



Safety First

Preventing Heat Illness - The summer solstice brings with it rising temperatures and increased humidity. So it's important to know how to cope with the heat. Fortunately, you can protect the health and safety of you and your family by following sensible precautions to prevent Heat Illness. For example, you can:

- Limit exposure to the sun as much as possible by scheduling the heaviest periods of outdoor work during the coolest parts of the day;
- Avoid dehydration by drinking cool (not cold) water frequently and plentifully. While working in the heat you should consume four (4) eight-ounce glasses of water per hour. Avoid drinks that contain caffeine; they will dehydrate you;
- Begin consuming water before you begin your work in order to replace the water you will lose through sweat;
- Take frequent breaks in a shaded area that completely blocks out the sunlight, and is either ventilated or open to air movement. Avoid sources of shade such as metal sheds or parked cars that are hot from sitting in the sun;
- Avoid hot and heavy meals. Eat light foods at room temperature and choose small portions of fruits and vegetables (which contain a lot of fluids).

Here are other precautions that you should take when working in the sun:

- Wear lightweight, light-colored, and loose-fitting clothes, as well as a lightweight cotton hat;
- Apply sunscreen, preferably with an SPF of 30 or higher, to protect your skin against burning—and cancer;
- Wear sunglasses to protect your eyes from hazardous UV rays.