

HEAT ILLNESSES: Heat Exhaustion

Radio Novella Transcript (translated from Spanish)
Rev. 6|11

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Narrator: Welcome. This is an educational radio novella about heat exhaustion and what we can do to protect ourselves.

Ernesto: What's wrong? You look pale. You're sweating a lot. Are you all right?

Sylvia: I don't know. I feel really bad. I feel nauseous, and I'm feeling very tired.

Ernesto: Let's get you out of the sun. Come on; lie down in the shade of this tree. It looks like you have heat sickness. I'm going to tell the manager.

Manager: Hey, Ernesto. You ready for another bin?

Ernesto: My friend Sylvia says she is suffering from heat exhaustion. She is sweating a lot. It looks like she has nausea, and she's really pale.

Manager: Is she in the shade? Did she stay under the trees?

Ernesto: Yes and her breathing is really agitated. I think her pulse is also very high.

Manager: Let's go see her. Hello Sylvia. Wow! We'll need to lower her temperature right away. It looks like the beginning of heat sickness. This is really dangerous; there are some people who don't make it. Ernesto, get me some water. Bring me your water bottle, or go to the van and get some water from the cooler to drink. We need to get her wet to cool her down. Hurry!

Ernesto: I have my water bottle over there. I'll go get it. I'll be back soon.

Manager: Sylvia, I need you to take off your hat and your long-sleeve shirt. I'll help you take off your boots so you can get some air and cool down a bit.

Sylvia: Okay

Manager: Sylvia, you're really dehydrated. Did you drink enough water today?

Sylvia: Yes. Well, this morning I drank a few cups of coffee. I was going to drink some water, but I wanted to finish this tree first.

Manager: Sylvia, coffee and soda have caffeine and a lot of sugar. They both cause dehydration. You should drink at least half a liter of plain water every half hour. Do you understand? "Half every half" when there's this much heat.

Sylvia: Yes, I just didn't want to drink so much water that I would have to go to the bathroom. I need to work as much as I can. I was almost done picking the fruit off this tree.

Ernesto: I've got the water.

Manager: Good, Ernesto. Here, wet this handkerchief so we can put it on her neck and forehead. And, please, fan her with this piece of cardboard.

Ernesto: Yes, of course. We'll give her some air soon.

Manager: Not soon—now! I have a sports drink in the tractor, Sylvia. I'll give it to you because you've lost a lot of liquids and salt from sweating in this heat.

Sylvia: Can I go back to working after I get refreshed?

Manager: Of course not. This is very dangerous. You should go to the clinic right now to make sure you're all right. Make a claim to Labor and Industries so they can cover the costs.

Ernesto: I'll take you to the clinic, Sylvia.

Sylvia: Thank you both. I like what you said about half-and-half: half a liter of water every half hour.

Narrator: Thank you for listening to our radio novella about heat sickness brought to you with grants from by the National Institute of Health, the University of Washington in Seattle, and the Center for Pacific Northwest Agricultural Health and Safety.



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