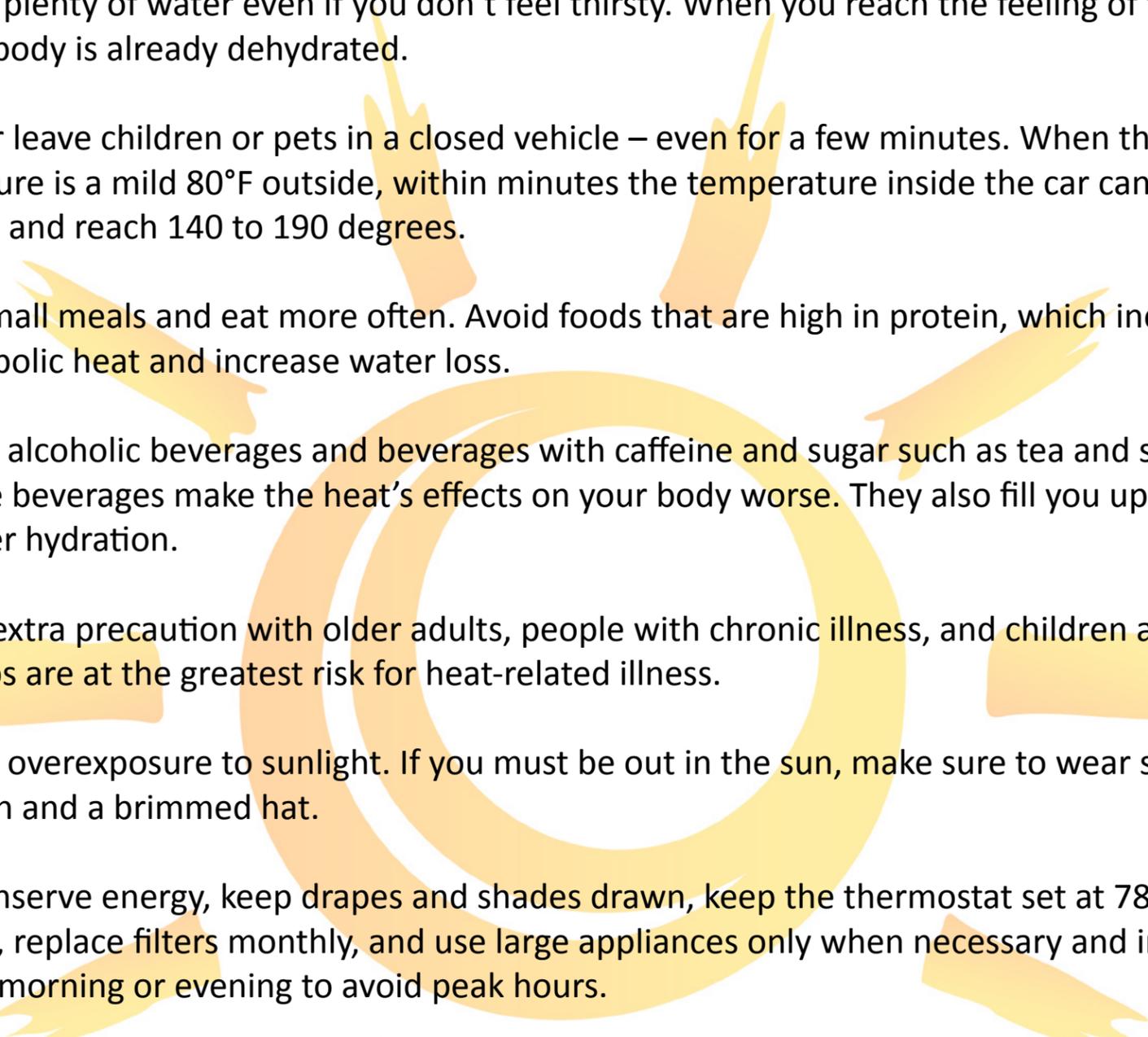




Enjoy the Heat and Enjoy it Wisely

Top Tips To Live By This Summer

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- Drink plenty of water even if you don't feel thirsty. When you reach the feeling of thirst, your body is already dehydrated.
 - Never leave children or pets in a closed vehicle – even for a few minutes. When the temperature is a mild 80°F outside, within minutes the temperature inside the car can exceed 109°F and reach 140 to 190 degrees.
 - Eat small meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat and increase water loss.
 - Avoid alcoholic beverages and beverages with caffeine and sugar such as tea and sodas. These beverages make the heat's effects on your body worse. They also fill you up without proper hydration.
 - Take extra precaution with older adults, people with chronic illness, and children as these groups are at the greatest risk for heat-related illness.
 - Avoid overexposure to sunlight. If you must be out in the sun, make sure to wear sunscreen and a brimmed hat.
 - To conserve energy, keep drapes and shades drawn, keep the thermostat set at 78 degrees, replace filters monthly, and use large appliances only when necessary and in the early morning or evening to avoid peak hours.
 - Be aware of the risks and be aware of your body!
 - Heat injury can happen quickly. Take the time today to learn about heat illness and prevention. Your EH&S staff can direct you to online or campus-based resources. Work with your supervisor and co-workers to be sure your department has appropriate heat illness and injury prevention work practices in place.
 - For more information on how to stay healthy, safe and productive, contact your campus Environment, Health and Safety Office.