



SAFETY UNLIMITED, INC.

Safety Tip of the Week

Prepare for the Heat

Labor-intense activities in hot weather can raise body temperatures beyond the level that normally can be cooled by sweating. Heat illness initially may manifest itself as heat rash or heat cramps but can quickly escalate to heat exhaustion and then heat stroke if simple preventative measures are not followed.

Should it be necessary to go outside for prolonged periods during peak temperatures:

- Limit the amount of time spent in the heat until fully acclimatized.
- Properly hydrate your body by drinking more fluids before, during, and after exposure to heat.
- Don't wait until you're thirsty to drink.
- Don't drink liquids that contain alcohol, caffeine, or large amounts of sugar - they cause your body to lose more fluid.
- Avoid very cold drinks - cool (50°F-60°F) fluid is ideal.
- Eat light meals - avoid hot and heavy meals.
- Wear lightweight, light-colored, loose-fitting clothing.
- Take frequent rest breaks in a cool shaded area. Protect yourself from the sun by wearing a wide-brimmed hat and use sunscreen of SPF 15 or higher.
- Avoid overexertion - slow down and avoid strenuous activity.
- Become familiar with the early warning signs and symptoms of the various heat-related illnesses.



THE HEAT IS ON...STAY HYDRATED!!!