



Ua haujlwm thaum kub kub heev

Ib daim ntawv luv koj kev rau cov neeg ua liaj ua teb

Kub kub thiab vaum muaj feem ua tau kev phom sij rau cov neeg cog qoob loo ua haujlwm nraum zoov. Daim ntawv qhia no muaj ib co kev zoo qhia koj pab tiv thaiv koj tus kheej thiab cov neeg ua haujlwm rau koj.

Xyuas zoo seb kub thiab vaum li cas

Yuav txiav txim siab seb puas ua haujlwm thaum kub heev, xyuas zoo ntawm qhov kub thiab vaum tibs. Ob qhov no uake hu ua “heat index.” Qhov twj ntsuas OSHA-NIOSH kev kub nyab xeeb twj ntsuas saib tau hauv koj lub xovtooj (smartphone), thiab qhia koj qhov kub thiab vaum thiab qhov chaw koj nyob ntawm txhua lub sijhawm. Mus muab “download” qhov app ntawm www.osha.gov/heat/heat-app.

Yog koj tsis muaj lub xovtooj (smartphone”, xav txog yuav ib lub teeb ntsuas kub/so (uas muab lub teeb qhwv daim ntaub ntub dej) rau koj daim teb. Cov teeb ntsuas kub/so qhia tau ncaj dua vim nws ntsuas seb “zoo li cas kiag” es tsis yog qhov kub/so xwb.

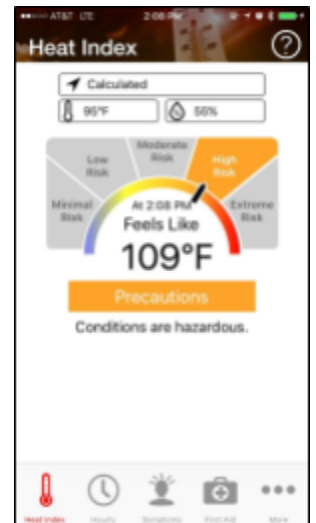


Image: Alexander Pfeifferberger, Flickr

Tsim ib qho kev nyab xeeb los npaj rau thaum kub thiab vaum heev

Daim phiaj hauv qab qhia txog cov feeb cov neeg ua haujlwm yuav tau so raws ib teev twg thiab pom zom kom haus dej npaum li cas raws ib teev twg nyob ntawm kev ua haujlwm yoojyim, sab me me, thiab hnyav thaum kub thiab vaum.

- **Haujlwm yoojyim:** Zaum siv tes/caj npab ua haujlwm , mus kev qeeb, khoov, caws cev, txhos caug tsawg
- **Haujlwm sab me me:** Thawb thiab rub cov tawb nqa khoom sib, de txiv hmab txiv ntoo lossis zaub, taug kev mus los, tsav tsheb lossis khiav cov cav me, siv twj ntawm tes
- **Haujlwm hnyav:** Siv zog siv caj npab, hauv siab, lub duav, thiab nrob qaum sib zog heev, nqa khoom hnyav, siv tus duav kaus ub ko, thawb thiab rub cov tawb nqa khoom hnyav lossis lub laub thaub khoom, mus kev ceev (<4 mph) Si

Muaj teebmeem Thaum Sijhawm Kub/so lub Cev Tamsim Ntawm (WBGT kub thiab vaum)	Ua haujlwm/So (feeb) Haus dej (qt tauj ib teev)		
	Haujlwm yoojyim	Haujlwm sab me me	Haujlwm hnyav
Tsis Muaj teebmeem 78-81.9°F	So: Txiab txim tus kheej txog haus Dej: 0.5 quarts	So: Txiab txim tus kheej txog haus Dej: 0.75 quarts	Ua haujlwm/ So: 40/20 Dej: 0.75 quarts
Muaj teebmeem tsawg 82-84.9°F	So: Txiab txim tus kheej txog haus Dej: 0.5 quarts	Ua haujlwm/So: 50/10 Dej: 0.75 quarts	Ua haujlwm/So: 30/30 Dej: 1 quart
Muaj teebmeem me me 85-87.9°F	So: Txiab txim tus kheej txog haus Dej: 0.75 quarts	Ua haujlwm/So: 40/20 Dej: 0.75 quarts	Ua haujlwm/So: 30/30 Dej: 1 quart
Muaj teebmeem loj 88-89.9°F	So: Txiab txim tus kheej txog haus Dej: 0.75 quarts	Ua haujlwm/So: 30/30 Dej: 0.75 quarts	Uahaujlwm/So: 20/40 Dej: 1 quart
Muaj teebmeem ntshai 90+°F	Ua haujlwm/So: 50/10 Dej: 1 quart	Ua haujlwm/So: 20/40 Dej: 1 quart	Uahaujlwm/So: 10/50 Dej: 1 quart

