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.

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