

# HOT WEATHER SAFETY TIPS

Heat kills. To keep your cool during periods of excessive heat:

- Slow down. Avoid strenuous activity. If you must work outside, try to do it during the coolest part of the day – usually in the early morning.
- Stay indoors as much as possible. If you don't have air conditioning, stay on the lowest floor of a building out of the sun. Use electric fans if you have them. They don't cool the air, but they do help sweat to evaporate, which cools your body.
- Drink plenty of water regularly, even if you don't feel thirsty. Your body needs fluids to keep cool. Avoid beverages with caffeine, such as coffee, and alcohol.
- Eat smaller meals, but eat more often.
- Wear loose, lightweight, light-colored clothing and a hat. Light colors reflect heat and sunlight, and help your body maintain normal temperatures.
- Don't get too much sun. Sunburn makes the body's job of keeping cool more difficult.
- Check on the elderly, children, and those who are ill; all are vulnerable to excessive heat.
- Ensure that your pets are provided with shade and adequate water.