

ESOURCE NEWSLETTER

Heat Related Illnesses and First Aid

Heat stroke, the most serious form of heat-related illness, happens when the body becomes unable to regulate its core temperature. Sweating stops and the body can no longer rid itself of excess heat. Signs include confusion, loss of consciousness, and seizures. **Heat stroke is a medical emergency that may result in death! Call 911 immediately.**

Heat exhaustion is the body's response to loss of water and salt from heavy sweating. Signs include headache, nausea, dizziness, weakness, irritability, thirst, and heavy sweating.

Heat cramps are caused by the loss of body salts and fluid during sweating. Low salt levels in muscles cause painful cramps. Tired muscles—those used for performing the work—are usually the ones most affected by cramps. Cramps may occur during or after working hours.

Heat rash, also known as prickly heat, is skin irritation caused by sweat that does not evaporate from the skin. Heat rash is the most common problem in hot work environments.

The chart provided shows symptoms and first aid measures to take if a worker shows signs of a heat-related illness.



Illness

Heat stroke

Symptoms:

- Confusion
- Fainting
- Seizures
- Excessive sweating or red, hot, dry skin
- Very high body temperature

First Aid*

- Call 911

While waiting for help:

- Place worker in shady, cool area
- Loosen clothing, remove outer clothing
- Fan air on worker; cold packs in armpits
- Wet worker with cool water; apply ice packs, cool compresses, or ice if available
- Provide fluids (preferably water) as soon as possible
- Stay with worker until help arrives

Prevention

Heat-related illnesses can be prevented.

Prevention requires employers and workers to recognize heat hazards.

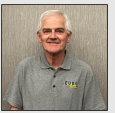
Looking Forward to your participation 2024 IMEA Annual Business Meeting & Vendor Expo

Round Table Sessions & Featured Host Speaker Line Up

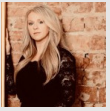


EUDS Consultants Disaster Preparedness / Emergency Response

Gary Grubbs, President / CEO



**John Newland, PE
Senior Engineer & Utility Consultant**



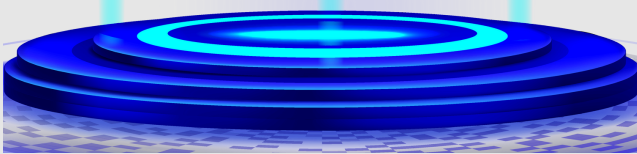
**Discussion Roundtable on Utility Fees & Non-Recurring Charges
Commentator / Host Crystal Quicksall,
Key Account Manager with
Lawrenceburg Municipal Utilities**



**Safety and Mutual Aid Roundtable,
IMEA Executive Director, Duane
Richardson**

Other Session Topics:

- GIS Mapping Solutions / AMI
- Metering
- Legislative Updates



Registration is available!

Please visit: [www.imea.com / events](http://www.imea.com/events)

Register TODAY!

IMEA 2024 CALENDAR OF EVENTS

AUGUST

August 5 - 9, 2024 IMEA 612 Intermediate workshop Class# 082222 (Frankfort, IN.)

SEPTEMBER

September 9 - 13, 2024 IMEA 613 Advanced Construction and Maintenance Workshop (#092721) (Frankfort, IN.)

September 23 - 27, 2024 IMEA 611 Basic Construction and Maintenance Workshop (#102323) (Frankfort, IN.)

OCTOBER

October 8 - 10, 2024 - IMEA Annual Business Meeting & Vendor Expo (Bloomington, IN.)

October 21, 2024 - November 1, 2024 IMEA 610 Wood Pole Climbing Workshop (#102124) (Frankfort, IN.)





Careers in Public Power

Public power is more to communities than just an essential utility. It is a source of unique and fulfilling career opportunities in your local community. Employees make a difference by serving their own neighborhoods and families. Talented high school, college and technical college graduates and even technology, environmental and public service professionals will find that competitive salaries aren't the only thing attractive about careers in public power.

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To post a classified ad to our jobs in Public Power page. Please email text to janel@imea.com.

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