

Surviving the Heat: Tips for Farmers Working in High Temperatures

With the summer months bringing soaring temperatures, farmers face the challenge of working long hours outdoors. High temperatures can pose significant health risks, including heat exhaustion and heat stroke. Here are some essential tips to help farmers stay safe and productive during the hottest days of the year.

1. Stay Hydrated

Dehydration is a major concern when working in high temperatures. When working outside, make sure to drink plenty of water throughout the day, even if you don't feel thirsty. It's also advisable to avoid caffeinated and sugary drinks, which can contribute to dehydration. Keeping a water bottle within reach and taking regular hydration breaks can make a big difference.

2. Dress Appropriately

Wearing lightweight, loose-fitting, and light-colored clothing can help keep the body cool. Wide-brimmed hats can provide shade and protect the face and neck from direct sunlight. Additionally, using sunscreen with a high SPF can prevent sunburn, which can hinder the body's ability to cool down.

3. Take Regular Breaks

It's crucial to take regular breaks in a shaded or cool area. Short, frequent breaks are more effective than fewer, longer breaks in preventing heat-related illnesses.

4. Monitor Health Symptoms

Everyone should be aware of the symptoms of heat-related illnesses. Symptoms of heat exhaustion include heavy sweating, weakness, dizziness, nausea, and headaches. Heat stroke, a more severe condition, can cause confusion, loss of consciousness, and even seizures. If any of these symptoms occur, it's important to seek medical attention immediately.

5. Use Cooling Aids

Cooling aids such as damp cloths, cooling vests, or portable fans can help lower body temperature.

6. Buddy System

Working with a partner or in groups can enhance safety. Partners can monitor each other for signs of heat stress and ensure help is available quickly if needed. When working alone, make sure to give regular check-ins with someone.

7. Proper Nutrition

Eating small, balanced meals throughout the day can help maintain energy levels. Foods with high water content, such as fruits and vegetables, can also aid in staying hydrated.

Staying hydrated, dressing appropriately, taking breaks, working during cooler hours, monitoring health symptoms, using cooling aids, employing a buddy system, and maintaining proper nutrition are all key strategies. Farmers can stay safe and continue their essential work outside even under the hottest conditions.



Stay Safe Around Power Lines and Poles



Photo credit: Manitoba Hydro

Every harvest season brings excitement and challenges for farmers. However, it is essential to remain vigilant year-round and prioritize safety when working near power poles and lines.

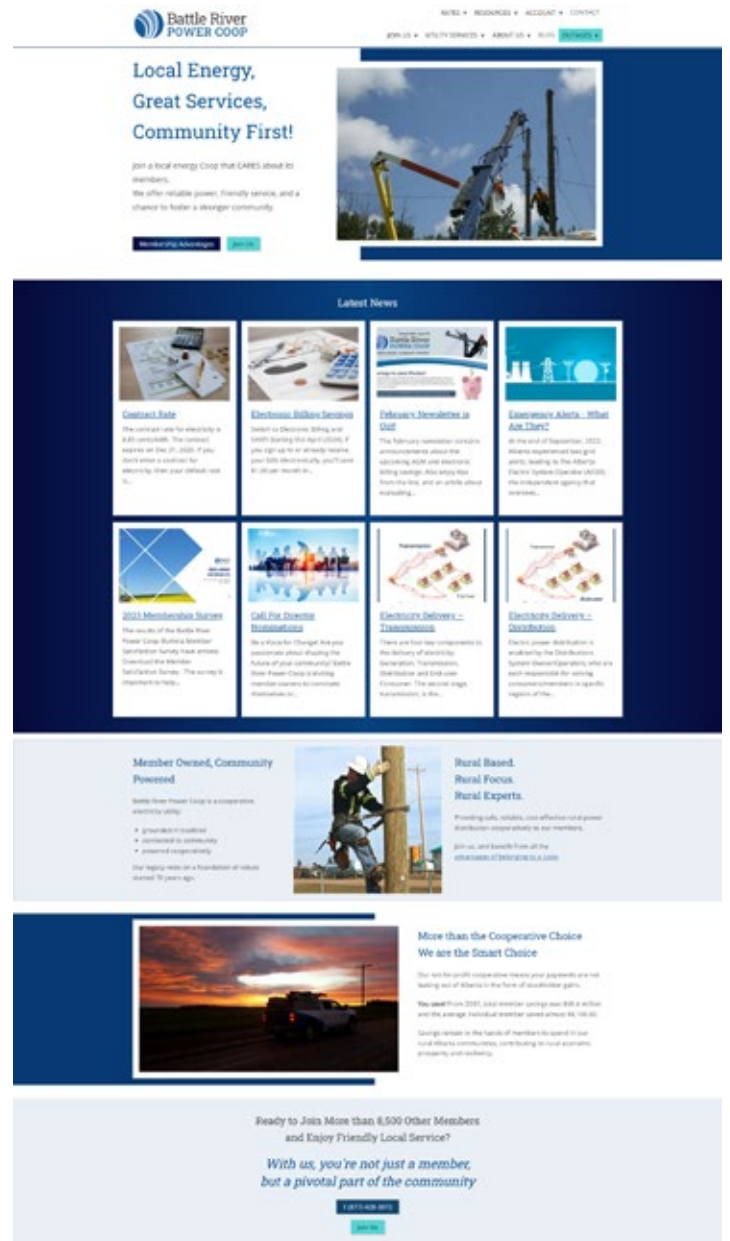
Whether you are cutting grass with a ride-on mower, swathing hay, or moving large equipment, always proceed with caution and be vigilant about your surroundings. Power poles and lines pose significant risks, but you can protect lives and property by identifying hazards, maintaining safe distances, using spotters, and following safety measures. Contacting a pole is not only a potential danger to your life but can also be costly to replace.



Remember to prioritize your safety above gaining a few more inches closer to the power pole. Your well-being is far more valuable.

New Website!

Battle River Power Coop is excited to announce the launch of our new website – same great information at www.brpower.coop with a fresh new look to celebrate 75 years of service to our member-owners!



Regulated Rate Option (RRO)

The RRO rate may increase or decrease from month to month as it is priced on the open market and subject to many factors relating to supply and demand. If you do not have a contract with an electricity retailer, then you receive the default RRO rate.

For July 2024, the RRO is priced at \$0.13178 per kWh, which is reflected on your enclosed bill. For August 2024, the Battle River Power Coop monthly RRO billing rate for FENN REA members is \$0.14095. The RRO rate is also listed on www.fennrea.com.

Members are free to purchase natural gas services or electricity services from a retailer of their choice. For a list of retailers, visit ucahelps.alberta.ca or call 310-4822 (toll free in Alberta).