

Beat the Heat: Summer Safety Tips



Drink **16-32 ounces** of water every hour and supplement with a sports drink.
Wear light colored, loose fitting clothing and a wide brimmed hat.
Keep a damp bandana around your neck to keep your body temperature from rising too high.
Apply 15+ SPF sunscreen every day.
Perform high intensity activities in the early morning or evening hours when possible.
Perform work in the shade whenever possible.
Move indoors to a cool place if you start to experience any of the symptoms below.

Heat exhaustion typically involves the loss of body fluids through heavy sweating during strenuous exercise or physical labor in high heat and humidity.

- Signs of heat exhaustion include cool, moist, pale or flushed skin; heavy sweating; headache; nausea; dizziness; weakness; and exhaustion.
- Move the person to a cooler place. Remove or loosen tight clothing and apply cool, wet cloths or towels to the skin. Fan the person. If the person is conscious, give small amounts of cool water to drink. Make sure the person drinks slowly. Watch for changes in condition.
- If the person refuses water, vomits or begins to lose consciousness, **call 9-1-1** or the local emergency number.

Heat stroke (also known as sunstroke) is a life-threatening condition in which a person's temperature control system stops working and the body is unable to cool itself.

- Signs of heat stroke include hot, red skin which may be dry or moist; changes in consciousness; vomiting; and high body temperature.
- Heat stroke is life-threatening. **Call 9-1-1** or the local emergency number immediately.
- Move the person to a cooler place. Quickly cool the person's body by giving care as you would for heat exhaustion. If needed, continue rapid cooling by applying ice or cold packs wrapped in a cloth to the wrists, ankles, groin, neck and armpits.

For more information, visit RedCross.org.