This time of year all of us look forward to vacations, visits to the beach, and just lolling about enjoying the warmth of the season. Believe it or not, some of us look forward to coming to work. Either way, we must all take precautions to avoid heat stress:

- Gradually build up hours spent working in heat
- Wear light, loose clothing & a hat outdoors
- Drink water steadily before & during working in heat
- Avoid caffeinated beverages & hot foods
- Work at a steady pace without overexerting yourself
- Take regular breaks in cool places

Following is a list of illnesses associated with heat stress:

- Heat Cramps
- Heat Exhaustion: may involve weakness, dizziness, sweating, moist pale or flushed skin
- Heat Stroke: lack of sweating, high body temperature, dry and hot skin, chills, strong rapid pulse and confusion

Please take the following precautions for the following conditions:

- Heat Cramps—Drink water
- Heat Exhaustion—Move to a cool place, loosen clothes and apply cool compresses, drink water slowly and elevate feet 8-12 inches
- Heat Stroke—Treat as a medical emergency, call for a doctor immediately, move to a cool place immediately, use cool water to soak a person’s clothes and body, fan the body; do not give fluids if unconscious

Heat Stress can affect everyone both indoors or outdoors. Make sure to take precautions & watch for warning signs so you work smart and play smart.

DID YOU KNOW?

Heat Stress can occur both indoors or outdoors.

On average, excessive heat claims more lives than floods, lightning, tornados or hurricanes combined.

3,100 is the number of non-fatal heat illnesses that resulted in days away from work in the U.S. in 2006.

44 is the number of heat related occupational fatalities reported in the U.S. in 2006.