

It's getting hot out there. Are you staying cool?

Heat-related illnesses can range from small heat cramps to potentially fatal heat stroke. It is important to know the signs and how to prevent them.

KNOW THE SIGNS

It is incredibly important to pay extra attention to your body during the hot summer months. If you notice any of the following symptoms, take a break, or seek medical help.

Heat Exhaustion

This is the body's way of telling you it's losing too much salt and water. It is characterized by: **dizziness, headaches, excessive sweating, weakness, cramps, nausea, vomiting and an accelerated heart beat.**

Heat Stroke

Heat Stroke is incredibly serious and can result in death if not tended to properly. It is characterized by **red, hot and dry skin, a high body temperature, confusion, convulsions, and fainting.**

KNOW HOW TO STAY SAFE

Prevention is easy! There are numerous things you can do to stay safe in the heat.

Water

Stay hydrated! You may have heard the phrase "drink eight 8 oz glasses of water a day". It's an easy way to remember to stay hydrated, but did you know that you should actually be drinking **half your body weight** of water in fluid ounces each day? For example, if you weigh 130 lbs, you should be drinking 65 oz of water daily. Try to drink water **every 15 minutes**, even if you're not thirsty. If you get thirsty, you've waited too long!

Rest

If you get too hot, **take a break!** It's that simple.

Shade

Rest in the shade, where it's cooler. Wear a **wide-brimmed hat** to keep the sun off of your face, and always put on **sun screen** (SPF 15 or stronger) before going outside!

Download your Heat Safety Tool App to your cell phone today!

https://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html

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