



BEFORE THE DOG DAYS OF SUMMER

learn how community health workers can help prevent heat stress

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1 pm ET (Eastern Time)

WEBINAR FOR **MCN**



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What could have been
done differently in this
case?

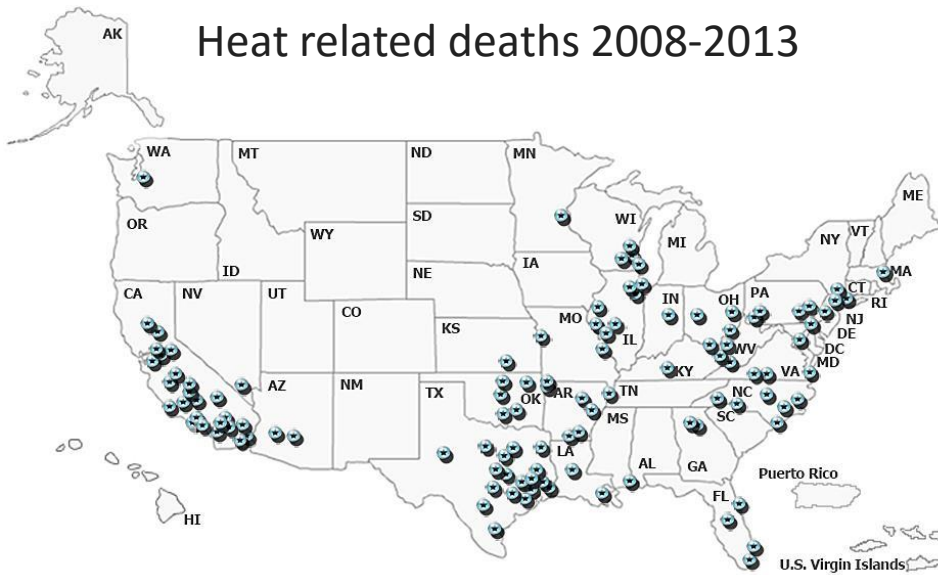
Establish and
enforce work/rest
schedules

Place water
cooler near the
worksite

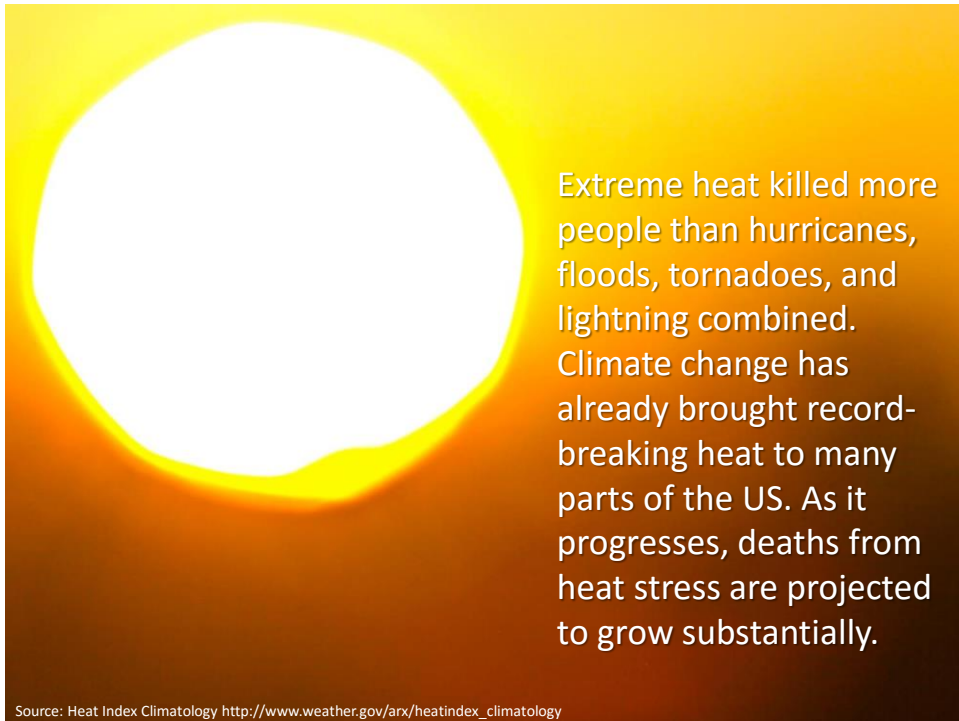
Seek medical
attention
immediately



Heat stress occurs when the body heats up too quickly and is unable to cool itself down.



