

This Week's Learning Objective:

Exposure to Weather Elements - Heat

Materials Needed for this Session:

A copy of PestSure Safety Tip "Heat Related Illness", enough for each attendee.

Bring an example of acceptable headwear, long sleeve shirt, and sunglasses.

Leader Notes / Training Outline

1. **Review** the PestSure Safety Tip on "Heat Related Illness".
2. **Discuss:**
 - a. Headwear
 - b. Skin protection (long sleeves and sun screen?)
 - c. Sunglasses
 - d. Hydration
3. **Discuss** any question from attendees.
4. Open the discussion to the attendees. See Leader Tips below.

- _____
- _____
- _____



Leader Tips:

Announce the learning objective: Our objective today is _____

Explain to the group why this topic is being reviewed:

- Prevent you from being injured
- Prevent property damage
- Prevent injury to others
- .

Ask the **group to discuss** the subject matter and give input by drawing from their work experiences:

- Attendee to relate a personal story involving this objective
- Attendee to share something learned on the job involving this objective
- .
- .

Heat Related Illness

Even short periods of work in high temperatures can cause serious health problems. Doing too much on a hot day, spending too much time in the sun or staying too long in an overheated place can cause heat-related illnesses. Know the symptoms of heat disorders and be ready to give first aid treatment.

Heat stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Warning signs of heat stroke vary but may include the following:

- Very high body temp (above 103°F)
- Rapid, strong pulse
- Dizziness
- Unconsciousness
- Red, hot, and dry skin (no sweating)
- Throbbing headache
- Nausea
- Confusion

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim.

- Get the person to a shady area.
- Cool the body rapidly using whatever methods you can. (immerse in a tub of cool water, place them in a cool shower, or spray them with cool water from a garden hose)
- Monitor body temperature, and cool until the body temp drops to 101–102°F.
- Do not give the victim fluids to drink.
- Get medical assistance as soon as possible.

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. It is the body's response to an excessive loss of the water and salt contained in sweat. Warning signs of heat exhaustion include the following:

- The skin may be cool and moist.
- The pulse rate will be fast and weak, and breathing will be fast and shallow.

If heat exhaustion is untreated, it may progress to heat stroke. Seek medical attention immediately if the symptoms are very severe or if the person has heart problems or high blood pressure. Otherwise, help the person to cool off, and seek medical attention if symptoms worsen or last longer than 1 hour.

Heat cramps usually affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. The low salt level in the muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion. Heat cramps are muscle pains or spasms—usually in the abdomen, arms, or legs—that may occur in association with strenuous activity. If medical attention is not necessary, take these steps:

- Stop all activity, and sit quietly in a cool place.
- Drink clear juice or a sports beverage.
- Do not return to strenuous activity for a few hours after the cramps subside. Further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention for heat cramps if they do not subside in 1 hour.

