

May 13, 2014

Beat the Heat, Stay Cool!

It's that time of year again, when the temperatures begin to rise, and the potential for heat related illnesses becomes a factor during your daily work routines. It's important to remember the keys to staying cool and safe this summer season.

Here are some quick tips for battling the heat:

1. Hydrate before, during and after work. Prevention is important, so make sure to maintain good hydration by drinking at least eight 8-ounce glasses of water per day.
2. Dress appropriately for the weather. On warm days, make sure to wear light colored, loose fitting, breathable clothing to keep body temperatures down.
3. Utilize shade to stay cool. When possible, use shaded areas to stay out of direct sunlight.
4. Know the signs of heat stress. You should understand what heat stress is, and how it can affect your health and safety. Here are some things to look out for:

- Hot, dry skin or profuse sweating
- Headache
- Confusion or dizziness
- Nausea
- Muscle cramps
- Weakness or fatigue
- Rash

Finally, it's important to notify your supervisor or call 911 if you're experiencing signs of heat related illnesses. This will not only ensure your safety, but can also save your life!

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