

JULY 2023 CCDC SAFETY MESSAGE

HOT AND HUMID WEATHER SAFETY

The human body is normally able to regulate its temperature through sweating until it is exposed to more heat than it can manage. Every individual will have a different tolerance for heat. The CDC provides information on preventing heat related illnesses.

Stay Informed about Risks

- Check for Weather Updates: Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.
- Know Heat Stress Signs: Learn the signs and symptoms of heat-related illnesses and how to treat them.
- Use a Buddy System: Monitor the condition of your co-workers, athletes and exercise friends and have someone do the same for you. For older or health impaired people, have a friend or relative call to check twice a day during a heat wave. If you know someone in this age group, check on them at least twice a day.
- Monitor Those at High Risk: Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others:
 - Infants and young children
 - People 65 years of age or older
 - People who are overweight
 - People who overexert during work or exercise
 - People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation.

Practice Prevention Tips

- Wear Appropriate Clothing: Choose lightweight, loose-fitting clothing.
- Stay Cool Indoors: Stay in an air-conditioned place as much as possible. Keep in mind: Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness.
- Schedule Outdoor Activities Carefully: Try to limit your outdoor activity to when it is coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.
- Pace Yourself: Cut down on exercise during the heat. If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually.
- Wear Sunscreen: Sunburn affects your body's ability to cool down and can make you dehydrated.
- Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- Avoid Hot and Heavy Meals: They add heat to your body!

Stay Hydrated

- Drink Plenty of Fluids: Drink more fluids, regardless of how active you are. Do not wait until you are thirsty to drink.
- Stay away from very sugary or alcoholic drinks which cause more fluid loss.
- Also avoid very cold drinks because they can cause stomach cramps.
- Replace Salt and Minerals: A sports drink can replace the salt and minerals you lose in sweat. If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.
- Keep Your Pets Hydrated: Provide plenty of fresh water for your pets and leave the water in a shady area.

Know How to Respond

- The National Safety Council ([nsc.org](https://www.nsc.org)) provides a free First Aid Quick reference app for your phone (via the Apple store or Google play) showing the signs and symptoms for heat related illness.
- Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death.
- Seek medical help immediately if someone is suffering from heat stroke.

THINK SMART, BE AWARE, BE FLEXIBLE, BE EDUCATED (SAFE)