



The hot weather in July can have a debilitating effect on those who work outside or in hot environments, such as bakeries, laundries, and foundries. These conditions can be hazardous to their safety and health. Here are some tips for staying cool: Those hot, humid summer workdays are more than an uncomfortable annoyance—they can cause heat stress, which can be life-threatening if proper precautions aren't taken. Heat stress is an ever-present danger, not only for outdoor workers, but also for those working indoors in hot environments.

Sweating is one way the body uses to maintain a stable temperature in the face of heat.

Sweating is only effective if the humidity level is low enough to permit evaporation and if the fluids and salts that are lost are adequately replaced.

If the body cannot dispose of excess heat, it will begin to store it. When this happens, the body's core temperature rises and the heart rate increases. An overheated person will begin to lose concentration, become irritable, and may even lose the desire to drink. The next step is fainting and then possibly death if the individual is not cooled down.

## Hot & Humid Weather is Setting in Again...

- \* Never leave people or pets alone in closed vehicles
- \* Drink water regularly...even if you are not thirsty
- \* Avoid strenuous activities during the day
- \* Protect face and head by wearing a hat
- \* Wear lightweight...light-colored clothing
- \* Avoid sunburn...which will further stress your body
- \* Avoid drinks with alcohol and caffeine in them
- \* Eat smaller, more frequent meals  
(larger meals increase your body temperature)
- \* Check on friends...relatives...and neighbors



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## TIPS TO STAY HEALTHY THROUGH THE HEAT WAVE

- Spend time in cool, air conditioned buildings to give your body a break.
- Avoid alcohol & caffeine. Drink plenty of water.
- Eat low calorie meals, but eat more frequently (*high calorie meals raise internal body temperature*).
- Move strenuous outdoor work to early morning/late evening.
- Avoid sunburns (*which make it more difficult to stay cool*).



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Make sure that you have your car windows tinted or use sun shades to prevent heat from entering the car. Apply a dry garment to your body during the day. Use a fan to cool your body and use sunglasses.