PLAYING IT

SAFE

Beating the Summer Heat

Tips for staying cool when summer heats up

Summer heat can be more than uncomfortable; it can be a threat to your health, especially for older adults and children. Whatever your age, don't let the summer heat get the best of you.

Heat Exhaustion

Heat exhaustion occurs when a person cannot sweat enough to cool the body – usually the result of not drinking enough fluids during hot weather. It generally develops when a person is playing, working or exercising outside in extreme heat. Symptoms include the following:

- Dizziness, weakness, nausea, headache and vomiting
- Blurry vision
- Body temperature rising to 38.3° C
- Sweaty skin
- Feeling hot and thirsty
- Difficulty speaking

A person suffering from heat exhaustion must move to a cool place and drink plenty of water to avoid a more severe heat-related condition – heat stroke.

Heat Stroke

Heat stroke is the result of untreated heat exhaustion. Symptoms include the following:

- Sweating stops
- Unawareness of thirst and heat
- Body temperature rising rapidly to above 38.3° C
- Confusion or delirium
- Possible loss of consciousness or seizure

Heat stroke is a serious medical emergency that must be treated quickly by a trained professional. Until help arrives, cool the person down by placing ice on his or her neck, armpits and groin. If the person is awake and able to swallow, have him or her drink a small glass of water every 15 minutes or until help arrives.

Tips For Staying Cool

- Drink plenty of water. In hot weather, drink enough water to quench your thirst. The average adult needs eight 8-ounce glasses of water a day, and even more during hot weather.
- Skip the caffeine and pop; drink water instead.
- Dress for the weather. When outside, wear lightweight clothing of natural fabric and a ventilated hat.
- Eat light. Replace heavy or hot meals with lighter, refreshing foods. And always eat smaller meals before work or intense activity.

Be safe and healthy on the job at
with these helpful tips provided by **Jones DesLauriers Insurance Management Inc..**

"Staying well-hydrated is one of the most important things you can do to beat the heat."

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