

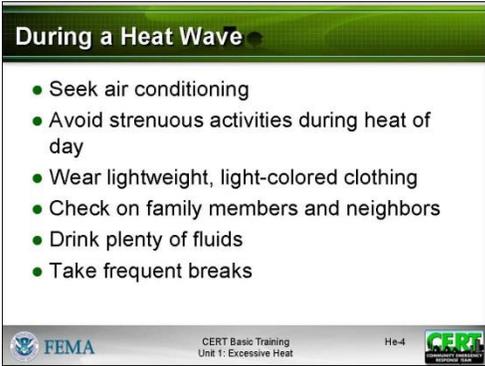
Excessive Heat

INSTRUCTOR GUIDANCE	CONTENT
<p data-bbox="240 441 722 808"></p> <p data-bbox="240 840 516 877">Display Slide He-0</p> <p data-bbox="240 913 722 1270"></p> <p data-bbox="240 1312 516 1350">Display Slide He-1</p> <p data-bbox="240 1375 722 1407">http://www.jibble.org/kitecam/images/Cimg0028.jpg</p>	<p data-bbox="755 441 1031 483"><i>Excessive Heat</i></p> <p data-bbox="755 514 1461 556">Introduce excessive heat by defining a heat wave.</p> <p data-bbox="755 588 1469 808">Explain that a <u>heat wave</u> is a prolonged period of excessive heat, often combined with excessive humidity. Extreme heat is defined as temperatures that hover 10 ° F or more above the average high temperature for the region and last for prolonged periods of time.</p>

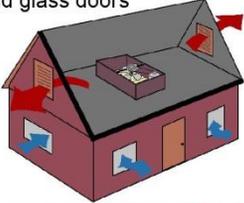
**COMMUNITY EMERGENCY RESPONSE TEAM
EXCESSIVE HEAT**

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="240 331 722 695"><p>Effects of Excessive Heat</p><ul style="list-style-type: none">● Body must work extra hard to maintain its normal temperature● Those at risk<ul style="list-style-type: none">■ Elderly■ Very young■ Disabled■ Men (perspire more than women)● People in urban areas at greater risk<p>FEMA CERT Basic Training Unit 1: Excessive Heat He-2</p></div> <p data-bbox="240 730 516 768">Display Slide He-2</p> <div data-bbox="240 1333 722 1696"><p>Heat Wave Risks</p><ul style="list-style-type: none">● Heat cramps● Heat exhaustion● Heat/Sun stroke<p>FEMA CERT Basic Training Unit 1: Excessive Heat He-3</p></div> <p data-bbox="240 1717 516 1755">Display Slide He-3</p>	<p data-bbox="755 331 1510 695">Tell the group that under normal conditions, the body’s internal thermostat produces perspiration that evaporates and cools the body. In abnormal heat and high humidity, however, evaporation is slowed and the body must work extra hard to maintain its normal temperature. The elderly, the very young, and those who are disabled are at risk from extreme heat. Also, because men sweat more than women, they are more likely to have difficulty with extreme heat as a result of dehydration.</p> <p data-bbox="755 730 1510 951">Continue by explaining that studies indicate that excessive heat that continues for periods longer than 2 days causes a significant rise in heat-related illnesses. Spending several hours each day in air conditioning, however, can reduce the risk of heat-related illness.</p> <p data-bbox="755 987 1510 1245">Explain that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than people living in rural regions. Stagnant atmospheric conditions can trap pollutants in urban areas, and asphalt and concrete stay warm longer. This phenomenon is known as the “urban heat island effect.”</p> <p data-bbox="755 1281 1510 1354">Explain that the risks associated with a heat wave can include:</p> <ul data-bbox="755 1375 1510 1686" style="list-style-type: none">■ <u>Heat cramps</u>: Muscular pains and spasms resulting from heavy exertion. Heat cramps are often the first signal that the body is suffering from excessive heat.■ <u>Heat exhaustion</u>: A form of mild shock that typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating.

