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REPORT ON PUBLIC AWARENESS TALK CONDUCTED ON HEAT WAVES

Date: 20th May 2025

Venue: First floor Medicine OPD premises, ESIC MODEL HOSPITAL, Peenya

1. Introduction



An Awareness talk was organized at ESIC MODEL HOSPITAL, Peenya in Ist floor Medicine OPD premises on 20th May 2025 from 11 AM To 12 PM as a part of National Programme for Climate Change and Human Health (NPCCHH).

The event aimed to educate the general public on impacts, preventives measures, first aid and importance of timely medical intervention in heat wave cases.

On 7th April 2025, the first heat wave alert in India issued by IMD. The second week of April records highest temperature in many states.

2. Objectives

- To create awareness about the impact of heat waves and its causes in different regions of the country.
- To educate the public on implementing safe work measures and hydration protocols to minimize heat -related risks.
- To educate the public on implementing preventive measures at individual ,community and work place levels.
- To educate the public on early signs of heat stress and importance of seeking medical attention promptly.
- To ensure the public to know -how to respond to heat related emergencies and administer basic first aid.

3. Target audience

Factory workers, insured persons and their dependents and field workers.
Approximately 100 participants attended the session.

4.Program details

The awareness programme was started with welcoming of the dignitaries:

Dr Mridula, the Medical Superintendent, Dr Naveen S L (Deputy Medical superintendent), Dr.A.M.Shivakumar, CMO, Smt.Kavitha L B, DNS I/c and Shri.Baijanath Mandal, Deputy Director (admin).

A Power Point presentation about Heat Waves awareness, safe work practices, Do's and Don'ts and emergency response during Heat waves was given by Dr.A.M.Shivakumar, CMO, Dept of Medicine.

At the end of the talk, Dr Mridula, the Medical Superintendent briefed all about the availability of all necessary treatment facilities for Heat-related emergencies in ESIC Hospital ,Peenya 24×7 and urged everyone to make best use of it by promptly visiting the Hospital wasting no time.



5. Key Highlights

The details of the Awareness session are as follows:

A. Heatwave Awareness:

- Patients were informed about the causes of heat wave which are generally the result of trapped air.
- 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.
- Patients were educated about the impacts of heat wave like low blood pressure, dizziness, Headache, electrolytes imbalance, dehydration, muscle cramps and unconsciousness.



B. 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.



C. 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.

D. 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 clot, 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.



E. 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

6. Feedback & Community Impact

Attendees found the session highly informative and practical.

Many expressed willingness to share the information with family and co-workers.

7. Conclusion

The Public Awareness Talk on Heat wave Management held on 20th May 2025, was a major step toward improving community preparedness in handling heat wave related incidents. The Department of Medicine reaffirmed its commitment to public education and aims to reach more vulnerable populations in the future.

