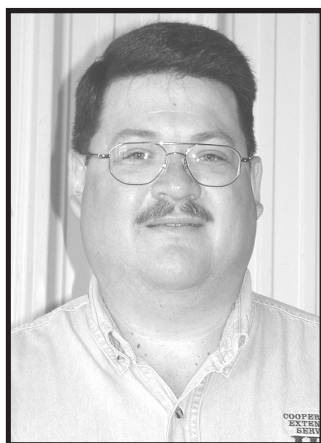


# Preventing Heat-Related Illnesses



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Some things are for certain about our Kentucky summers--they are going to be hot and humid. When heat and humidity come together, they can increase anyone's risk of experiencing a heat-related illness like heat cramps, heat exhaustion or sometimes deadly heat stroke. Fortunately, you can take measures to protect yourself and your workers from contracting these illnesses. Farmers, construction workers, and other outdoor workers need to be cautious during the hot, humid weather.

Heat-related illnesses occur when your body's

temperature rises faster than you can cool yourself. These illnesses can be exacerbated by hot and humid weather, lack of wind, lack of shade, dehydration, not taking breaks, wearing improper clothing and consuming alcohol 24 hours before working outdoors. You can also experience a heat-related illness by working near a radiant heat source such as hot engines or machinery.

Heat-related illnesses can affect anyone regardless of their age or physical ability. New workers who are not used to working in hot, humid weather, workers with chronic health conditions and those over 60 years old may be more susceptible to contracting a heat-related illness. Certain medications including those used for colds, blood pressure control, dizziness and depression can lower your ability to tolerate heat and humidity. Recently experiencing a short-term illness, such as a gastrointestinal illness or cold, can increase your risk for getting a heat-related illness.

To prevent heat-related

illness, you should plan strenuous outdoor activities for the early morning or late evening hours, when temperatures are the coolest. Wear lightweight and light-colored clothing, which will reflect heat and sunlight and help your body maintain a normal temperature. Stay hydrated by taking frequent water breaks. Take frequent rest breaks during the day in shaded or air-conditioned areas. Use sunscreen and avoid getting too much sun. A sunburn can make it harder to lower your body temperature. Work in groups, so you can monitor each other for heat-related illnesses.

Symptoms of a heat-related illness include a high body temperature, confusion, loss of coordination, sweating, skin that is hot and dry, throbbing headache, exhaustion, rapid heart rate, nausea, irritability, rapid breathing, muscle cramps and seizures.

If you suspect you or one of your employees has a heat-related illness, immediately get out of the

sun and into a cool area. Lie down and loosen your clothing. Apply a cool, wet cloth to your body. Drink water. A severe heat-related illness, such as heat stroke, can be life threatening and requires prompt medical attention. In severe cases, call 911 or seek immediate medical attention.

More information on preventing heat-related illnesses is available on the National Institute for Occupational Safety and Health websites <https://www.cdc.gov/niosh/topics/heatstress/heatapp.html> or <https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-125.pdf> or by contacting the Estill County office of the University of Kentucky Cooperative Extension Service at 723-4557.

(Source: Wayne Sander-son, professor and director of CARERC and SCAHIP)

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## Wishing Well®

8	5	4	3	4	6	2	7	3	8	4	2	7
A	M	Y	A	O	B	O	E	N	M	U	N	T
2	6	7	4	2	8	5	2	7	5	3	2	4
C	E	E	G	O	B	I	U	R	N	E	R	A
5	8	4	8	2	7	2	5	3	8	3	8	6
D	I	I	T	S	N	E	O	W	I	B	O	C
5	4	5	4	2	8	7	2	6	2	4	2	5
V	N	E	R	A	N	A	G	O	A	E	I	R
6	8	3	8	7	4	7	8	7	8	7	5	2
U	P	E	A	L	S	L	Y	O	S	V	M	N
3	5	3	7	6	3	5	8	4	5	6	3	5
G	A	I	E	R	N	T	O	P	T	T	N	E
3	8	6	8	3	6	4	5	3	6	4	6	4
I	F	E	F	N	O	E	R	G	U	C	S	T

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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## CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: J equals F

LJ YZPBQZFC GZGEHHC WTX Y ZTG  
ZJ QWBEGI PLXGY, SZTHF CZT  
YEC IB'Y TX-SBWG-LJLBF?

