PROTECT YOURSELF FROM HEAT RELATED ILLNESS

WEAR APPROPRIATE CLOTHING:
Choose lightweight, light colored, loose-fitting clothing.

STAY COOL INDOORS:
Stay in an airconditioned place as much as possible.

SCHEDULE OUTDOOR ACTIVITIES CAREFULLY:
Try to limit your outdoor activity to when it is coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.

PACE YOURSELF:
If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

WEAR SUNSCREEN:
Sunburn affects your body’s ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.

TIP: LOOK FOR SUNSCREENS THAT SAY, "BROAD SPECTRUM" OR "UVA/UVB PROTECTION" ON THEIR LABELS- THESE PRODUCTS WORK BEST.

AVOID HOT AND HEAVY MEALS:
They add heat to your body!

DRINK PLENTY OF FLUIDS:
Drink more fluids, regardless of how active you are. Do not wait until you are thirsty to drink.

IF YOU HAVE A MEDICAL CONDITION CONSULT YOUR HEALTHCARE PROVIDER.

STAY AWAY FROM VERY SUGARY OR ALCOHOLIC DRINKS:
These cause you to lose more body fluid. Also avoid very cold drinks because they can cause stomach cramps.

REPLACE SALT AND MINERALS:
Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat. (If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage).

CHECK FOR UPDATES:
Check your local news for extreme heat alerts and safety tips

KNOW THE SIGNS:
Learn the signs and symptoms of heat-related illnesses and how to treat them.

USE A BUDDY SYSTEM:
When working in the heat, monitor the condition of your coworkers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness.