

STAY SAFE WITH SOCIETY

WORKING IN HOT CONDITIONS

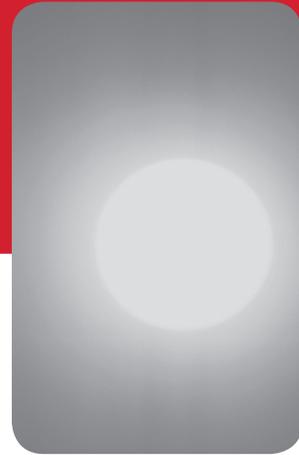
Heat, whether, it's inside or outside, can be a health hazard. If you don't know when enough becomes too much, you can suffer from some form of heat stress. That can be a momentary problem or something more serious ... and it can strike you down at work or play.

Heat exhaustion is a risk if you're physically active when it's hot. You'll probably get dizzy and sweaty, but it's not likely to be life-threatening.

Heat stroke is much more serious. It is also a hazard when you're physically active in hot conditions. But heat stroke can send your body temperature so high that you become unconscious. It can also put strain on your heart and blood vessels, increasing the risk for heart failure or stroke.

To reduce these health hazards, you should:

- Dress for the conditions. Wear lightweight, light-colored, loose clothing and a wide-brimmed hat. Cover as much of your body as possible.
- Apply sunscreen to exposed body parts.
- Drink plenty of fluids. Don't wait until you're thirsty. Your body is sweating out fluid, and you have to keep replacing it. Water is the best thing to drink. Avoid anything with caffeine or alcohol.
- Build up your exposure to the sun slowly and gradually. Try to stay in the shade or inside between 10 a.m. and 3 p.m., when the sun is the strongest.
- Be aware that water, concrete, and sand reflect the sun and can make it stronger.
- Eat a regular, well-balanced diet. Try to stay away from hot or heavy foods.



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A Small Detail
That Can Make a
Big Difference.

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