



# Summer Safety Checklist

A healthy body temperature is maintained by the nervous system. As the body temperature increases, the body tries to maintain its normal temperature by transferring heat. Sweating and blood flow to the skin help us keep our bodies cool. A heat-related illness occurs when our bodies can no longer transfer enough heat to keep us cool.

## Stay safe during extreme heat

- Listen to local weather forecasts and stay aware of upcoming temperature changes
- Eat light – the more calories you take in, the more body heat you produce
- Stay hydrated and drink plenty of water before work and throughout the day
- Drink at least 8 ounces of fluid per half hour
- Avoid liquids that contain alcohol, caffeine or large amounts of sugar
- Choose the proper type and amount of clothing – cotton allows skin to breathe and absorbs sweat
- Take frequent breaks in shady areas
- Always wear a sunscreen with an SPF of 15 or higher
- Apply sunscreen at least 20 minutes before going outdoors
- If you take medicines regularly, ask your doctor for advice about hot-weather activity and your risk of getting a heat-related illness
- Get trained in first aid to learn how to treat heat-related emergencies

## Don't sweat through the symptoms

Symptoms of heat exhaustion include:

- Headache
- Dizziness
- Weakness
- Light-headedness
- Heavy sweating
- Confusion
- Clammy skin
- Nausea and vomiting may occur

If you or someone you know experiences these types of symptoms, lay the worker down in a cool area with his or her legs raised. Remove excessive layers of clothing. Give up to 1 liter of water. Do not give anything to drink if the worker vomits. Cool the worker with cold, wet cloths and a fan. If symptoms persist, seek medical attention.