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## CryptoQuote

AXYDLBAAXR  
is LONGFELLOW

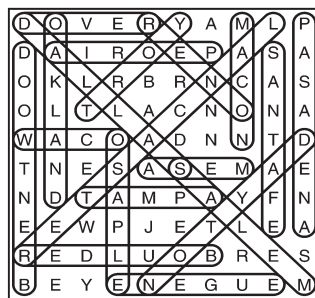
One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

DW DAIIVU AU EAZT AI UVK  
DTFTEW KV IHFACT, XHK KV  
KMFACT; OUB KV BV IV NAKM  
IVDT ROIIVU, IVDT JVDROIIVU,  
IVDT MHDVF, OUB IVDT IKWET.  
— DOWO OUYTEVH

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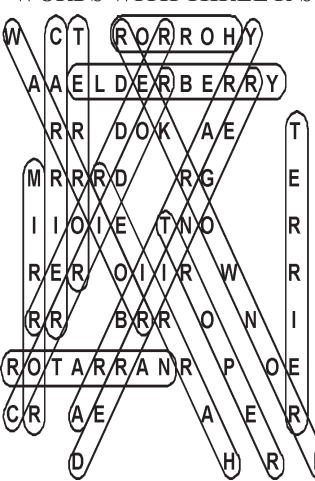
## Puzzle Answers June 30, 2021

### Puzzles4Kids Answer



Riddle Answer:  
A brand New Jersey.

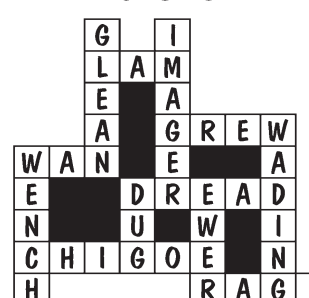
### WORDS WITH THREE R'S



### Letter Box Solution

D	R	U	B	A	M	E	N	O
B	A	M	E	O	N	R	D	U
E	N	O	R	U	D	M	B	A
M	E	N	U	B	O	A	R	D
O	U	R	D	N	A	B	E	M
A	D	B	M	E	R	O	U	N
R	B	A	N	M	U	D	O	E
N	M	D	O	R	E	U	A	B
U	O	E	A	D	B	N	M	R

### FEAR & KNIGHT answer



### Even Exchange answers

1. Award, Aware
2. Pantry, Paltry
3. Davis, David
4. Scrub, Shrub
5. Tithe, Title
6. Grant, Giant
7. Magpie, Magpie
8. Chaos, Chaps
9. Hurry, Harry
10. Ranger, Ringer

### King Crossword Answers

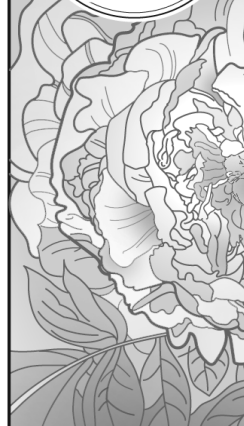
Solution time: 24 mins.



### Weekly SUDOKU Answer

8	2	3	5	7	4	9	1	6
5	9	4	6	3	1	7	2	8
1	7	6	2	8	9	5	3	4
7	3	1	4	5	8	6	9	2
2	6	8	9	1	3	4	5	7
9	4	5	7	6	2	3	8	1
3	8	7	1	4	5	2	6	9
4	5	2	8	9	6	1	7	3
6	1	9	3	2	7	8	4	5

## The Garden Bug



**Peonies** usually bloom late spring through early summer; however, some nurseries offer midsummer or late-summer varieties. There are six peony flower types to choose from: **anemone, single, Japanese, semi-double, double and bomb.** Some peonies have pretty scents like roses or lemons, while others have none at all. Peonies flower every year for many years; some have done so for over 100 years.

— Brenda Weaver

Source: www.almanac.com

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## THEY'LL DO IT EVERY TIME

LUGGO'S MEMORY OF HIS FAMILY LINEAGE IS, LIKE NIL...



## BY AL SCADUTO

BUT ASK OL' LUGGO FOR A LINE ON ANY NAG AT ANY TRACK--AND HE EXPOUNDS LIKE THIS...



NO PLACE TO HIDE DEPT--



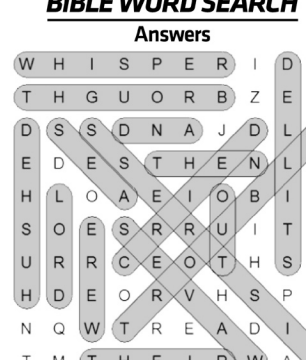
## GRIN and BEAR IT



"Both feet?"

## Puzzle Answers

### BIBLE WORD SEARCH



Bible Word Search on Page 13

## Stickeler's Answer

## Stickelers Answer

1-d, 2-b, 3-a, 4-e, 5-c

Stickeler's Puzzle on Page 13

## Bible Trivia Answers

\*Test Your Bible Knowledge,\* with 1,206 multiple-choice questions by columnist Wilson Casey, is available in bookstores and online.

ANSWERS (1) Old; (2) Jacob; (3) Lilies; (4) Levi; (5) John the Baptist; (6) Zedekiah