

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.

For Power Troubles:

Battle River Power Coop (our distribution system operator)
Toll-free: 1-877-428-3972

For RRO Billing and Account Inquiries:

Battle River Power Coop | Box 1420 Camrose, Alberta T4V 1X3
Toll-free: 1-877-428-3972
E-mail: brpc@brpower.coop | Website: www.brpower.coop

For REA Inquiries, New Service and Service Change Requests:

Contact West Wetaskiwin REA, RR #1
Station Main, Wetaskiwin, Alberta T9A 1W8
Tel: 780-335-9378 (WEST)

E-mail: westwet@telus.net | Website: www.westwetaskiwinrea.com

For service requests: go to www.westwetaskiwinrea.com/new-or-changes-to-services.html

Stay Safe Around Powerlines and Poles

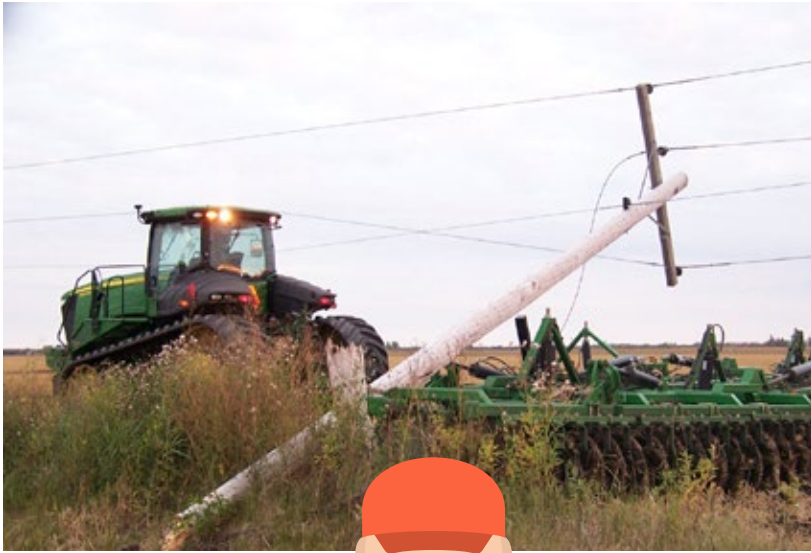


Photo credit: Manitoba Hydro

Every harvest season brings excitement and challenges for farmers. However, this spring and summer, Battle River Power Coop has responded to numerous incidents involving power poles and lines, highlighting the urgent need for safety awareness year-round. It is crucial to prioritize safety around power infrastructure.

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.



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To avoid any missed bills or payments, we encourage you to register for e-billing by calling the Battle River Power Coop (BRPC) office at 1 (877) 428-3972. When you switch to e-billing, you'll also save \$1.00 per month in administration fees!

Visit WestWetaskiwinREA.com for alternative options that are available to help you manage your account during this time.

Rate
of Last
Resort
(RoLR)



The Rate of Last Resort (RoLR) is a fixed monthly rate set at \$0.13500 per kWh until the end of December 2026. Detailed information on the RoLR is available on: www.westwetaskiwinrea.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).