

## For Your Safety: It's Still Heating Up

This summer is turning out to be a hot one. Across the United States temperatures are soaring above the 100 degree mark. This week's For Your Safety revisits how to recognize and prevent heat related illnesses. This is especially important for workers in the northern climates who may not be used to working in such hot weather.

### Preventing Heat Stroke and Heat Related Illnesses

- Drink more fluids (nonalcoholic), regardless of your activity level.
- Don't wait until you're thirsty to drink.
- Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Wear lightweight, light-colored, loose-fitting clothing.
- Cut down on exercise. If you must exercise, drink 16 to 32 ounces of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage.
- Protect yourself from the sun by wearing a wide-brimmed hat / hardhat and sunglasses and by putting on sunscreen of SPF 15 or higher.

Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:

- People aged 65 or older.
- People who have a mental illness.
- Those who are physically ill, especially with heart disease or high blood pressure.
- Infants and young children.

Keep focus on your own health and recognize the signs of heat related illness:

- Your skin stops sweating and you become hot and dry.
- You start to become dizzy and disoriented.
- You have a fast pulse even when resting.

If you develop any of these symptoms make sure to report them to your supervisor immediately.