



ಕರ್ನಾಟಕ ರಾಜ್ಯ ಸರ್ಕಾರ
ಕಾರ್ಮಿಕ ವಹಿವಾಟು, ಉದ್ಯೋಗ ಸುರಕ್ಷಣೆ,
ಉಪಶಮನ
ಕಾರ್ಮಿಕರ ಸಾಮಾನ್ಯ ವೈದ್ಯಾ ನಿಗಮ
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Ministry of Labour & Employment, Govt. of Ind.



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55-1-11, ಪ್ಲಾಟ್ ನಂ 1, 5 ನೇ ಮುಖ್ಯ ರಸ್ತೆ, (ಎಸ್‌ಟಿ ಸಿ ಹಾಸಪಿಟಲ್),
ಸರ್ವೆ ನಂ. 11, ಯೆಶ್ವಂತಪುರ, ಬೆಂಗಳೂರು -22
ಕಾರ್ಮಿಕರ ಸಾಮಾನ್ಯ ವೈದ್ಯಾ ನಿಗಮ ಆಸ್ಪತ್ರೆ, ಪೀನ्या
ಮಂ.11-55-1, ಪ್ಲಾಟ್ ನಂ.1, 5ನೇ ಮೇನ್ ರೋಡ್ (ಕೆ.ಎಂ.ಆರ್.ಟಿ.ಇ.ಎಫ್)
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REPORT ON AWARENESS SESSION ON HEAT WAVES CONDUCTED ON 12-06 2024

An Awareness session was conducted for patients in ESIC MODEL HOSPITAL, Peenya in Ist floor Medicine OPD premises on 12th June-2024 from 11.30 AM To 12.30 PM as a part of National Programme for Climate Change and Human Health (NPCCHH).

This year there has been a massive heat wave across India which is more than the last few years. Capital Delhi recorded the highest temperature of 52.9 degree Celsius in this season.

The details of the Awareness session are as follows:

1. Heatwave Awareness:

- Patients were informed about the causes of heat wave which are generally the result of trapped air.
- Patients were educated about the impacts of heat wave like low blood pressure, dizziness, Headache, electrolytes imbalance, dehydration, muscle cramps and unconsciousness.
- Patients were informed about patterns of heatwaves in different regions of India. The northwestern and central parts of the country are more prone to heat waves.

2. Safe Work Practices:

Patients were advised to practice safe work measures like:

- Drinking sufficient water-even if not thirsty.
- Taking frequent breaks to recover from heat.
- Wear lightweight, light-colored, loose, cotton clothes.
- Cover your head: Use a cloth, hat or umbrella.
- Watch out for yourself and others for signs of heat illness.
- hydration protocols (ORS, lassi, rice water, butter milk) to minimize heat related risks.

3. **Recognizing Heat Stress:**

- Patients were educated about early signs of heat stress /sun stroke such as no sweating, hot, red and dry skin, headache, rapid heartbeat, muscle cramps, nausea, vomiting, dizziness, fainting, and unconsciousness.

4. **Preventive measures:** Patients were informed about preventive measures like:

- Listening to Radio, watching TV and reading local news paper for local weather report.
- Drink sufficient water-Even if not thirsty.
- Use ORS, homemade drinks like lassi, rice water, buttermilk.
- Cover your head using a cloth, hat or umbrella.
- Keep your home cool, use curtains, shutters or sunshade and open windows at night.
- Avoid strenuous activities/going out in hot sun especially during 12.00 PM to 3.00 PM
- Avoid high-protein food and don't eat stable food.
- Avoid alcohol, tea, coffee which dehydrates the body.
- Do not leave children or pets in parked vehicles as they may get affected by heat wave.

5. Emergency Response:

Patients were ensured to know how to respond during heat related emergencies like:

- To get the person indoors or into a cool/shaded area and lie down with feet slightly elevated.
- Wipe the body with a wet cloth.
- Give ORS/Lemon water, salt-sugar juice for re-hydration.
- Do not give any thing to eat or drink until he/she is fully conscious.
- Take the person to the nearest health center.

A.M. Shivakumar

(Dr.A.M Shivakumar)
CMO









