



# Moapa Tero June Newsletter



## Heat Exhaustion Class

**Date: June 18, 2025**

The class focused on workplace safety in high-heat environments, covering the following topics:

- Types of heat-related illnesses
- Prevention and safety procedures
- Acclimation techniques
- Identifying and managing risk factors



## Southern West Regional Tribal Employee Rights Office (SWRTERO) Quarterly Meeting

**Location:** Yuma, Arizona

**Dates:** June 9 –13, 2025

The information gained was valuable for improving processes and enhancing the effectiveness of TERO operations.



## Heat-Related Illnesses

- **Heat rash:** occurs when sweat ducts get clogged
- **Heat cramps:** muscle spasms caused by the loss of electrolytes from heavy sweating
- **Heat exhaustion:** when the body loses too much water and salt
- **Heat syncope:** victims faint when blood flow to the brain decreases because blood pools in the skin surface or other areas of the body
- **Heat stroke:** victims have hot, red skin, a rapid pulse, and do not sweat

## First Aid for Heat-Related Illnesses

- **Heat cramps:** Sip water or diluted sports drink and gently stretch the muscle
- **Heat exhaustion:**
  - > Lay worker down in a cool area with legs raised
  - > Remove excessive clothing
  - > Give up to 1.0 liter of water
  - > Cool with cold, wet cloths and a fan
- **Heat syncope:** Lie down in a cool area
- **Heat stroke:**
  - > Call 911 immediately
  - > Move to a cool area
  - > Remove clothing down to the underwear and apply ice packs to neck, armpits, and groin
  - > Cover with wet towels or cloths
  - > Fan skin to quickly evaporate the dampness

## Upcoming Tribal Monitor Training

Tribal Monitor Training is scheduled for **July 14–18, 2025**.

Training will be held at the **Tribal Hall**, with classes running from **8:00 AM to 4:30 PM** each day.

## Currently working on Heavy Equipment training for Skid Steer and Forklift

**I would appreciate your feedback on adding more classes.**

**GET IN TOUCH WITH US!**

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