



# Heat Stress



Summer is a time welcomed by most, however, too much heat can adversely affect the body.

## PREVENTION STRATEGIES

- Drink plenty of fluids (6 ounces every 15 to 20 minutes).
- Take appropriate breaks from work or play and find shaded areas when possible.
- Wear appropriate clothing for the activity you are going to be involved with, usually something loose and lightly colored.
- Acclimate yourself to hot weather by taking it easy the first 7 to 10 days.
- Stay in good physical condition by participating in regular exercise and weight reduction.
- Eat wisely during the summer months by reducing calorie intake and foods high in salt content.
- Avoid special risk items such as alcohol and caffeine.
- Prepare for your environment by using hats, sunglasses and sun-block.