

HEAT STRESS

STAY COOL IN WARM WEATHER

When your body's cooling system can't keep up with the heat, your body temperature can rise above 38°C and cause health issues, including

- heat rash
- heat cramps
- heat exhaustion
- heat stroke

PREVENT HEAT STRESS

- Wear light, loose clothing that allows sweat to evaporate.
- Drink small amounts of water (8 oz.) every half hour.
- Avoid coffee, tea, beer and other drinks that make you go to the bathroom frequently.
- Avoid eating hot, heavy meals that increase your body temperature.
- Remember that your physical condition can reduce your ability to deal with the heat. Age, weight, fitness, health conditions (heart disease or high blood pressure), recent illness and medications can affect your ability to withstand high temperatures.
- If possible, avoid direct sunlight and schedule work during the cooler parts of the day.