



## Preventing Heat Related Illnesses

*The Human Body and Heat.*



When a person has performed a strenuous activity on a hot day and has not properly regulated their activity or fluid intake, their body's inner core temperature can rise to the point where the body loses its ability to cool itself. When the body's internal temperature rises above 98.6°F, the heart will begin pumping harder, circulating the blood in capillaries close to the surface of our skin in attempt to cool down the body. Sweat is also produced to help drain heat away from the body. When the body's cooling mechanisms can't keep up with the heat, the body will start sending signals that something is wrong. It's important for everyone, especially those that work in the heat, to recognize these symptoms.

### Heat Cramps:

People that usually sweat a lot during strenuous activities can be affected by heat cramps. Profuse sweating can deplete the body of salts and moisture, causing cramping or spasms in the abdomen, arms, or legs. The Center of Disease Control and Prevention recommends that people with heart problems or on a low-sodium diet get immediate medical attention for heat cramps. For all others:

1. Stop your physical activity, and quietly sit in a cool place.
2. Drink a sports drink or clear juice
3. Don't resume your physical activity for a few hours after the cramps subside.

If the heat cramps don't disappear after an hour, seek medical attention.

### Heat Exhaustion:

People exercising or working in a hot environment can suffer from heat exhaustion if they don't replenish the fluids in their body. The warning signs of heat exhaustion include: heavy sweating, paleness, weakness, muscle cramps, headache, nausea, or fainting. If these symptoms are severe, seek medical attention. For others, follow the steps for heat cramps.

### Heat Stroke:

Heat stroke occurs when a person is no longer able to regulate their temperature. The body's temperature can rise to 106°F or higher within 10 - 15 minutes. Other symptoms include red, hot skin, no sweating, rapid strong pulse, throbbing headache, dizziness, nausea, confusion, and possible unconsciousness. If you should see these signs in someone, you are dealing with a life-threatening emergency. Have someone call 911 and do the following before the paramedics arrive:

1. Get the victim to a cooler environment
2. Reduce the body temperature with whatever methods you can. Put the person in a cool tub of water, spray them with a garden hose, sponge the person with a wet cloth, etc.
3. If medical attention is delayed, call the hospital for further instructions.

### Tips for managing the heat:

{Some of these suggestions were taken from the websites of Center of Disease Control and Prevention & the American Red Cross}

1. Drink more fluids! Even when you're not thirsty. If you are performing a strenuous activity, drink two to four glasses of water / sports beverage every hour.
2. Don't consume drinks that contain caffeine, alcohol, or large amounts of sugar. These ingredients can actually cause you to lose more body fluid. (Also be careful with very cold drinks because they can give you cramps)

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# Small Business Hazardous Waste Program



*Where can you dispose of your hazardous waste?*

Every now and then, when inspecting storage sites, we will come across some interesting inventory. We have seen gallons of Chlordane and Lindane, and other materials in old amber jars with rusty screw top lids. Some containers had been sitting for so long that time has completely faded the label. What can a business do with these materials? When is something considered a hazardous waste?

If a pesticide no longer has a legible label, you obviously cannot use it. In the case of very old materials, using the product would probably be a waste of time due to potency issues. As far as Chlordane is concerned, registration of this material has been cancelled and it cannot be used.

So, if you are one of those companies that have not cleaned out the old storage room in a few decades, we have a solution for you. The Santa Clara County Department of Environmental Health has a waste disposal program for small businesses. If your business generates less than 100 kilograms (27 gallons or 220 pounds) of hazardous waste each month, you are considered to be a "conditionally exempt small quantity generator." This means that you may qualify to use the County's Small Business Hazardous Waste, Recycling, & Disposal Program.

How do you register? What is the cost?

The Department of Environmental Health will ask you to certify in writing that your business generates less than 100 kilograms of waste per month. They will also send you a certification form for you to fill out.

The cost of disposing your materials through this program is shared with other participating businesses. The County's Small Business Hazardous Waste, Recycling, & Disposal Program will consolidate several business' wastes, which reduces the cost for each company. Your final cost is based on the type and quantity of waste you have, but the cost is substantially less than if you were to dispose of the waste individually through a private hazardous waste company.

