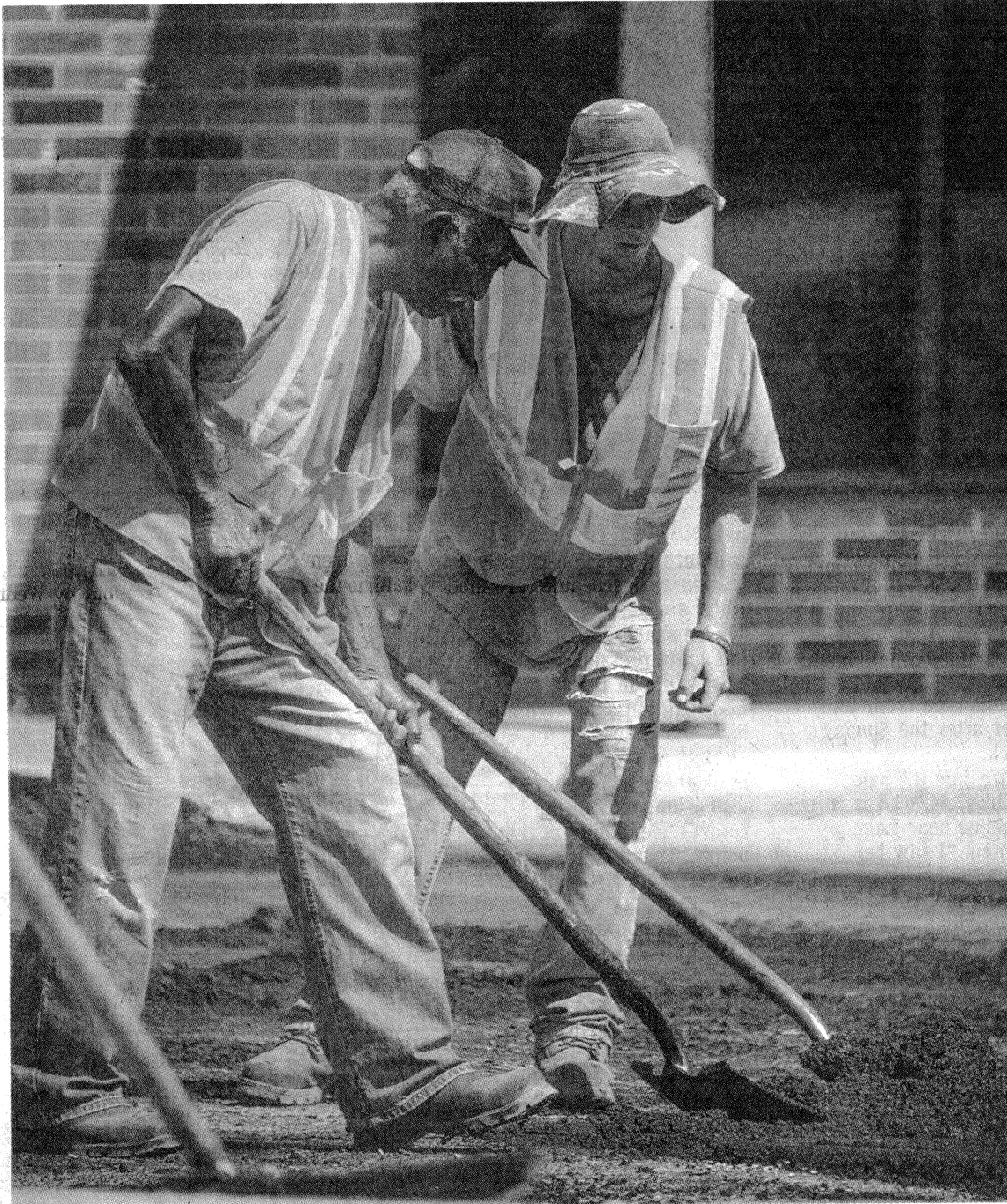


RECORD-SETTING TEMPERATURES

# Heat wave poses risk for workers



Staff photo by Johnny Horne

Workers with Barnhill Contractors shovel 300-degree asphalt as they pave a parking lot on Legion Road on Monday.

■ Thermometers hit 101 Monday afternoon. Residents are advised to take precautions.

**By Chick Jacobs**

Staff writer

The heat, Mickey Clevidence noted, isn't really too bad.

Until you have to go into the hole — the pit his construction crew dug Monday morning to repair a water main in downtown Fayetteville.

"After a few minutes down there, with no breeze, no fresh air and all that moisture, you're cooking like a Thanksgiving turkey," Clevidence said. "That's when it gets bad."

Across the Cape Fear region, people sought relief in air-conditioned offices as temperatures climbed into triple digits.

