



# “SAFE DAYS” of Summer

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## BEAT THE HEAT

The hot season is upon us and it is time to remind VCC employees to be watchful for symptoms of heat stress and heat stroke – also known as sun stroke – heat exhaustion, heat rash and heat fatigue. Heat stress results from exposure to high temperatures and/or humidity, lack of fluids, restrictive clothing, and heavy workload. Heat stress is preventable.

### Warning signs of heat stroke:

- Visible sweating
- Increased heart rate
- Clumsiness and confusion
- Unexplained irritability
- “Feeling kind of funny”

### Warning signs of heat exhaustion:

- Fatigue
- Weakness
- Blurred vision
- Dizziness, headache
- Loss of body water and salts

### Warning signs of heat fatigue:

- Brief fainting
- Blurred vision

### Warning signs of heat cramps:

- Severe muscle pain

## **HOW TO AVOID HEAT STRESS**

- Get acclimated – get use to the heat
- Stay conditioned – proper sleep, exercising and healthy eating habits will help.
- If you have medical problems (high blood pressure, heart disease,

stroke), consult with your physician about heat exposure.

## **HOW I GET HELP**

- If you are having a heat stress problem at the job sit, talk to your supervisor.

## **HOW TO BEAT THE HEAT**

- ✓ **DRINK PLENTY OF FLUIDS.** Lots of cool water is best. Try to avoid carbonated drinks as they can cause cramps.
- ✓ **AVOID ALCOHOL.** These liquids can dehydrate your body.
- ✓ **PLAN YOUR ACTIVITIES.** Save the most strenuous work for the cooler parts of the day.
- ✓ **STAY COOL.** When hot, look for a cool spot. (Shady areas, air conditioned areas, etc.)
- ✓ **DRESS COOL.** