

## HEAT WAVE



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### FROM THE DESK OF CHAIRMAN

Heat wave is a condition of air temperature which becomes fatal to human body when exposed. It is defined based on the temperature thresholds over a region in terms of actual temperature or its departure from normal.

Heat wave is considered if Maximum temperature of a station reaches at least 40C or more for Plains and at least 30C or more for Hilly regions. The occurring of Heat Wave in India is mainly during March to June and in some rare cases even in July. The Peak month of the heat wave over India is May.

The criterion for describing Heat wave for coastal area is when maximum temperature departure is 4.5C or more from normal, Heat wave may be described provided actual maximum temperature is 37C or more

The Heat wave in India is monitored by India Meteorological Department (IMD), It has a big network of surface observatories covering entire country to measure various metrological parameters like Temperature, Relative humidity, pressure, wind speed and direction etc.,. IMD predicts heat wave based on synoptic analysis of various meteorological parameters and from the consensus guidance from various regional & global numerical prediction, there are favorable conditions for Heat Wave like

- i) Prevalence of hot dry air over a region,
- ii) Absence of moisture in the upper atmosphere
- iii) The Sky should be practically cloudless and
- iv) Large amplitude anti-cyclonic flow over the area,. The Heat wave is determined by Heat Index which is the combination of air temperature and relative humidity,

India Meteorological Department also issues Colour code Impact warning like

- i) GREEN: Where no action is required,  
YELLOW ALERT i.e. Heat alert suggesting for Avoiding of heat exposure, wearing light coloured, loose, cotton clothes and covering our head using cloth, hat or umbrella
- ii) ORANGE ALERT: Severe Heat suggesting heat exposure, Keep cool, Avoid dehydration, Drink sufficient water—even if not thirsty, Use of ORS, or drinks like lassi, lemon water, buttermilk, etc.,
- iii) RED ALERT: Extreme Heat Extreme care needed for vulnerable people,.

The Impacts of Heat waves typically involve dehydration, (i) Heat cramps, (ii) Heat exhaustion and / or (iii) Heat stroke the signs and symptoms are as follows:

- (i) Heat cramps: swelling, Fainting, Generally accompanied by Fever below 102 F
- (ii) Heat exhaustion: Fatigue, weakness, dizziness, headache, nausea, vomiting, muscle cramps and sweating.

(iii) Heat stroke: Body temperature of 104°F or more along with delirium, seizures or coma. This is a potential fatal condition.

Following measures one should take to minimize the impact during the heat wave

- i) Avoid going out in the sun, especially between 12.00 noon and 3.00 P.M.
- ii) Drink sufficient water and as often as possible, even if not thirsty
- iii) Wear light weight, Light coloured, loose and porous cotton clothes. Use protective goggles, umbrella/hat, shoes or chappal while going out in sun
- iv) Avoid strenuous activities when the outside temperature is high. Avoid working outside between 12 noon and 3 P.M.
- v) While travelling, carry water with you
- vi) Avoid alcohol, tea, coffee and carbonated soft drinks, It dehydrates the body.
- vii) Avoid high-protein food and do not eat stale food
- viii) Do not leave children or pets in parked vehicle
- ix) If you feel faint or ill, see a doctor immediately
- x) Use ORS, homemade drinks like lassi Torani (rice water) lemon water buttermilk etc., which helps to rehydrate the body
- xi) Keep animals in shade and give them plenty of water to drink,
- xii) Keep your home cool, use curtains, shutters, and open windows at night.
- xiii) Use Fans, damp clothing and take bath in cold water frequently
- xiv) Provide Cool drinking water near work place
- xv) Caution works to avoid direct sunlight
- xvi) Schedule strenuous jobs to cooler time of the day
- xvii) Increasing the frequency and length of rest breaks for outdoor activities

TREAT OTHER THE WAY YOU WANT TO BE TREATED  
REMEMBER!!! THE SOUL IS ON JOURNEY

*Thank you all..... Always in Gratitude*

*CA Dinesh Shah*

