



SUMMER SAFETY

DIRECTIONS: Please review this sheet as a group or individually and return to HR with signatures.

HYDRATION

- Water comprises more than 60% of our body weight.
- Lack of water is the #1 trigger for daytime fatigue.
- A 2% drop in water level of the body can spur problems with short term memory.
- Water naturally cleanses the body of toxins.
- Water regulates the body's cooling system.
- Water acts as a lubricant and cushion to our joints.

Hydration Tips

- It is recommended to drink at least 50oz to 64oz of water a day.
- Do not wait until you are thirsty to drink water. By time the body tells you that you are thirsty dehydration is already occurring.
- Beverages such as soda or coffee steal water from your body and make you more dehydrated. Limit these types of drinks throughout the day.

FOODS THAT DEHYDRATE

- Alcohol
- Caffeine drinks
- Sugary drinks
- Cured meats
- Fried Foods

SNACKS TO HYDRATE

- Fruits – watermelon, cantaloupe, strawberries
- Vegetables – carrots, lettuce, cucumbers
- Yogurt, applesauce, jello, smoothies

Hydrating drinks with low sugar levels

Heat rash (most common), occurs then the sweat cannot freely evaporate from the skin and sweat ducts become plugged.

- Symptoms - Prickly heat is manifested as red papules and usually appears in areas where the clothing is restrictive.
- Treatment - Treated by keeping skin dry, use Calamine lotion and/or Baby powder.

Heat cramps may result after excessive water loss, sweating, and dehydration.

- Symptoms - Muscle spasms with pain usually in abdomen, arms, or legs.
- Treatment - Increase fluid intake, provide rest, and move to a cool place. Wait a few hours before returning to strenuous work. Seek medical attention if cramps don't go away.

Heat exhaustion happens when blood moves toward the outer body to remove heat leaving less blood going to the brain.

- Symptoms - Cool, moist skin, fast heart beat, heavy sweating, thirst, irritability, headache, nausea or vomiting, dizziness, light headed.
- Treatment - Sit or lie down in a cool area, take cool beverages, cold compresses/ice packs. Take to Urgent Care or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes.

Heat stroke is a medical emergency and a life-threatening condition caused by the failure of the heat- regulating mechanisms due to high heat and humidity. The core temperature rises and the body stops sweating.

- Symptoms - Confusion, fainting, seizures, excessive sweating or red, hot, dry skin, very high body temperature.
- Treatment - Call 911 first!! While waiting for help: move the person to a shady, cool area, remove or loosen clothing, fan air, cold packs in armpits, wet with cool water, apply ice packs, cool compresses, or ice if available, provide fluids (preferably water) as soon as possible.

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**Skin Protection** - Men are more likely to get skin cancer, including melanoma—the deadliest kind of skin cancer. When you think sun screen, you might think about a day at the beach. But over your lifetime, you get sun exposure doing everyday things like yard work, playing sports, working, fishing, hunting, etc. Knowing the Sun Protection Factor (SPF) helps to keep your skin safe.

- Low protection: SPF is below 15
- Medium protection: SPF is 15 to 29
- High protection: SPF is 30 to 49
- Very high protection: SPF is over 50

