



SUNNY DAYS & HEAT WAVES

AFOP's Health & Safety Programs

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AVOID FALLING VICTIM TO HEAT STRESS

Summer has finally arrived! After surviving a long and cold winter we are all excited about not having to wear extra layers of clothing and enjoying the sunshine. However, if you are working outside, sunshine can turn deadly if the proper precautions are not taken.

Between 1999 - 2010, the Center for Disease Control reported 7,415 deaths from excessive heat exposure in the United States, an average of 618 per year. Fortunately, these are preventable deaths that can be avoided if you have a heat response plan in place. As a farmworker you need to protect yourself by having your own plan in place. When you create your plan check to see if personal and/or environmental risk factors put you at a higher risk of suffering a heat related illness.

PERSONAL RISK FACTORS

- Age
- Attitudes
- Ability to adjust to environment
- Pregnancy
- Physical fitness
- Weight
- Existing medical conditions
- Choice of drinks

ENVIRONMENTAL RISK FACTORS

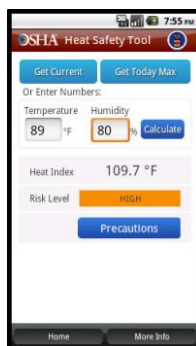
- Temperature
- Time of day
- Workload
- Heavy clothing
- Pesticide exposure
- Presence of heavy machinery
- Shade or clouds
- Humidity
- Wind

PROTECT YOURSELF – create your own safety plan

- Always wear loose-fitting, light-colored clothes that are made of cotton; this type of clothing allows the skin to breathe better and absorbs less heat from the sun.
- Make sure to wear a hat with a brim or a cap and use a bandana under your hat to protect your neck (you can also wet it to keep you cool).
- Take regular breaks or rest in the shade to prevent your body from over-heating.
- Drink plenty of **water**; before going to work drink water and while working **drink one cup of water every 15 minutes**.
- If possible, avoid working outside during the warmest hours of the day.



Check out Heat
Stress App on
Google Play or
App Store



WATER. REST. SHADE.
The work can't get done without them.

HEAT EXHAUSTION

WHAT TO DO:

- Have worker sit or lie down in a cool, shady area
- Give worker plenty of cool water to drink
- Cool worker with cold compresses/ice packs
- Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes.

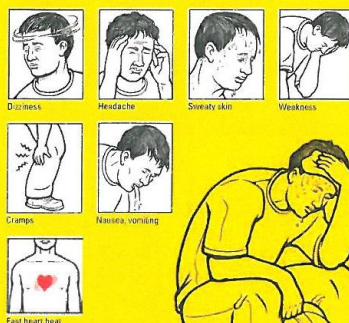
DO NOT RETURN TO WORK!



Health effects of heat

Two types of heat illness:

Heat Exhaustion



Heat Stroke



Watch out for early symptoms. You may need medical help.

People react differently — you may have just a few of these symptoms, or most of them.

1

HEAT STROKE

WHAT TO DO:

- Get medical attention right away (but do not leave victim)

WHILE WAITING FOR HELP:

- Place worker in shady, cool area
- Loosen clothing, remove outer clothing
- Fan air on worker; place ice packs in armpits and groin
- Wet worker with cool water; apply ice if available
- Give worker small amounts of water if possible

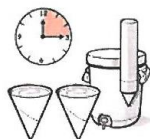
STAY WITH WORKER UNTIL HELP ARRIVES.



Stay safe and healthy!

WATER. REST. SHADE. The work can't get done without them.

Drink water even if you aren't thirsty — every 15 minutes.



Rest in the shade.



Watch out for each other.



Wear hats and light-colored clothing.



"Easy does it" on your first days of work in the heat. You need to get used to it. Rest in the shade — at least 5 minutes as needed to cool down.

2

HEAT CRAMPS

WHAT TO DO:

- Have worker rest in shady, cool area
- Worker should drink water or other cool beverages
- Wait a few hours before allowing worker to return to strenuous work

HAVE WORKER SEEK MEDICAL ATTENTION IF CRAMPS DON'T GO AWAY.



