Safety Fact Sheet

**UTAH
Safety™
COUNCIL**

Our Emergency Care Training Programs focus on hands on practice and repetition. How your employees respond before help arrives could make a difference between life and death.

COPING WITH HEAT STRESS

Whether you're working or playing outdoors, hot humid weather can be more than uncomfortable. Unchecked exposure to heat 90 degrees Fahrenheit and above can result in illnesses such as rashes, cramps, fatigue, strokes, and even death. No matter what your reason for being out of doors, at work or at play, using these common sense tips can help prevent you from becoming a "hot number" this summer.

Drink plenty of water before, during and after any physical activity. Water is the best fluid to replenish your body. Be aware that alcohol and beverages containing caffeine (colas, iced teas, coffee, etc.) can dehydrate your body. Even though you may not feel thirsty, your body may be dehydrated.

Pay close attention to weather reports and, if possible, adjust your schedule accordingly. Try to do the most strenuous tasks in the early morning or evening when temperatures are cooler. It is best to avoid being in the sun between the hours of 10 AM and 3 PM. Allow yourself time to adjust to the hotter weather.

Wear light colored, loosely-woven cotton clothing. The light color reflects the sun and the natural fabric allows for air circulation. Wearing a wide brimmed hat can help keep you cool as well. Be sure exposed skin is protected with a sunscreen of SPF 15 or above.

When working outdoors be sure to take frequent breaks out of the sun in shady, cool areas.

If you take prescription medication, ask your doctor about any adverse reactions to heat or sunlight.

Check on elderly family members, friends, neighbors or those who spend a majority of their time indoors. Make sure they are comfortable and that their homes have good ventilation.

Learn and recognize the early symptoms of heat-related illness, including nausea and dizziness. Get out of the heat immediately and seek medical help if appropriate.