



# Safety Tip of the Week

## Heat is Coming

Summer is coming soon and the temperatures are beginning to rise. So too does the risk of heat illness. Heat-related deaths and illness are preventable, yet every year many people will succumb to the effects of heat. Heat-related illness is also an underlying cause of a high percentage of non-fatal incidents.

### Preventive Measures:

As the heat index begins to climb to dangerous levels, precautions must be taken to avoid the possibility of a heat-related illness. Staying indoors in air-conditioned areas should be considered whenever possible.

### Remember

Practice the following work habits should you be required to go outside for longer periods of time when temperatures are rising:

- **Take time** to acclimate, to the heat. Gradually spend more time in the heat.
- **Always** drink more fluids to stay hydrated (before, during, and after exposure to heat).
- **Don't Wait!** Hydrate your body before you become thirsty. Drink 3 to 4 cups of water every hour starting at the beginning of the shift.
- **Avoid** liquids that contain alcohol, caffeine, or large amounts of sugar - they cause your body to lose more fluid.
- **Avoid eating** hot and heavy meals. Eat light meals.
- **Wear** lightweight, light-colored, loose-fitting clothing.
- **Protect** your body from the sun. Wear wide-brimmed hats. Apply sunscreen of SPF 15 or higher. Take frequent rest breaks in a cool, shaded area.
- **Avoid** overexerting your body. Slow down and avoid strenuous activity.
- **Become familiar** with the early warning signs and symptoms of the various heat-related illnesses.



***THE HEAT IS COMING! STAY HYDRATED!***