Be prepared for an emergency

Heat kills -- get help right away!



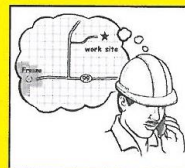
If someone in your crew has symptoms:

- 1) Tell the person who has a radio/phone and can call the supervisor -- you need medical help.
- 2) Start providing first aid while you wait for the ambulance to arrive.
- 3) Move the person to cool off in the shade.
- 4) Little by little, give him water (as long as he is not vomiting).
- 5) Loosen his clothing.
- 6) Help cool him: fan him, put ice packs in groin and underarms, or soak his clothing with cool water.

When you call for help, you need to:

- Be prepared to describe the symptoms.
- Give specific and clear directions to your work site.

3



HEAT RASH

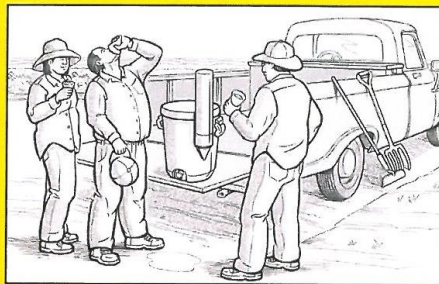
WHAT TO DO:

- Try to work in a cooler, less humid environment when possible
- Keep the affected area dry

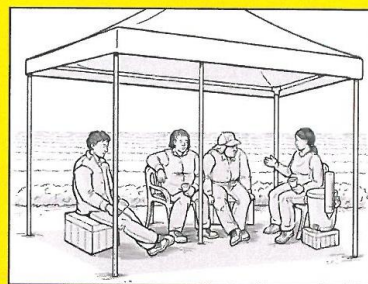


Heat illness can be prevented!

At our work site, we have:

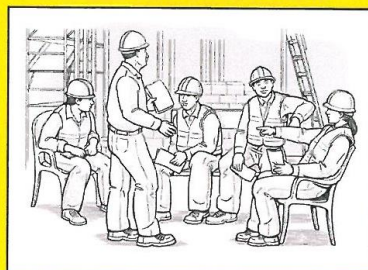


Water



Shade to rest and cool down

We are extra careful when there is a heat wave or temperature goes up. Then we may change our work hours, and we all need more water and rest.



Training and emergency plan

4





Concinando con Sazón...

Shrimp Soup (Makes 6-8 servings)

INGREDIENTS:

- 3 qt. water
- 2 lbs. fresh shrimp (peeled and cleaned)
- 3 stems celery, finely sliced
- 2 tomatoes, diced
- 1 large potato, chopped
- 3 carrots, thinly sliced
- ½ white onion, diced
- ¼ c. cilantro, finely chopped
- Salt, as needed
- Lime wedges to garnish
- Red salsa to garnish

Directions:

1. Boil the water in a large pot. Once water comes to a boil, add celery and carrots to water and let cook for 5 minutes.
2. Add tomatoes, potatoes, and onions to broth. Let boil for 10 minutes.
3. Add shrimp, salt, and cilantro to broth. Cook for 5 minutes on medium heat.
4. Serve hot with lime wedges and red salsa.



Share your recipes with us! Send by email to: kelly@afop.org or post on our Facebook page.

Healthy Tips!

FOUR USES FOR BAKING SODA

- **Fruit and veggie wash:** Use water, baking soda and lemon juice to remove wax off of fruits, such as apples and grapes.
- **Toy cleaner:** Pour 4 tablespoons of baking soda in a quart of warm water and stir until the baking soda is dissolved. Put in a spray bottle to spray on toys. Rinse with water and dry.
- **Trash can deodorizer:** Sprinkle a small amount of baking soda in the trash can once a week to keep the unwanted smells away.
- **Clean combs and brushes:** Let your hair combs and brushes soak in a cup of water mixed with 1 tablespoon of baking soda. Remove, rinse with water and dry.



Share your healthy tips with us! Send by email to: kelly@afop.org

FOLLOW US!



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To receive Pesticide Safety and/or Heat Stress training please contact:

Association of Farmworker Opportunity Programs

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