



## SUMMER HEAT SAFETY

The summer season is here!! When working in extreme temperatures, it becomes extremely important to stay hydrated. You can quickly lose too much fluid or salt by sweating excessively, which can result in a heat related illness such as heat cramps, heat exhaustion or a heat stroke. It's important to know the signs and symptoms of heat exposure and the proper responses to the illness:

**Heat cramps** may be the first sign of a heat illness. Symptoms are painful muscle cramps and spasms usually in legs and abdomen and also heavy sweating. Respond by gently massaging the muscles and sipping water.

**Heat exhaustion** is in effect when there are signs of clammy skin, weakness, dizziness, fainting and vomiting. Respond by moving to a cooler environment and applying cool, wet cloths directly to the body. You should seek immediate medical attention.

**Heat stroke** is a severe medical emergency and can be fatal. Symptoms include hot, dry skin, a high body temperature, throbbing headache, shallow breathing and possible fainting or unconsciousness. Fluids should never be given to a person with heat stroke.

### SUMMER HEALTH TIPS

**Make sure to hydrate** – keep a cooler in your truck so you have cooled water. Cool water is better than cold water as it is easier for the body to absorb. Limit drinks with caffeine and sugar.

Becoming dehydrated affects your ability to make rational decisions while driving.

**Eat light meals** – hot and heavy foods during summer will make you feel sluggish and tired. Try to eat salads, raw fruit, vegetables and nuts. They will help you feel fuller longer.

**Wear lightweight clothing** – Natural, breathable materials such as cotton are the best fabrics to wear during the summer. They are lightweight and will dry faster if you sweat. Stay away from heavy materials such as denim, which clings to your skin and traps sweat.

**Stay cool** – When you are in a loading dock and cannot keep your ignition on to run the AC, a portable fan can provide a gentle breeze to maintain a comfortable temp in the cab. Damp towels on your neck can also help regulate your body temperature. At the end of the day, a cool shower will lower your body temperature and prevent overheating.

**Take care of your skin** – use a sunscreen with a high SPF. Apply it to all exposed skin about 30 minutes before you will be out in the sun. Make sure you reapply to all areas every two hours before the sunscreen's protection properties wear off.

**Wear sunglasses** – safeguard your eyes. Invest in quality sunglasses designed to protect your eyes. Make sure the lenses block 99-100% of UVB and UVA rays. A cotton hat that is comfortable enough to wear all day can also provide an extra level of shading for your eyes.



  
**John  
Wright**  
... is the lucky winner  
of the gift card this  
month for turning in  
his signed newsletter.



I have read and understand the  
above information regarding  
“Summer Heat Safety”.

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Signature

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Date