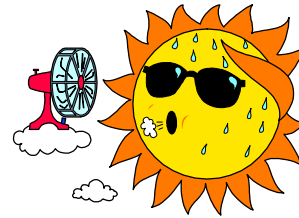




# Safety Tips

A five-minute training series for PCOs.

## Avoiding Heat Stress



Heat stress is an exposure that most of us will encounter over the next few months. If you maintain a proper diet, drink plenty of water and pay attention to the warning signs, heat exhaustion and heat stroke can be avoided.

The human body is very much like your car. It has a built in heating system and cooling system. Both work very similar. When the body becomes heated above 98°, the heart pumps harder to cool the body and the blood vessels expand. The body then begins to perspire which cools the skin as the perspiration evaporates. If you are in a high humidity area, this process becomes less effective. That is why it is important to properly fuel the body with a nutritional diet and drink plenty of water to replenish the fluids lost through perspiration.

Should you experience sudden fatigue, dizziness, difficulty in breathing, sudden memory loss, profuse sweating or redness of the skin, do the following:

- Stop any activity that is causing your body to overheat.
- Seek shade and a cooler spot to help cool your body.
- Rest until your heart rate lessens.
- Drink lots of water to replenish the fluids lost.
- Loosen your clothing (collar and belt) to increase circulation.
- Notify your supervisor.

