



## Safety Short 7/26/13

Where has the summer gone? Here we are the end of July already; the combines are back in the shed. But hey it is raining this summer and it's not near as hot as the last 2 summers have been. With temperatures generally in the 90,s and the humidity from recent rains it's important to pay attention to the signs of heat illnesses.

Before you leave the house in the mornings don't forget to fill that water jug with WATER. Drink plenty and drink often to stay hydrated. Wear a hat and loose clothing to work. If you start cramping in your arms or legs, you need to get cooled off; this is the first sign of heat illness. This occurs if you fail to take in enough electrolytes, so keep sucking on that water jug, or drink a Gatorade.

This precedes heat exhaustion the next form of heat related illness. Telltale signs of heat exhaustion are profuse perspiration and a pale skin tone. Again get to the shade and cool off with a spray of water, elevate your feet if possible, sounds like a good time to find the Lazy boy and some AC. This is a medical emergency, don't keep working or you will go into heat stroke.

Heat stroke is the most severe form of heat induced illness. This occurs when your body becomes so hot your brain cannot regulate your body's temperature. The telltale signs of heat stroke are reddish skin tone, elevated temperature and lack of perspiration. If you suffer from heat stroke get cooled off and head for the ER. Heat stroke is not something to mess with as it can have long term effects on our body if not properly treated it can lead to death if not treated immediately. I have found that pouring water on the back of your neck will help immediately with heat related illnesses, or soak your hat with water; it probably could use a rinsing out anyway. The most important thing is to get cooled off ASAP.

Keep drinking that cool water or a Gatorade, beer will not keep you hydrated when working out in the hot sun, it will actually speed up the dehydration process. You can save that for when you get back to the house. Maybe it's time to consider going to the mountains for a few days to cool off and relax, I guess I will do just that. The work will still be here when I get back.

Stay cool, drink plenty of water and enjoy the fact that it can still rain. Until next time, stay cool. From your friends at United Ag Service.

Lee