

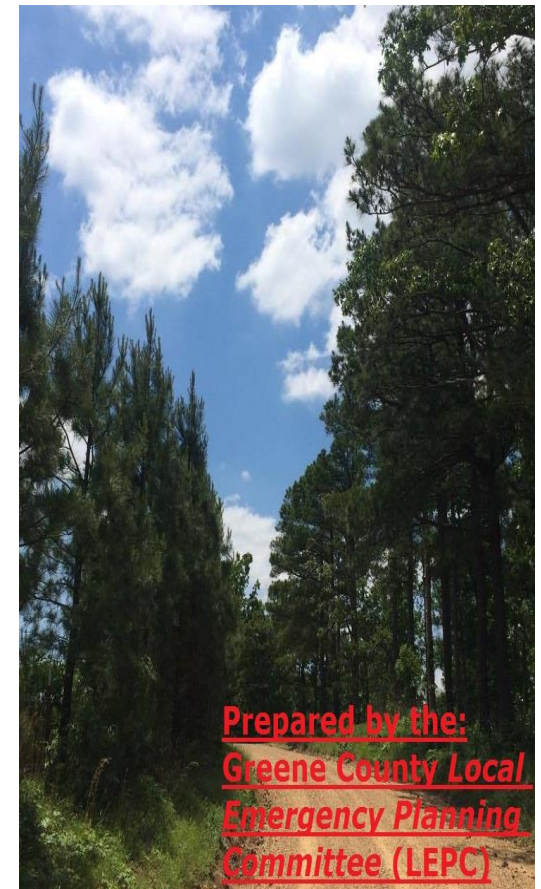
“He who fails to plan is planning to fail.” – Sir Winston Churchill

The Greene County LEPC serves as the link between citizens, industry, and government in promoting planning, training, education, and professional development of its members in order to enhance programs which encourage the safety and health of the residents of Greene County. These initiatives include conducting educational programs to help the public understand safety risks and community rights.

Greene County LEPC
320 West Court Street # 107
Paragould, AR 72450

Hazards of Greene County

Heat





If you work in the Heat

If possible, limit your outdoor activity to morning and evening hours.

- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses and by putting on sunscreen of SPF 15 or higher.
- Stay hydrated. Drink a lot of water: about 1 cup every 15 minutes.

GET COOL NOW if you feel: dizziness, headache **GET HELP NOW** if you feel: muscle cramps, weakness, nausea or vomiting **CALL 911** for these symptoms: hot, dry skin, unconsciousness, chest pain, confusion, or shortness of breath.

"By day the hot sun fermented us; and we were dizzied by the beating wind. At night we were stained by dew, and shamed into pettiness by the innumerable silences of stars."
- T.E. Lawrence

What to Watch For

Heat exhaustion symptoms:

- Headaches, dizziness, lightheadedness or fainting
- Weakness and moist skin
- Irritability or confusion
- Upset stomach or vomiting

Heat stroke symptoms:

- Dry, hot skin with no sweating
- Mental confusion or losing consciousness
- Seizures or convulsions

NEVER leave a person - especially a child - or a pet in a closed, parked vehicle.

Tips for Preventing Heat Related Illness

- Block out direct sun or other heat sources.
- Drink a lot of water: about 1 cup every 15 minutes. Do not wait until you feel thirsty.
- Wear lightweight, light-colored, loose-fitting clothes.
- Avoid alcohol, caffeinated, or very cold drinks and heavy meals.
- Infants should drink breast milk or formula.
- Stay indoors and, if at all possible, stay in an air-conditioned place.
- 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.

(This brochure has been adapted from material provided by the Doña Ana County, New Mexico LEPC.)

Contact Us

Greene County LEPC
320 West Court Street # 107
Paragould, AR 72450
(870) 239-6300

