

HOT WEATHER SAFETY

As summer approaches the reality of extreme heat, humidity and a glaring sun will become an uncomfortable reality. Tips and strategies to deal with heat don't change much from year to year, but it is important to have a refresher.

We provide safety tips each year on this topic because heat-related injuries are **very preventable**. Please review the safety tips below to be aware of and prepared for the unique hazards that may arise in many environments during the hottest months for the year. Using your safety smarts will allow you to keep yourself and others safe while dealing with the summer!

Tips for Hot Weather Safety:

☑ **Hydration.** You need to increase your consumption of water. Salty & Sugary foods and beverages (such as potato chips, sodas and Alcohol) can work against you in this area. If you have a specialized diet or other health concerns, you should consult a physician and follow medication guidelines. Some signs of dehydration, headache, increased thirst, decreased output and more yellowish color of urine...

☑ **Acclimatization.** This means that you need to be even more cautious during the first few days of warmer weather or during a heat wave. Your body needs time to be accustomed to a warmer environment; pace your physical activity and drink more water.

☑ **Heat Illness.** Watch for the signs and symptoms of heat exhaustion and heat stroke in yourself and others. Know the details of your sites' Heat Illness Prevention Plan. Don't delay if you experience symptoms of illness. Respond immediately to cool down and seek medical attention as needed.

☑ **Sun protection.** The CDC advises that you apply a thick layer of sunscreen (SPF 15 or higher) on all exposed skin. Seek or ask for sources of shade if you work outdoors.

☑ **Exercise.** Fitness is important year-round, but play it safe in extreme weather. Try to fit in your exercise during the cooler parts of the day when the sun is down.

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Know the signs and symptoms of heat illness, which can become a life-threatening condition without the appropriate response. Illness can come on rather quickly as well.

HEAT EXHAUSTION:

- ☑ Heavy sweating
- ☑ Weakness
- ☑ Cool, clammy skin
- ☑ Fast, weak pulse
- ☑ Nausea, vomiting
- ☑ Fainting

HEAT STROKE:

- ☑ High body temperature (>103° F)
- ☑ Hot, red skin
- ☑ Rapid, strong pulse
- ☑ Possible unconsciousness