indoor areas, when working in confined spaces, or when working in protective clothing that prevents or hinders the body's cooling process. Awareness of a danger that lurks about in these environments is important to all of us. What is this danger? It is **HEAT STRESS**.

What is **HEAT STRESS**? It is a buildup of body heat generated either internally by muscle use or externally by the environment.

Workers exposed to extreme heat or that work in hot environments may be at risk for heat stress. Exposure to extreme heat can result in occupational illnesses and injuries such as heat stroke, heat exhaustion, and/or heat syncope. Following is a list of the illnesses associated with Heat Stress, and their symptoms:

**Heat Stroke** – Symptoms include hot, dry skin (no sweating), hallucinations, chills, headache, high body temperature, confusion, dizziness, or slurred speech. Heat Stroke is a life threatening condition.

**Heat Exhaustion** – Symptoms include heavy sweating, weakness or fatigue, dizziness, confusion, nausea, clammy, moist skin, pale or flushed complexion, muscle cramps, slightly elevated body temperature, or fast and shallow breathing.

**Heat Syncope (fainting episode)** – Symptoms are light-headedness, dizziness, and/or fainting.

Further information on this subject can be accessed at the following URLs:

<http://www.cdc.gov/niosh/topics/heatstress/> and <http://Safety/> (under WFF Safety Training Classes Link at left)

*"Danger Never  
Takes a Vacation."*

### [SAFETY MEETINGS SCHEDULE](#)

#### Executive Safety & Health Council Meetings

Held 2<sup>nd</sup> Thursday of each month.

Where: Bldg. F-6, Room 201

Time: 9:00

#### Employee Safety Council Meetings

Held 3<sup>rd</sup> Tuesday of each month.

Where: Bldg. E-109, Room 107

Time: 1:00

#### Contractor Safety Council Meetings

Held 2<sup>nd</sup> Tuesday of each month.

Where: Bldg. E-109, Room 107

Time: 10:00

### WHAT HAVE YOU DONE FOR SAFETY LATELY??

Highlights from Code 820,

David Gregory, Assistant Chief Balloon Program Office

In this Organization "Safety Awareness" is "Situational Awareness" in that everything they do is to understand each phase of the operation they undertake in order to determine what potential hazard(s) exist. All employees involved with an operation must know the procedures and processes in order to mitigate the risk.

Safety meetings are held regularly for field operations. Each field operation involves tabletop exercises to review all safety procedures. Discussion also focuses upon anticipating the unexpected and rehearsing the best response. When it comes to safety David feels it is everyone's business and that it involves awareness that embodies the philosophy of "I'll watch out for you and you watch out for me."

**Got a Safety Question?**

**Open any browser and type the word Safety into the URL box, and hit enter.**

# Safety & Environmental Newsletter

June 2011 Issue



Coming soon to a mailbox near you!

## Keep cool this summer!

In the coming weeks an Environmental and Safety Awareness card and a 911 phone sticker will be delivered to your mailbox. The card is a reminder of our environmental and safety commitments and emergency numbers for Wallops. It is designed to fit with your permanent badge and is a quick reminder if you find yourself in an emergency situation. The 911 emergency number sticker should be placed on the face of your phone.

As the Wallops Weather Office recently reported in *Inside the Gate*: "...the end of May heated up in a big way with daytime highs running 10 to 15 degrees above normal. This helped bring our monthly average temperature to 67.2 degrees, which is about 4.5 degrees above normal."

With the summer months quickly approaching, and promising to be hot ones, here are some tips to beat the heat at home while being energy efficient:



**Air Conditioning:** Adjust your air conditioner's thermostat, and turn on a fan. As much as 60 to 70% of the energy consumed by most homes in the summer can be attributed to air conditioner use. For every degree below 78 degrees you set your air conditioner, your cooling costs may increase by up to 9%. If you turn on a fan, the room will feel 4 to 6 degrees cooler than the thermostat reading. With your thermostat set higher and use of a ceiling fan, you save money because most fans use about the same amount of energy as a 100-watt light bulb. Other things about your air conditioner that can be helpful:

- **Clean and replace filters.** Clean or replace air filters at least once a month. Dirty air filters make your heating and cooling system work harder than necessary.
- **Keep area around air conditioner clean.** Keep the area around your condenser (outside unit) free from trash and high grass and don't build a fence around it that will block free air flow.
- **Put unit in shade if possible.** If possible locate condensers (outside air conditioning units) under shade trees or other shade. This will allow the unit to work more efficiently and use less energy.
- **Keep coils clean.** Keep the air conditioning coils clean (condenser and evaporator) with regular servicing. Clean coils will keep the system at top efficiency and keep your energy costs low. Regular servicing will also extend the system life and detect problems early.
- **Install a programmable thermostat.** To help offset air conditioner use, replace your manual thermostat with a programmable model. When properly programmed, these thermostats can save you up to 15% in cooling costs.
- **Do not close off vents.** If you have central air conditioning, you should not close off vents in unused rooms. It could cause leaks in your ductwork. If you have window units, closing off unused rooms will reduce cooling costs and provide more cooling to the used areas.
- **Check for leaking ductwork.** Leakage in air conditioning ductwork in the average 10 to 15 year old home is 15% to 25% of its heating and cooling airflow.

## Got Feedback? We'd love to hear it!

Each July, the Wallops Environmental Management System Project Team meets for one hour to give fresh feedback on the environmental impact of the activities occurring at Wallops. We are always looking for individuals who do not regularly interact with the Environmental Office to give us a fresh perspective.

If you like to speak your mind and want to try something new, this is the forum for you. We promise that there will be no action items from this meeting! If you are interested, please give Bonnie Crawford a call at extension 2234 or email:

[Bonnie.H.Crawford@nasa.gov](mailto:Bonnie.H.Crawford@nasa.gov)

**Ventilation:** Ensure that your house is properly ventilated. Attic temperatures are often exceedingly hot during the summer, causing air conditioners to work harder. Proper attic ventilation can significantly reduce the costs associated with heating and cooling. Using continuous soffit and ridge venting when replacing roofing is both a cost-effective and energy-efficient improvement.

(Source: <http://www.ameripower.com/energy-tips.html>)

