

May 23, 2011

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| DIRECTIVE: JOB CORPS INFORMATION NOTICE NO. 10-84 |
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TO: ALL JOB CORPS NATIONAL OFFICE STAFF
 ALL JOB CORPS REGIONAL DIRECTORS
 ALL JOB CORPS CENTER DIRECTORS
 ALL JOB CORPS CENTER OPERATORS
 ALL NATIONAL TRAINING AND SUPPORT CONTRACTORS
 ALL OUTREACH, ADMISSIONS, AND CTS CONTRACTORS

FROM: EDNA PRIMROSE.
 National Director
 Office of Job Corps

SUBJECT: Preventing Heat-Related Illness

1. Purpose. To remind Job Corps centers to review procedures for preventing and treating heat stroke and other heat related illness.
2. Background. According to the National Weather Service, there were 592 heat-related injuries and 138 heat-related fatalities reported in 2010. Twenty-six of the reported fatalities occurred outside or in open areas. Thirteen of the reported fatalities involved children and teens between 0 and 19 years of age.

Science Daily recently published the results of a 10-year study of exertional heat-related injuries conducted by The National Children’s Hospital. The study suggests that youth and adolescents under the age of 20 are more likely to sustain exertional heat-related injuries during participation in sports and recreation than any other age group. Exertional heat-related injuries are injuries sustained as a result of exercise or physical activities during warm or hot temperatures.

The study examined 54,983 exertional heat-related injuries treated in emergency care facilities between 1997 and 2006. Results of the study indicate that the majority of injuries occur during sports or exercise (75 percent) or while participating in outdoor activities, such as swimming at the beach and playing on the playground (4 percent). Injuries sustained while performing everyday activities such as yard work, home maintenance, and miscellaneous activities account for 21 percent of reported exertional heat-related injuries. The full text of the article “Dangers of Exertional Heat-Related Injuries Highlighted,” which appeared in the December 13, 2010 edition of *Science Daily*, is available at <http://www.sciencedaily.com/releases/2010/12/101207102515.htm>.

In accordance with Job Corps Policy and Requirements Handbook (PRH) Chapter 5, Section 5.20, R2, Job Corps centers are reminded to review their Emergency Action Plans (EAP) to ensure that procedures are in place to provide immediate medical assistance to students or staff who may be affected by over-exposure to extreme temperatures. Center plans to address heat-related hazards should include information about preventing heat-related illness; signs and symptoms of heat-related illness; first-aid and emergency response procedures; acclimatization procedures; and administrative procedures to limit outdoor exposure to extreme temperatures.

3. Action. Job Corps centers shall take precautions to educate students and staff about the risk factors, as well as the signs and symptoms, of heat-related illness. Students and staff, especially individuals who have a predisposition to heat-related illness due to life style, age, or medical condition, shall be encouraged to do the following:

- drink plenty of water (at least 2 liters per day) or other electrolyte replenishing beverages;
- dress for the weather, including lightweight, light colored clothing and hats;
- apply sunscreen to exposed skin;
- eat small meals and eat more often, avoiding foods high in protein and sugar;
- slow down and pace activities;
- refrain from participating in outdoor activities during high-heat or poor air quality advisories; and
- take regular breaks.

Centers are encouraged to provide students and staff with awareness training at the first sign of warmer temperatures, and periodically throughout the summer, to ensure that everyone can identify the signs and symptoms of heat-related illness and know how best to respond to related emergency.

Centers are encouraged to review the following resources:

- Job Corps Information Notice No. 08-08, “Preventing Heat Related Illnesses” issued August 12, 2008;
- Job Corps Information Notice No. 09-92, “Heat-Related Illness” issued May 24, 2010; and
- Occupational Safety and Health Administration (OSHA), Preventing Heat Illness in Outdoor Workers website, <http://www.osha.gov/SLTC/heatillness/index.html>, for additional information about preventing heat-related illness during outdoor activities.

4. Expiration Date. Until superseded.

5. Inquiries. Direct all inquiries to Dennis Johnson at johnson.dennis@dol.gov, or (202) 693-2876.