The Heat is On

Whether you're outdoors in the heat for work or play, know how to cope with the heat.

Heat Hazards

There are a variety of possible heat hazards. In order of seriousness, these are:
- Heat rash - not dangerous, but definitely uncomfortable. Showers after work or play and a sprinkle of talcum are helpful.
- Heat stress - as indicated by such symptoms as extreme thirst, fatigue, dizziness, and even trouble seeing; Take a break in the shade and drink cool water, never alcoholic beverages.
- Heat cramps - painful muscle spasms in arms, legs, or intestines, caused by losing salt as the result of sweating. Again, cool down and drink water.
- Heat exhaustion - may cause weakness, dizziness, headache, nausea, chills with clammy skin and profuse sweating. Have the victim rest in a cool spot, with feet slightly elevated, and drink cool water unless vomiting. If there's no improvement in a short time, get medical help.
- Heatstroke - is the most serious, in fact life-threatening, form of heat sickness, in which the cooling action of perspiration stops; the skin may be hot to the touch; and the victim may appear confused and show poor coordination. Call a doctor and/or ambulance and move the victim to a cool place at once, then continuously sponge with cold water; apply ice packs or cold soft-drink cans until medical help arrives.

Preventing Heat Illness

Fortunately, there's a lot you can do to protect yourself from heat hazards. For example, you can:
- Limit exposure to the sun as much as possible by scheduling outdoor activities for mornings and evenings, and try to stay in the shade if outside in the midday.
- Schedule the heaviest periods of work or play during the coolest parts of the day.
- Take frequent breaks (in a cool place out of the sun if possible).
- Have cool water available and drink frequently and plentifully. Avoid dehydration by drinking plenty of cool (not cold) nonalcoholic, caffeine-free fluids.
- Wear lightweight, light-colored, and loose-fitting clothes, plus a lightweight cotton hat.
- Use sunscreen, preferably with an SPF of 30 or higher, to protect the skin against burning and skin cancer.
- Wear sunglasses to protect eyes from hazardous UV rays.
- Avoid hot and heavy meals; instead, eat light foods at room temperature and choose small portions of fruits and vegetables (which contain a lot of fluids).

Test your knowledge. Take the National Safety Council’s Heat-Related Illness Safety crossword puzzle on page 3. The answer sheet is on page 4.
Don’t be bugged by summer pests.

Summer pests, including mosquitoes, carry and can spread infectious viruses such as West Nile Virus. Take a few minutes to prepare this summer and avoid these pests all together!

Repel them! Deet remains the most effective insect repellent on the market. Want to go natural? Geranium, peppermint, and other essential oils can repel some mosquito species for more than an hour.

Prevent them! Mosquitoes lay their eggs in standing water, and they don’t need much: they can breed in the water of an upturned soda-bottle cap. Get rid of standing water, fix clogged gutters, and change birdbath water at least twice a week. If you have a pond, try mosquito dunks, which contain bacteria harmful to skeeter larvae, but nontoxic to mammals, fish, and birds.

Treat that bite! Hydrocortisone is an old standby. If you don’t have any handy, try a home remedy. Mix a heaping tablespoon of baking soda with just enough water to make a paste, then smear it on the bite. For an even quicker fix, rub the area with an ice cube.

Bug bites itch when blood vessels swell, irritating nerves. Ice and astringents like baking soda help shrink the vessels, which relieves the itch.

What Were They Thinking?

According to a recent article in Men’s Health Magazine, one of the most dangerous things you can do is sit all day. Research confirms that people who sit most of the day are more likely to be overweight, have heart attacks, bad posture, and back problems.

Many jobs require sitting at the computer for hours at a time, so how do you correct this? During your break times be sure to get up and move around, and if possible stand during a phone conversation. Walk to the to the other side of a building to discuss work-related topics rather than sending an email or making a phone call. You could even request a stand-up desk in some cases.

Men’s Health Magazine

Read more Here!
Heat-related Illness

Crossword Puzzle

Across
1. Heat-related illnesses can happen ________ when engaged in strenuous activity in the heat.
2. Eliminate or reduce strenuous ________ activities.
3. Wear appropriate clothing. Lightweight, light-colored fabrics ________ heat and help you maintain a normal body temperature.
4. Never leave children or pets unattended in vehicles, even with a ________ cracked.
5. Those especially at risk of heat-related illness include: infants, young children, the ________, pets, people with heart problems, employees working in heat, athletes and those using alcohol and drugs.
6. Heat stroke can cause permanent ________ damage or death.
7. Wear a wide-brimmed hat to keep the ____ off of your face.
8. Wear ________ with an SPF of at least 15 to prevent sunburn ________ excess heat. The ____ is to prevent a burn from happening.
9. Without proper precautions, heat ____ can be deadly.
10. In hot weather, drink cool water, natural juices or sports drinks even if you don’t feel ________.

Down
1. Your body needs water, salt and ________ to keep functioning.
2. If you need to be active, restrict it to the ________ times of day – early morning or late evening.
3. Heat rash is a _____ irritation caused by excessive sweating.
4. Prevent heat emergencies by resting often in shady or cool areas and drinking plenty of ________ resulting in heat cramps.
5. Heavy exertion causes fluids to be lost by ________ ________.
6. Check on family, friends and neighbors susceptible to heat-related illness at least twice a ____ in a heat wave.
7. Even in 70 degree weather, ________ can reach life-threatening temperatures in minutes.
8. Heat stroke occurs when the body’s temperature rises markedly, the sweating mechanism fails and the ________ is unable to cool down.
9. In heat exhaustion, blood flow increases to the skin, redirecting its flow from vital ________ and can result in mild shock.

Answers on next page
Heat-related Illness

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