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## 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.wff.nasa.gov/docs/WFF%20Heat%20Stress.pdf>

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## RF Avoidance by David Knight

RF (Radio Frequency) energy is produced by the various transmitters on Wallops such as Radar, Telemetry, HF Comms, etc. RF radiation into areas where ordnance operations are conducted shall be controlled to assure insufficient energy exists to cause premature initiation of ordnance. This is accomplished by establishing RF Avoidance anytime bridgewires will be exposed. RF Avoidance is defined as no radiation from any transmitters capable of producing a potential hazard to any ordnance operation within  $\pm 20$  degrees (azimuth and elevation) of the ordnance site. RF Avoidance is scheduled through the Test Directors Office (TD) X1482 and is confirmed by the Operations Safety Specialist (OSS) prior to exposing the bridgewires in the ordnance hazardous operation. RF Avoidance is not required during times when bridgewires are not exposed such as: transporting, staging, and lifting.



## Tips to Save Energy this Summer

Even as summer temperatures rise and the need to use air conditioning increases, there are still ways to save energy. Here are some tips for cutting your energy bills during the summer.

- ◆ Try cooling your home with a placed fan may be enough to conditioning will allow you to out decreasing your comfort. system, you can save around 3 forget to turn off the fan when cool people not rooms.



fan, before turning on the air conditioner. A well keep your home cool. Using a ceiling fan with air raise your thermostat setting about 4 degrees with- Depending on the model of your air conditioning percent off your energy bill per degree. But don't you leave the room, fans

- ◆ Before you turn on your air conditioner for the summer, be sure to check your air filters. Replacing a dirty clogged filter with a clean one can lower your air conditioner's energy consumption by 5 to 15 percent.



- ◆ Let sunlight in your home, but keep warm air out with carefully selected window treatments. Window awnings can reduce solar heat gain in the summer by up to 65 percent on south-facing windows and 77 percent on west-facing windows.

- ◆ Grilling outside won't heat up your home the way cooking indoors does.

- ◆ Setting your programmable thermostat 7 to 10 degrees higher in summer (and lower in winter) for 8 hours a day can save you as much as 10 percent on your energy bill.



Source: [www.energy.gov](http://www.energy.gov)

If you have tips or suggestions for additional ways to save Energy at Wallops, contact Jermaine Starks at extension 1466 or by email to [Jermaine.X.Starks@nasa.gov](mailto:Jermaine.X.Starks@nasa.gov).