

Hi all IRKS members,

Here we are at the start of another month of record temperatures. This past July was the second hottest July on record and August isn't starting off any better. With heat indexes of over 105 degrees almost every day it's probably a good time for a safety reminder and info about heat exhaustion, heatstroke and extreme temperatures. The main thing to remember is when the heat index goes over 105 degrees heat exhaustion is likely, heatstroke is possible. This is serious stuff and the reason we postponed the rebuilding of the sunshade.

And now for my two cents worth; now would be a great time to stay indoors and get some of that model building done that you've wanted to do. But if you must go out to the field, for safety's sake, take a buddy with you. Because, who's going to call 911 if you pass out?

Below you will find a lot of good info and tips on heat-related illnesses and extreme temperatures.

Be Safe, Stay Cool and Happy Flying,

Gerry Armstrong

Below is a collection of additional information taken from FEMA, CDC, EPA and other websites about heat-related illnesses and extreme temperatures:

Heat exhaustion occurs when the body is dehydrated.

- **Symptoms:** headache, nausea, dizziness, cool and clammy skin, pale face, cramps, weakness, profuse perspiration
- **First aid:** move to a cooler spot, drink water with a small amount of salt added (one teaspoon per quart)
- It can lead to collapse and heatstroke.

Heatstroke occurs when perspiration cannot occur and the body overheats.

- **Symptoms:** headache, nausea, face flushed, hot and dry skin, no perspiration, body temperature over 101°F, chills, rapid pulse
- **First aid:** cool person immediately, move to shade or indoors, wrap in a cool, wet sheet, get medical assistance
- It can lead to confusion, coma, and **death**.

What you should do if the weather is extremely hot:

- Stay indoors as much as possible in an air-conditioned place and limit exposure to the sun, if at all possible.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of fluids regardless of your activity level. Drink at least two to four glasses of cool, nonalcoholic fluids each hour. Don't wait until you're thirsty to drink. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage.
- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- If you must go out, wear loose-fitting lightweight, light-colored clothing that cover as much skin as possible to reflect the sun's energy.
- Protect face and head by wearing a wide-brimmed hat.
- Use a buddy system when working in extreme heat, and take frequent breaks.
- Try to rest often in shady areas.
- Slow down, avoid strenuous outdoor activity. If you must engage in strenuous activity, limit exposure during mid-day hours.
- Never take a cool shower immediately after becoming overheated. You may cool too quickly and become ill, nauseous, or dizzy.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - o Infants and young children
 - o People aged 65 or older
 - o People who have a mental illness

Those who are physically ill, especially with heart disease or high blood pressure