

# 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](https://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html)

Molly Ragan

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