

Weather/Emergency Response Plan for Candidates
Landscape Ontario – Milton, ON

Severe Weather

In the event of severe weather the test will be delayed until the weather has cleared and it is safe to return to the test field. If there are high winds, thunder and/or lightening in the test area, the test will come to a stop and all candidates, judges and JTA's will move to the **School/Greenhouse/Maple/Hemlock/Hawthorn Rooms** until the weather passes (30minutes from the last known thunder and/or lightning).

General Care for Heat Emergencies:

Cool the Body, Give Fluids

Heat Cramps / Heat Exhaustion:

Get the person to a cooler place and have him or her rest in a comfortable position.

If the person is fully awake and alert, give a half glass of cool water every 15 minutes.

Do not let him or her drink too quickly. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse. Remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets.

Heart Attack Warning Signs:

Some heart attacks are sudden and intense -- the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is occurring:

Chest Discomfort:

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body:

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath:

May occur with or without chest discomfort.

Other signs:

These may include breaking out in a cold sweat, nausea or lightheadedness

Women also may have additional Symptoms of a Heart Attack, such as:

- Unusual fatigue
- Indigestion
- Anxiety
- Sleep disturbance