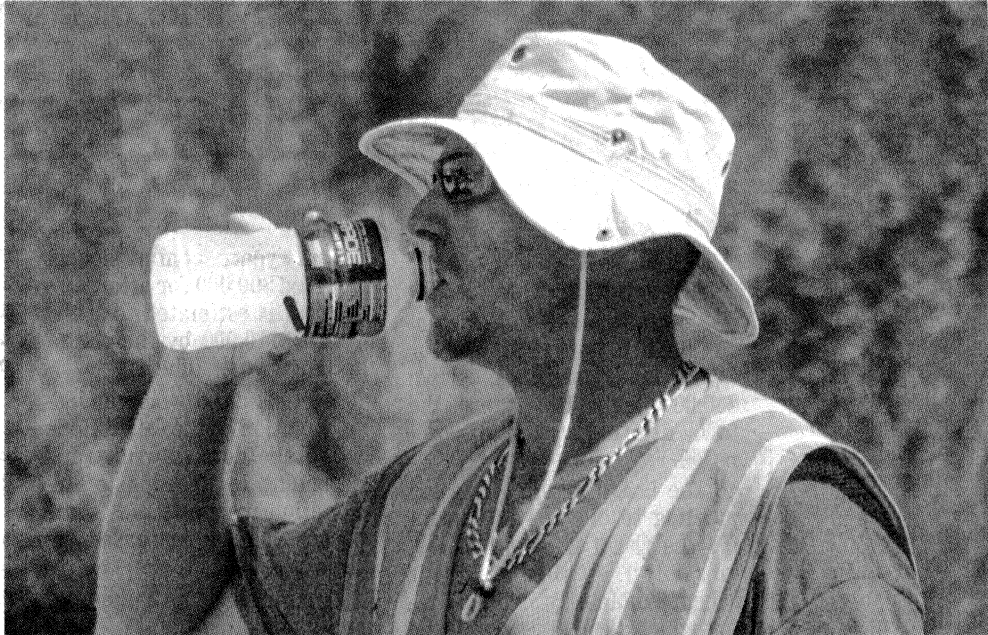
For others, like Clevidence's crew, there was no option.

"Out here is where our work is," he said with a shrug and a swipe of the trickles of sweat escaping his construction hat. "So here's where we work. We take precautions for the heat, but at the end of the day, we've got to be here."

It's not uncommon for it to be hot in Fayetteville in June.

But Monday's high was a record. Fayetteville reached 101 degrees just before 4 p.m. Monday. That broke the

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Staff photo by Johnny Horne

John Hamilton, a worker with Barhill Contractors, tries to stay hydrated Monday as he works with a crew working with 300 degree asphalt. They were paving a parking lot on Legion Road as the temperature hit 101.

## Heat: Temperatures today could hit 101

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previous record of 98 set in 1981.

Temperatures will be even hotter today, with expected highs of 101 or higher across the region. Highs in Fayetteville will continue to reach the upper 90s through the end of the week, with only a scant chance of isolated showers for relief this week.

Eastern North Carolina remains under a heat advisory today.

People are advised to stay in an air-conditioned area or in the shade and avoid strenuous activities.

For some, the last part of that advisory brought a chuckle. From waterline repair crews to asphalt spreaders in Hope Mills to farmers trying to gather grain, work doesn't wait for weather.

The city of Fayetteville adjusts work schedules for outdoor work in the heat. Nathan Walls, a city spokesman, said road crews work a modified shift from 6 a.m. to 4:30 p.m.

Parks and recreation staff get frequent breaks. Once it gets consistently hot like this, schedules are modified so employees work in the sun during earlier hours and work in parks with more shade when it is warmer in the afternoons.

"Most of the streets and

### STAY COOL: KNOW SIGNS OF STRESS

The effects of heat can sneak up on you. The Centers for Disease Control & Prevention offer these signs you may be headed for trouble as the temperature climbs:

■ **Heat exhaustion:** Heavy sweating, pale or flushed face, muscle cramps and weakness, pupils constricted, cold and clammy skin, weak pulse, nausea or vomiting, passing out.

■ **Heat stroke:** Lack of sweating, body temperature above 103 degrees, pupils dilated, slurring words or disorientation, skin hot to the touch, strong but rapid pulse, possible unconsciousness, may have trouble breathing.

**What you should do: For heat exhaustion,** get the person to a cooler location, lay them down and slightly elevate the feet, loosen tight clothing, apply cool cloths to the body and sip (not chug) water. The person should cool down soon. If not, or if the person begins vomiting and appearing disoriented, seek medical attention.

**For heat stroke,** call 911 immediately and tell them the condition. Move the person to a cooler location and immediately begin cooling with wet cloths, a garden hose, ice packs or a bath. Do not force the person to drink fluids.

— Chick Jacobs

stormwater crews have had basic First Aid and CPR courses," Wall said. "Each supervisor has stressed the importance of staying hydrated and not to become overheated. Our employees are encouraged to take breaks when they feel it is necessary, and employees are encouraged to look out for each other."

Awareness, Clevidence said, is the biggest key.

"We all know it's hot, but sometimes guys don't know the effect it's having on them," he said. "We rotate jobs in the heat and give everyone time to recover. And

the guys are watching each other. If anything seems wrong, we take care of it."

Officials warn of a risk of heat-related illnesses for those not taking proper precautions, especially when spending an extended period of time outdoors.

"You've got to be aware of the effects heat has on your body," Clevidence said. "It may not show up today, but by Wednesday or Thursday in this heat, you'll really know it."

Staff writer Chick Jacobs can be reached at [jacobsc@fayobserver.com](mailto:jacobsc@fayobserver.com) or 486-3515.