During this 5 year period, an average of 28 workers died annually.



What other industries
put workers at risk for
heat stress?







Which of the following are symptoms of heat stress?

Symptoms

- Extreme thirst
- Rash
- Cramps
- Blurry vision
- Fatigue and weakness
- Nausea or dizziness
- Excessive sweating
- Chills
- Headache
- Dry, hot skin
- Fainting



Heat stress can quickly become very serious.



And if it's not treated in time, can lead to very serious health problems- sometimes even death.

Images Via: State of California, Department of Industrial Relations, Heat Illness Prevention 2010 Employer Training PowerPoint

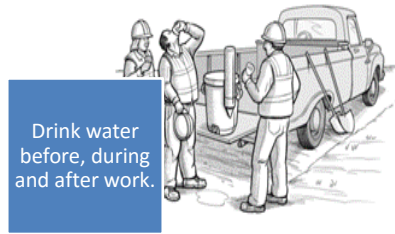
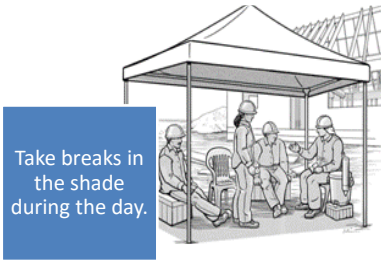




Which of the following are not ways to prevent heat stress?



Prevention



Dehydration



Before working (AM)

50% of workers were dehydrated when they arrived at work

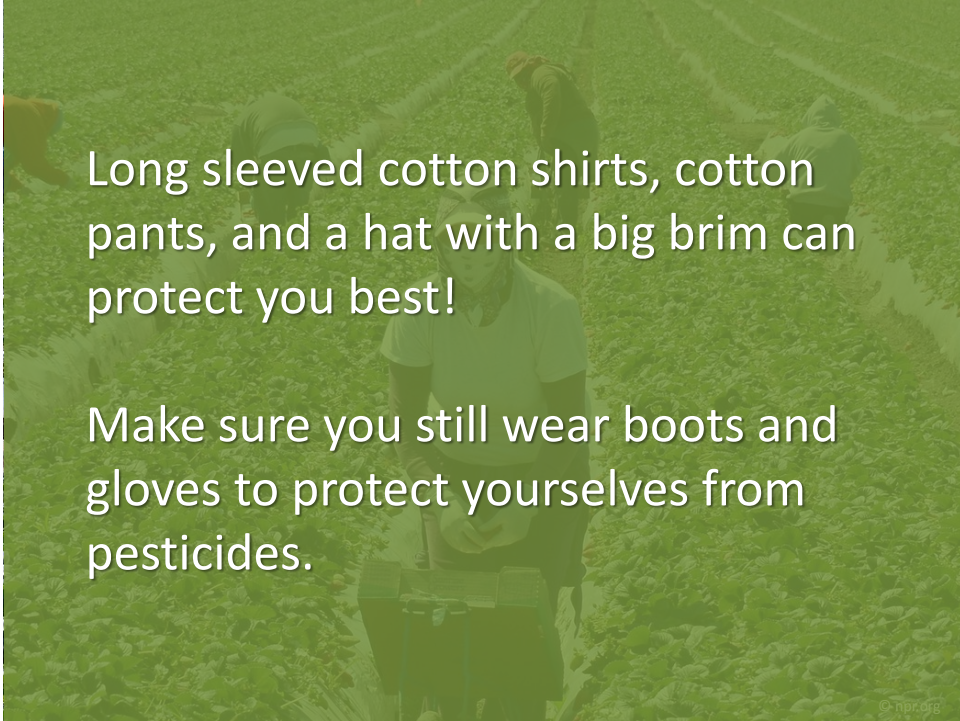


After working (PM)

75% of workers were dehydrated when leaving work.