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 <p>Allow the group time to respond.</p>  <p>Display Slide He-4</p>	<ul style="list-style-type: none">▪ <u>Heat/Sun stroke</u>: A life-threatening condition in which the victim's temperature control system that produces sweating to cool the body stops working. The body temperature can rise to the extent that brain damage and death may result if the body is not cooled quickly. <p>What can you do during a heat wave?</p> <p>Summarize the discussion using the points from the slide.</p> <ul style="list-style-type: none">▪ <u>Seek air conditioning</u>. If the home does not have air conditioning, persons should seek areas that do. Schools, libraries, shopping malls, community centers, and many other public places offer good refuges during extreme heat.▪ <u>Avoid strenuous activities</u> during the hottest period of the day. Heat-related illnesses can strike quickly, especially for those who perform strenuous work during the heat of the day.▪ <u>Wear lightweight, light-colored clothing</u>. Light colors reflect the sun's rays better than dark colors, which absorb the heat. Protect the face and head by wearing a wide-brimmed hat.▪ <u>Check on family members and neighbors</u> who do not have air conditioning or who have medical problems that make them particularly susceptible to heat-related illnesses.

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INSTRUCTOR GUIDANCE	CONTENT
<p data-bbox="240 821 315 890"></p> <p data-bbox="240 909 691 940">Allow the group time to respond.</p> <div data-bbox="240 997 722 1360"><p data-bbox="250 1016 483 1045">Preparing the Home</p><ul data-bbox="266 1073 602 1157" style="list-style-type: none">● Install additional insulation● Protect windows and glass doors● Use attic fans<p data-bbox="250 1331 716 1360">FEMA CERT Basic Training Unit 1: Excessive Heat He-5</p></div> <p data-bbox="240 1402 516 1434">Display Slide He-5</p> <p data-bbox="240 1472 732 1518">http://dnr.louisiana.gov/sec/execdiv/tehasmt/ecep/home/g/hm-g4b.gif</p> <p data-bbox="240 1577 412 1608">PM, P. He-3</p> <p data-bbox="240 1766 315 1835"></p>	<ul data-bbox="755 352 1511 743" style="list-style-type: none">▪ <u>Drink plenty of fluids.</u> Dehydration can occur quickly and can be unnoticed or mistaken for other illnesses. Increasing fluid intake, even if not thirsty, can reduce the risk of dehydration. Caution the group, however, that persons who are on fluid-restrictive diets (e.g., those with kidney disease) should consult their doctors before increasing fluid intake.▪ <u>Take frequent breaks.</u> Taking frequent breaks and seeking shade allows the body to cool down. <p data-bbox="755 821 1511 888">What can you do to make your home cooler, even if you don't have air conditioning?</p> <p data-bbox="755 1003 1422 1066">Suggest the measures below to protect against excessive heat in the home:</p> <ul data-bbox="755 1094 1511 1409" style="list-style-type: none">▪ <u>Install additional insulation.</u> Insulation helps to keep heat out in the summer as well as to keep heat in during the winter months.▪ <u>Protect windows and glass doors.</u> Consider keeping storm windows installed throughout the year.▪ <u>Use attic fans.</u> Because heat rises, attic fans can help clear the hottest air from the home. <p data-bbox="755 1562 1487 1703">Refer the group to <i>Excessive Heat Myths and Facts</i> in the Participant Manual. Suggest that the participants review these myths and facts after the session.</p> <p data-bbox="755 1766 1463 1829">Do you have any additional questions, comments, or concerns about excessive heat?</p>

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PM, P.	Excessive Heat Myths and Facts
MYTH:	Stay in the home during a heat wave.
FACT:	Air conditioning in homes and other buildings markedly reduces danger from the heat. If you must stay in a home where air conditioning is not available, stay on the lowest floor, out of the sunshine. If possible, however, choose other places to get relief from the heat during the hottest part of the day.
MYTH:	Beer and alcoholic beverages are best to satisfy thirst in extreme heat.
FACT:	Although beer and alcohol appear to satisfy thirst, they actually cause additional dehydration. Unless you are on a fluid-restricted diet, drink water during a heat wave, even if you don't feel thirsty.
MYTH:	During extreme heat, the best time to exercise is during the late morning and early afternoon.
FACT:	Many heat emergencies occur in those who exercise or work during the hottest part of the day. Reduce, eliminate, or reschedule strenuous activities. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 a.m. and 7 a.m.
MYTH:	A sunstroke is not life-threatening.
FACT:	A heat stroke or sunstroke <u>is</u> life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.
MYTH:	You can only get a sunburn on really hot days.
FACT:	Sunburn (and tanning) result from exposure to ultraviolet (UV) radiation, which is distinct from the light and heat emitted by the sun. You cannot see or feel UV rays, but they can be quite damaging. UV exposure has been linked to skin cancer and other skin disorders, cataracts and other eye damage, and immune system suppression. UV exposure is a year-round issue, and clouds provide only partial protection.

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