



HOT? Or COLD?: Working Outside *by Vashiti Kelly*

January 2014, started with some of the coldest days in over a century. The snow and frigid air swept across the country shattering record setting temperatures in the East and South of the country. And, for migrant farmworkers following the crops and some seasonal farmworkers in these regions, this unpredictable and harsh weather could pose a serious problem to their health.

At very cold temperatures there is a risk of the body becoming dangerously overcooled, also known as **hypothermia**. Hypothermia could be fatal in the absence of immediate medical attention. An additional serious effect of cold exposure is **frostbite**

or the freezing of exposed fingers, toes, nose and ear lobes.

Individuals suffering from hypothermia are unable to notice the symptoms, therefore their survival depends on others working alongside them to identify symptoms and seek medical help. The **warning signs of hypothermia** can include feelings of nausea, fatigue, dizziness, irritability or euphoria, individuals may experience pain in their hands, feet, ears, and shivering throughout their body. If this is the case workers should be moved to a heated shelter and seek medical help.

How to protect yourself?

It is vital that you wear protective layers (such as waterproof outer layers, under garments that keep moisture away from skin, waterproof boots, thick socks, face and eye protection) of clothing to shield the body from exposure to the cold during physical activity. It is recommended frequent periods of rest be taken to avoid excessive sweating.

Here are some additional prevention tips:

- To prevent excessive sweating while working, remove clothing in layers and not all at once
- Prevent contact of bare skin with cold surfaces, especially metal
- Sitting or standing still for long periods of time should also be avoided to prevent stiff muscles
- Clothing should be kept dry otherwise it loses its protective properties.
- Eat well balanced meals and drink ample amounts of liquid to avoid dehydration
 - Caffeine drinks should be limited because it increase bathroom use and dehydrates the body.
 - Alcohol should not be consumed because it weakens the body's ability to control body temperature



Remember to stay warm and dry. Take breaks to warm your insides and cool your body if sweating. And, keep an eye out for one another while working out in the fields.



CONCINANDO CON SAZON...

SALSA (SERVES 4)

INGREDIENTS:

- 2 large tomatoes, seeded and diced
- ½ small sweet onion, chopped
- 1-3 jalapeños, chopped
- 2 tablespoons cilantro, chopped
- 1 clove garlic, chopped
- 2 tablespoons lime juice, fresh squeezed
- 1 teaspoon olive oil
- ¾ teaspoon salt
- ½ teaspoon cumin
- ¼ teaspoon black pepper



PREPARATION: Combine all ingredients and let sit for 2 hours before serving. After 2 hours, serve and enjoy!

Share your recipe with us! Email it to: kelly@afop.org or post it in our Facebook.

Healthy Tips!

HOW TO CLEAN YOUR MICROWAVE

- **WHAT YOU WILL NEED:** Vinegar and water
- **HOW TO USE:**
 1. Mix 1 cup vinegar with 1 cup of hot water into a microwave dish.
 2. Place dish in microwave and set timer for approximately 10 minutes and turn on.
 3. After 5-10 minutes carefully remove dish of HOT liquid and wipe out inside of microwave with wet rag.



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