



MAFES Dawg Tracks

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*Safety Tips:
Heat Illness*

Believe it or not another summer is just around the corner and with it are the words from an old song “Here Comes the Sun” and the heat that accompanies it. We need and look forward to the sun and heat so our crops, gardens and grasses can thrive. As critical as the sun and heat is to crops, it can be a “thorn in our side” while working in it. We must respect the sun and heat by taking precautions to help protect us.

HEAT STRESS CAN BE VERY SERIOUS-

- ✓ Working outdoors in hot, humid weather can result in heat stress. This is a condition that occurs when our bodies build up more heat than they can handle.
- ✓ Outside work, like agricultural work, that is in the sun continually for long periods of time makes us susceptible to heat stress.
- ✓ Acute heat stress can be life-threatening and needs immediate medical attention.
- ✓ Knowing what steps to take if a co-worker shows signs of heat stress can be a great help for them.

RECOGNIZING HEAT ILLNESSES-

- There are a number of different types of heat illnesses including heat rash, heat exhaustion, and heat stroke.
- Heat stroke, which often occurs suddenly, is the most life-threatening and requires immediate medical attention.
- Although some of the specific symptoms of heat illnesses may vary, here are some that are common to all the types:

~exhaustion	~dizziness or fainting
~headaches	~aggressive or irrational behavior
~nausea	~severe thirst / dry mouth
~muscle weakness	~muscle/abdominal cramps
~muscle/abdominal cramps	~chills
~loss of coordination	
~confusion, including slurred speech	
- It is important to stay calm but to act quickly if you think someone is showing signs of heat stress.

HIGH TEMPERATURE + HIGH HUMIDITY + PHYSICAL ACTIVITY = HEAT ILLNESS

Do:

- *Become familiar with the symptoms of heat-related illnesses.*
- *Quickly move the victim to a shade or other cool area.*
- *Remember to drink a lot of water before, during and after work to help reduce the potential for heat stress.*

Ted Gordon-Risk Mgmt. /Loss Control Mgr.
 MAFES/MSU-ES (662) 566-2201
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RESPONSES TO HEAT ILLNESSES-

- ✓ Move the victim to the shade or other cool area.
- ✓ Have someone call for immediate medical help. (Make sure the person knows where you have emergency phone numbers and the 9-1-1 number posted. Make sure that either you or someone else with 1st Aid/CPR training can be reached A.S.A.P.)
- ✓ Remove their outer clothing (jacket, hat, etc.) as well as any personal protective equipment. The jacket or other wet items may restrict the blood flow. If the victim has been spraying pesticides, don't touch the outer clothing as it could be contaminated with pesticides. A good idea is to put gloves on to be doubly safe.
- ✓ Cool the victim off. If it is available, use a sponge with cool water to apply to their body and legs. Sponge or splash cool water on the legs, face, neck, hands and forearms.
- ✓ If the victim is conscious and alert, have the person to drink as much water as possible.
- ✓ Try to keep the victim calm and still until the EMTs arrive.

PROTECT YOURSELF-

- Learn to recognize the symptoms of heat stress and how to treat them.
- On hot days, don't spare the water. Drink often during the day and you might sprinkle some hints of salt, salty foods, but no salt tablets.
- Wear loose clothing made of cotton and other fabrics that allow air to pass through.
- Gauge your work habits and take sufficient breaks.
- In the early spring acclimate yourself to the heat gradually until you have adapted to a high tolerance level.
- Wear a wide-brimmed hat.
- Avoid drinks that contain caffeine, alcohol or large amounts of sugar.

DON'T:

- ❖ *Forget to seek immediate emergency medical help when you first suspect heat stress.*
- ❖ *If the victim has on contaminated PPE from spraying pesticides- don't touch the clothing without wearing gloves.*
- ❖ *Leave a person alone who may have a heat-related illness.*

*THE HOTTER IT IS OUTSIDE-
THE MORE WATER YOU NEED*

INSIDE~!

~*~ *** ~*~

QUENCH YOUR FIRST.

