

Welcome to SAFETY NOTE #5

Feeling giddy, light-headed, bewildered, heart going pitter pat????

It could be LOVE!!

However, if you're working for Steward Observatory, LBT or MMT, it's probably more likely HIGH-ALTITUDE SICKNESS!!!

Recently the Executive Safety Committee has had several health and safety reports across multiple mountain sites related to High-Altitude Sickness.

Attached, please find The High-Altitude Safety Information poster --- please review and post in a highly visible area for all our faculty, students, staff, and visitors.

Watch for symptoms in yourself and others:

- ➔ Shortness of Breath while resting
- ➔ Chest Pain
- ➔ Slurred Speech
- ➔ Severe Headache without relief from NSAIDs
- ➔ Altered Mental Status or Loss of Consciousness
- ➔ Vomiting
- ➔ Visual Disturbances

NOTIFY OBSERVATORY STAFF MEMBER/MANAGER IMMEDIATELY

MGIO ONLY: CONSULT BANNER MEDICAL AT 520-694-4222 & SELECT OPTION 1

CALL 911 FOR EMERGENCIES

What You Can Do to Combat the Effects of Altitude:

- ✓ Stay Hydrated - Drink Plenty of Water
- ✓ Eat Regular Meals
- ✓ Start to Acclimate Yourself – Take a 30-minute rest upon arrival

Be conscious of safety in your work, with your team, and in your surroundings, including at home too!!

Thanks for taking time to review this important information!!!

High Altitude

Know Your Limits

What is altitude sickness?

ILLNESS CAUSED BY RAPID ASCENT IN ALTITUDE
RESULTING IN REDUCED OXYGEN LEVELS
CHARACTERIZED BY:

Headache Light-headedness Nausea Fatigue

What You Need to Know:

If the above symptoms worsen **Or** you experience:

- **Shortness of Breath while resting**
- **Chest Pain**
- **Slurred Speech**
- **Severe Headache without relief from NSAIDs**
- **Altered Mental Status or Loss of Consciousness**
- **Vomiting**
- **Visual Disturbances**



NOTIFY OBSERVATORY STAFF MEMBER/MANAGER

MGIO ONLY: CONSULT BANNER MEDICAL AT 520-694-4222 & SELECT OPTION 1

CALL 911 FOR EMERGENCIES

FOLLOW MEDICAL ADVICE FOR OFF-SITE TRANSPORT/MEDICAL CARE

What You Can Do to Combat the Effects of Altitude:

- Stay Hydrated - Drink Plenty of Water
- Eat Regular Meals
- Start to Acclimate Yourself – Take a 30-minute rest upon arrival

All staff and visitors should be aware of the effects of altitude and should monitor any signs and symptoms of altitude sickness in themselves and each other.

Mt. Graham – 10,500 ft (3200 m) Mt. Lemmon – 9,000 ft (2700m)

Kitt Peak – 7,000 ft (2100 m) Mt. Hopkins – 8,400 ft (2500 m)