

Lessons Learned

Date:	8/8/2023	Region:	NATIONAL - GOV
Project:	WESF W-135	Incident Title:	Hydration! It's Not Just Drinking Water.

Summary	Picture
<p>8/8/2023 around 8:30 an individual was tasked with continuity/testing in a control cabinet on the 2nd floor of the facility, the individual was observed by our QC Tech and FWS as being bent over at the knees and unstable. As they responded to the individual, he made the statement that he felt nauseous and was slurring his words.</p> <p>The responders called 911 and the facility shift office, and got the individual into a chair who was sweating profusely and delusional – at that time the individual went unresponsive.</p> <p>Responders were able to get the individual onto the floor safely while preparing the AED and getting water.</p> <p>The individual became somewhat responsive and the Hanford EMT's showed up and took over. The individual was treated on-site and later transported by ambulance to Kadlec Regional Medical Center for further evaluation.</p>	<p>KNOW THE SIGNS HEAT EXHAUSTION</p> <ul style="list-style-type: none"> Headaches Nausea and vomiting Fatigue, weakness and restlessness Thirsty Anxiety Poor coordination Weak, rapid pulse Sweating heavily Raised body temperature <p>WHAT TO DO</p> <ul style="list-style-type: none"> Lie down in shade or air-conditioning Drink plenty of water Keep cool with a cold compress, shower or bath <p>sahealth.gov.au/healthyintheheat</p> <p>Government of South Australia SA Health</p>

What Went Right?	What Went Wrong?
<ul style="list-style-type: none"> 1st Responders recognized the situation and acted immediately. Medical Emergency team was on site in minutes. A potential serious medical situation was averted. Employee was released after further evaluation 	<ul style="list-style-type: none"> Although temps weren't that high, ventilation was not adequate and it was very humid. Even though the individual had consumed water that morning, He did not eat that morning and there was a recent change in medications.

Lessons Learned
<ul style="list-style-type: none"> PRVENTION!! We speak hydration, hydration, hydration for working in excelerated temperatures, it goes deeper than just drinking water, we need to also take a look at the overall hydration methods. SLEEP! I know easier said than done, at least 8 hours. Nutrition: A balanced diet of Protein: Fish, chicken, red meat, dairy, eggs. Complex Carhohydrates: Fruits, startchy vegetables, whole grains. Healthy Fats: Fish (such as cod), avocados, flaxseed, nuts. Vitamins: Food that contains vitamins A, B, C, D, E, and K, such as leafy greens and citrus fruits. Consuming the right fluids with electrolytes: Just water can strip the electrolytes from your system, before, during and after work and making sure we know how changes in medications will affect us working in these conditions – Hot or Cold.