



Safety Bulletin

Warm Weather

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Approved By: Kalvyn W. Smith, Fire Rescue Chief



As we approach the summer season, it is crucial for our workforce to be aware of the potential hazards associated with warm weather. Heat and humidity can significantly impact our operations and pose risks to our health and well-being. This safety bulletin, brought to you by the Fauquier County Occupational Health and Safety Committee, aims to highlight the importance of staying vigilant, carrying essential supplies, and reaching out for necessary equipment and resources through your chain of command or directly to the committee.

1. Heat and Humidity-Related Hazards:

- Heat Exhaustion:** High temperatures and excessive sweating can lead to heat exhaustion, causing symptoms such as dizziness, fatigue, nausea, and muscle cramps. Recognize these signs in yourself and your team members, and take immediate action to provide cool shade, rehydrate, and seek medical attention if necessary.
- Heat Stroke:** Prolonged exposure to extreme heat can result in heat stroke, a life-threatening condition. Be aware of symptoms such as confusion, rapid heartbeat, seizures, and loss of consciousness. Promptly recognize the signs, seek medical help, and provide necessary first aid measures.
- Dehydration:** Sweating in hot weather can quickly lead to dehydration. It is essential for every EMS provider to drink plenty of water throughout the day to maintain hydration levels. Encourage frequent hydration breaks and ensure access to clean drinking water during operations.

2. Carrying Water and Ice on the Apparatus:

- Each apparatus must have an ample supply of water. Ensure that water containers are regularly refilled to keep yourself and your team hydrated, especially during hot weather.
- Ice should also be readily available to cool down body temperature in case of heat-related emergencies. Carry ice packs or containers with ice to provide immediate relief to affected personnel.

3. Requesting Equipment and Resources:

- The Fauquier County Occupational Health and Safety Committee is committed to supporting your needs for equipment and resources. If you require any specific items for yourself, your stations, or apparatus to enhance safety during warm weather operations, please reach out to the committee or communicate your requirements through your chain of command. We are here to assist you.

4. Personal Protective Equipment (PPE):

- Wear lightweight, breathable clothing and Department-issued hats to protect against direct sunlight.
- Regularly inspect and maintain PPE to ensure it is in good condition and suitable for hot weather use.
- Remember sunscreen during outdoor operations. It has been provided for you and should be stored in your PIC Kit. If you need more, please place your order through Mrs. Kidd as soon as possible.

5. Training and Awareness:

- a. Stay updated through regular training sessions on heat-related illnesses, their symptoms, and appropriate response measures.
- b. Educate yourself and your team about the importance of heat safety and the risks associated with warm weather.
- c. Schedule and prioritize non-emergent, labor-intensive activities during the cooler parts of the day, such as early morning or evening hours, to minimize excessive exposure to the sun and heat.

Remember, your health and safety are paramount. Stay vigilant, carry essential supplies such as water and ice, and reach out to the Fauquier County Occupational Health and Safety Committee or through your chain of command if you need any equipment or resources for yourself, your stations, and your apparatus.

Stay cool, hydrated, and safe!

Questions regarding this Safety Bulletin should be directed to Battalion Chief Natasha Lorenzen.