Long sleeved cotton shirts, cotton pants, and a hat with a big brim can protect you best!

Make sure you still wear boots and gloves to protect yourselves from pesticides.





Case Study

What could have been done differently in this case?

Internal Temperature



Upper recommended limit= 100.4°F

Normal =
98.6°F

4 out of 5 farmworkers registered a temperature over 100.4°F at some point when they were monitored throughout the work day

What should you do if a worker is exhibiting signs of heat stress?

Treatment

Move to a shaded area

Loosen or remove clothing

Drink potable water

Splash cool water on the body- especially on the chest

SEEK MEDICAL ATTENTION



Images Via: State of California, Department of Industrial Relations, Heat Illness Prevention 2010 Employer Training PowerPoint

What agency is responsible
for ensuring that workers
are protected from heat
stress?

Heat Stress and OSHA

By law: ✓ Employers must provide training to workers on the risks of heat stress.

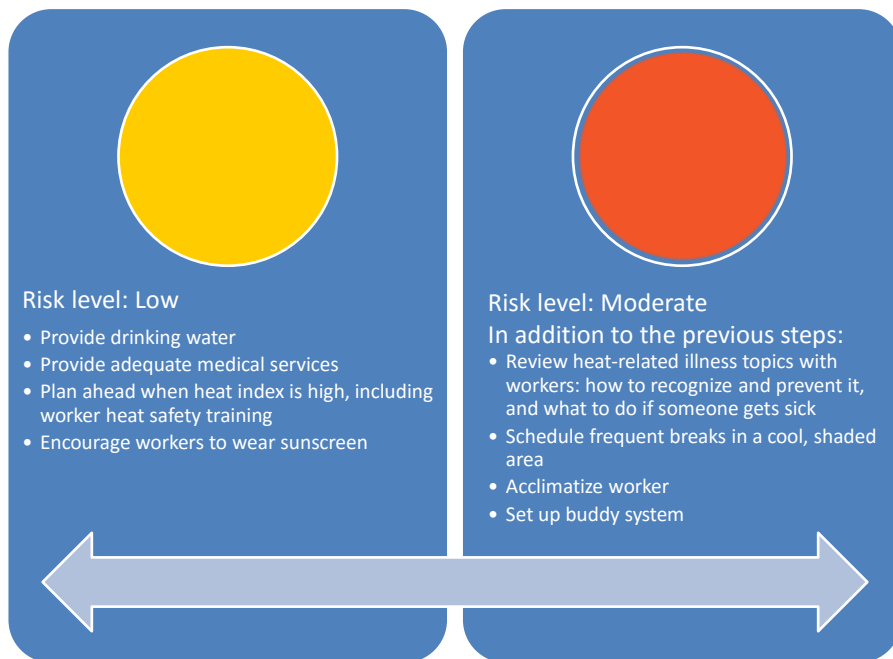


✓ Workers must be paid for their time during training.

OSHA does not have a general heat stress standard, however employers are responsible for providing workplaces that are free of excessive heat.

Heat Index	Risk Level	Protective Measures
Less than 91°F	Lower (Caution)	Basic heat safety and planning
91°F to 103°F	Moderate	Implement precautions and heighten awareness
103°F to 115°F	High	Additional precautions to protect workers
Greater than 115°F	Very High to Extreme	Triggers even more aggressive protective measures

Examples of Protective Measures







Communicate the risks of heat stress

Inform workers about prevention strategies

Educate about the rights and responsibilities of workers and employers

Act as a trusted source of health information

Connect workers with medical and advocacy resources



Thanks for your participation!



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References

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This presentation is adapted from: *Pesticide Hazards, Field Sanitation, and Heat Stress for Farmworkers: A Training Curriculum for Lay Health Educators* was created for the Project -Institutionalizing Capacity to Improve Occupational Safety and Health of Farmworker Communities Nationwide. The curriculum and materials were developed by Farmworker Justice with support from Occupational Safety and Health Administration (OSHA)



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