For a cost estimate, call and ask for the Small Business Hazardous Waste Recycling and Disposal Program at: (408) 299-7300, or you can fax a detailed inventory on your company letterhead to the attention of: "County Small Business Hazardous Waste, Recycling, & Disposal Program" at their fax number: (408) 280-6479.

## Storage and Transportation

If you have old pesticides that are unusable due to their age, or if you have no intention of using the material, they are no longer classified as a pesticide but rather as hazardous waste. A company may store up to 100 kilograms of waste, but must dispose of it within a year.

Once materials have been designated as a hazardous waste, they must have labels identifying the material. The label must have the chemical or common name of the material. If the material is unknown, then label it "unknown pesticide" or whatever is appropriate. The label must be made of a durable material and it must be replaced if it fades.

If you have questions regarding the labeling of hazardous waste, call the Hazardous Waste Materials Compliance Division at (408) 918-3400.

The general public can transport 5 gallons or 50 pounds of hazardous waste. If you plan to transport more than that amount, call Environmental Health and they will provide a State variance, which will allow you to transport up to 100 kilograms per trip.

## Drop-off Facilities

After you have made an appointment with the Santa Clara County Small Business Hazardous Waste, Recycling, & Disposal Program, you may drop off your waste at one of three drop-off facilities in San Jose, Sunnyvale, or San Martin.

The city of Palo Alto also has a hazardous waste program. They offer services to small businesses in Palo Alto, East Palo Alto, Los Altos, Los Altos Hills, and Mountain View. For more information about their program, call (415) 496-6980.

# North County Biologist Rotations

*Your North County District Biologist Has Changed*

Every few years, our department rotates biologists into a new district in the county. Each area is a little different than the next, and by switching we get to meet new growers and become familiar with a different region of the county.

Our department has 9 biologist districts. The San Jose office has 5 districts, and the Morgan Hill office has 4. Our offices rotate biologists independently of one another and this fiscal year it was time for our San Jose office to rotate district biologists. (The South County office did not rotate this year)

If you register and report to the San Jose office, your district biologist has changed to the following:

If your biologist was:      You're new biologist is:

Larry Yamasaki	Matt Beauregard
Paul Khokhar	Stan Maggi
Stan Maggi	Michelle Nachand
Michelle Nachand	Larry Yamasaki
Matt Beauregard	Paul Khokhar

### San Jose Biologist Phone Numbers:

Matt Beauregard	(408) 918-4614
Stan Maggi	(408) 918-4613
Michelle Nachand	(408) 918-4615
Larry Yamasaki	(408) 918-4616
Paul Khokhar	(408) 918-4612

### For your reference, Morgan Hill Biologist phone numbers are:

Lori Oleson	(408) 465-2903
Keith Meyer	(408) 465-2904
Josh Fairbanks	(408) 465-2905
Nancy Barrera	(408) 465-2906

### Tips for managing the heat:

3. If possible, wear lightweight, light-colored clothing.
4. For those wearing protective gear such as respirators, coveralls, etc, be careful with the heat! Try and schedule your applications during the cooler parts of the day. Or, switch to pesticides or applications that don't require coveralls or respirators.
5. To help protect against the sun, wear a wide brimmed hat and sunglasses. (If you are working outside and have to wear protective eyewear, we suggest safety glasses that have been tinted)
6. Wear sunscreen to help guard against sunburns. Sunburns slow the skin's ability to release heat.
7. Take frequent breaks. Give your body a chance to rest and cool down.

## Our New Web Address

*We have a new domain name!*

When we were given our original web address, our "user friendly" website wasn't so user friendly when it came to navigating to it! For your convenience, we recently obtained a new address. You can now be directed to our website by simply typing the following: <http://sccagriculture.org>

Do you have any questions or suggestions for articles for The Growing Times? If so, feel free to write to:

Santa Clara County Division of Agriculture  
The Growing Times  
1553 Berger Drive  
San Jose, CA 95112

Or, you can e-mail us at:  
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