**Cov kev pom zoo haus dej thiab so no yog rau cov tib neeg noj qab haus huv tsis tau muaj 40 xyoo hnav khaub ncaws ua haujlwm. Tej co kev mob, thiab siv cov twj tiv thaiv ua tau qhov kub siab hnyav dua, thiab kho raws li tus tib neeg txoj kev xav tau.*

Thaum neeg tawm hws, lawv lub cev xiam ntsev thiab “electrolytes” khoom zoo pab lub cev. Haus dej txaus tseemceeb los tiv thaiv kom txhob mob vim qhov kub thiab vaum. Noj zaub mov li niaj zaus nrog haus dej txaus pab lub cev muaj dej thiab “electrolyte” khoom zoo hauv lub cev nyob zoo. Ib co tib neeg muaj feem tawm hws mus txog li 1 “liter” tauj ib teev twg. Yog tawm hws ntev li ntawm ob peb teem, haus cov dej “sports drink” muaj “electrolytes” yog ib qho kev los mus muab cov ntsev xiam thaum tawm hws rov rau lub cev. Tsis txhob haus npias/cawv thiab cov dej uas muaj “caffeine” siab, vim lawv ua tau rau lub cev qhuav dej.

Feem ntau lub cev qhuav yog ib qho mob los ntawm kub dhau lawm; txog thaum koj hnov nqhis dej, koj lub cev twb qhuav lawm. Ib qho qhia tau tias koj lub cev qhuav ces yog koj cov zis yog xim dabtsi. Cov zis yim tsaus ces koj lub cev yim qhuav. Caws moos rau cov sijhawm so kom haus dej raws li daim phiaj saum toj pab tau koj lub cev kom muaj dej txaus.

Cov neeg ua haujlwm thiab ua haujlwm pab dawb thaum huab cua sov mus rau kub

Thaum cov hli kub tshaj ntawm ib lub xyoo twg, pom zoo kom koj thiab koj cov neeg ua haujlwm maj mam tiv kub 1-2 lim tiam twg. Qhov kev cai ib txwm mas maj mam nce qhov ua thiab tiv kub ntawm 20% ib hnuv zuj zus. Tiamsis, ntawm ib tug neeg tiv tau kub nyob ntawm nws txoj haujlwm nyuaj li cas, yog hais tias qhov chaw haujlwm tshiab rau nws, thiab seb tus neeg puas muaj mob li cas. Maj mam tiv kom swm qhov kub yuav pab txoj kev ua haujlwm nce zoo thiab txo qho yuav raug mob thiab ua haujlwm zoo thaum cov sijhawm kub heev.

Lub National Institute for Occupational Safety and Health (2018) muab cov kev pom zoo li ntawm no:

- Rau cov neeg ua haujlwm tshiab, qhov sijhawm tiv kub tsis pub tshaj 20% hnuv ib thiab nce tsis pub tshaj 20% txhua hnuv tom qab.
- Rau cov neeg ua haujlwm uas twb ua txoj haujlwm los lawm, txoj kev pub tiv kub yuav tsis pub tshaj 50% rau hnuv ib, 60% hnuv 2, 80% hnuv 3, thiab 100% hnuv 4.

Totaub cov tsos mob thaum muaj mob vim kub dhau

Paub cov tsos mob ntawm lub cev kub dhau lawm vs. lub cev tswj tsis tau txoj kev kub “heat stroke” (kiv taub hau, xeev siab, tsis pom kev, tsis feeb meej), thiab hu 911 sai li sai tau yog koj lossis lwm tus neeg ntawm koj daim teb muaj cov tsos mob “heat stroke.”

