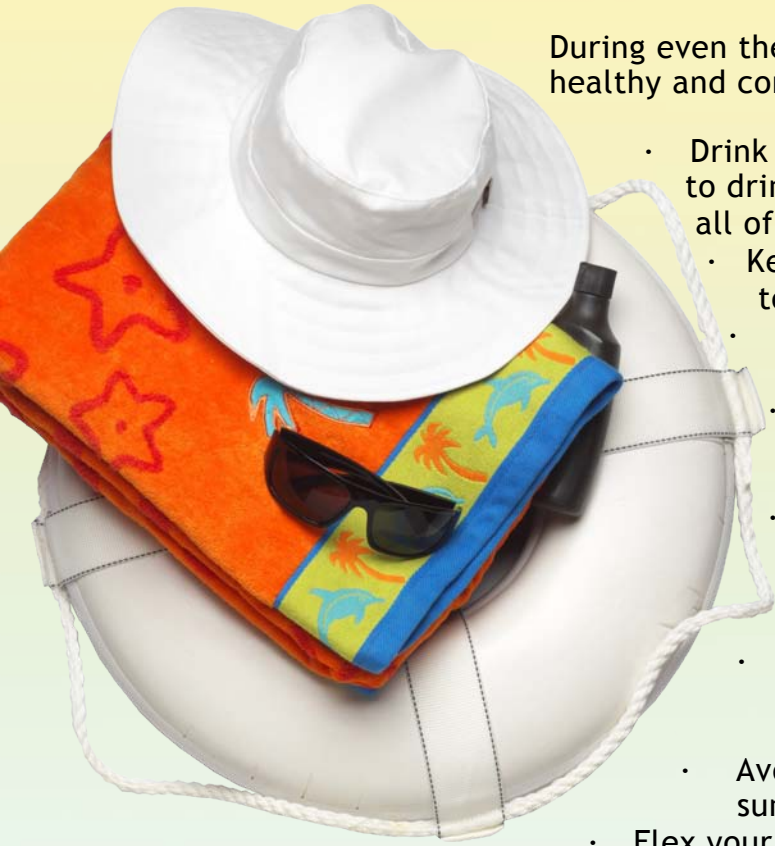


Health & Safety Tip #110

Staying Cool in a Heat Wave



During even the hottest days of summer, there are ways to stay healthy and comfortable. Here are some tips on how to keep cool.

- Drink plenty of fluids and don't wait until you are thirsty to drink. Avoid sugary, caffeinated and alcoholic drinks, all of which contribute to dehydration.
 - Keep your home cool. Close blinds and draw curtains to block the sun's heat.
 - Stay indoors in air-conditioned facilities or keep cool with a fan.
 - Take a cool bath or shower, sponge or spray cool water on your face/neck/arms - or go for a swim.
 - Avoid strenuous activity between 10am and 4pm. If you must work, drink 2-4 glasses of non-alcoholic fluids each hour and try to stay in shaded areas.
 - Wear lightweight, light-coloured, loose-fitting clothing made of natural fibres. Wear a brimmed hat, or use an umbrella for shade.
 - Avoid sunburn - seek shade to stay cool and use sunscreen as you can still burn in shade.
 - Flex your leg muscles regularly and rest often in shady areas if standing for long periods in hot weather.
- NEVER leave children (or animals) alone in a parked car. Temperatures can rise to 51.7 C (125 F) within 20 minutes in an enclosed vehicle when the outside temperature is 33.9 C (93 F) - even with the windows open.
 - Check for signs of heat-related illness regularly in infants, older people, and those who are unable to leave their homes.
 - Recognize the signs of heat stroke (also called sun stroke), a serious condition and one that requires immediate treatment. Heat stroke happens when the body is unable to regulate its temperature. Temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. The symptoms of heat stroke are:
 - o Hot, red, dry skin
 - o Rapid pulse
 - o Rapid, shallow breathing
 - o Headache
 - o Confusion, untypical behaviour
 - o Possible loss of consciousness
 - o Extremely high core temperature of up to 41 degrees Celsius or (106 degrees Fahrenheit)