



## Hot Weather Tips

The National Safety Council offers these tips when the weather turns hot and humid:

### Take care of your body:

- Eat light, healthy, low-fat meals.
- Drink plenty of fluids before, during and after exerting yourself. A good rule of thumb is eight glasses of water a day.
- Avoid caffeinated and alcoholic beverages.
- Keep fit. Fat acts as insulation which slows the body's ability to remove heat. The heart must also work harder in the heat if the body is carrying extra weight.
- Get enough sleep.
- Dress in loose-fitting cotton clothing. Cotton lets air circulate to cool your skin. Also, wearing light-colored clothes will reflect more sunlight than dark-colored clothes, which absorbs it. Wear a wide-brimmed hat, visor or other head gear to protect against the sun.

### If working outside:

- Pay attention to weather reports. When possible, plan activities for days that are not as hot. Try to schedule your most strenuous activities in the mornings and evenings when it is usually cooler.
- Take frequent rest breaks in a shaded or cool area.
- Drink lots of fluids.

### Other issues:

- If you take prescription medication, consult with your doctor about possible side effects from heat stress.
- If you're going to be in the sun for an extended period of time, wear a sunblock. A product with an SPF of either 30 or 45 should help keep you from being overcome by sunburn. Apply the product liberally to exposed areas.
- Do not take salt tablets.
- Keep tabs on how you are feeling and immediately get out of the heat if your stomach is upset or you feel dizzy or faint.
- Keep tabs on those around you, especially those who might be at risk from the heat.

*Copyright 2003 \* National Safety Council \* All Rights Reserved. Reviewed 5/05.*