Lub cev kub dhau lawm

Cov tsos mob

- Zoo li ua tsaus muag, nkees, kiv taub hau, lossis tsis feeb meej
- Tawm hws, nqhia dej
- Txias, nqaij noo noo
- Mem tes khiav ceev, qeeb
- Xeev siab, ntuav
- Tu leeg

Kev kho mob/Ua li cas

- Nres txhua yam thiab so
- Txav mus rau ib qho chaw txias, muaj ntsoov ntsoo
- Daws khaub ncaws kom txhob ceev
- Muab cov phuum ntub dej txias lossis da dej kom pab lub cev txias
- Haus dej me me lossis cov dej kis las haus (sports drink)
- YOG ntuav, lossis mob ntev tshaj 1 teev, mus nrhiav kev kho mob



Lub cev tswj tsis tau txoj kev kub “Heat Stroke”

Cov tsos mob

- Mob taub hau heev, feeb tsis meej
- Kub, liab, nqaij quav lossis noo noo, lub cev kub txog 103 F (39.4 C) lossis siab tshaj
- Mem tes khiav ceev, muaj zog
- Xeev siab
- Tsis feeb meej, tsuas muag

Kev kho mob/Ua li cas

- Heat Stroke yog ib qho mob tuag-taus. Yog koj xav hais tias leej twg muaj Heat Stroke, **HU 911**
- Heat Stroke ua tau siab, ntsws, plawv, raum taug li ntawm ob peb feeb, txav tus meeg mus rau ib qhov chaw txias, muaj ntsoov ntsoo, thiab muab cov phuum ntub dej txias lossis da dej kom pab lub cev txias
- TSIS txhob muab dej rau tus neeg haus li

Adapted from National Weather Service, CDC, and Mayo Clinic

Cov teebmeem tshwm sim tau vim kub dhau

Muaj ntau yam kev muaj mob thiab haujlwm uas ua tau qhov teebmeem nce siab muaj mob thaum kub dhau. Tu siab, cov neeg ua liaj ua teb yog cov muaj teebmeem ntau dua vim lawv txoj haujlwm (e.g., haujlwm hnyav, ua haujlwm ntev, tiv tsav kub, lwm yam), uas txhais tau tias nws haj yam tseem ceeb dua los kees txog cob kev muaj mob txhim muaj tshwm sim. Cov teebmeem ntxim muaj tshwm sim yog:

- **Tus kheej:** mob plawv, ntshav qab zib, ntshav siab, pw tsis txaus, mob khaub thuas, kub taub hau lossis tau khaub thuas “flu”, ib co tshuaj, mob kev kub dua lawm, puv dhau heev, xeeb tub hauv plab, thiab hnuv nyoog laus haus/noj khoom muaj “caffeine” thiab qab zib.
- **Tim haujlwm:** Ua haujlwm ze cov cav kub kub, chav ua haujlwm tsis muaj cua txaus, looj cov khoom tiv thaiv ua haujlwm, hnav cov khaub ncaws dub lossis ob peb tshooj, tsis so txaus, thiab ua haujlwm hnyav.
- **Tim Huab Cua:** Raug hnuv kub, kub/sov heev, tsis muaj cua lossis cua kub, thiab vaum dhau lawm

Cov ntawv qhia txog

NIOSH (2016). NIOSH criteria for a recommended standard: occupational exposure to heat and hot environments. Jacklitsch B, Williams WJ, Musolin K, Coca A, Kim J-H, Turner N. Cincinnati, OH: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health, DHHS (NIOSH) Publication 2016-106.

United States. Occupational Safety and Health Administration. (1990). OSHA technical manual. [Washington, D.C.] :U.S. Dept. of Labor, Occupational Safety and Health Administration.
<https://www.osha.gov/otm#metabolic>

Heat Illness Toolkit, Pacific Northwest Agricultural Safety and Health Center:
<https://deohs.washington.edu/pnash/heat-toolkit>

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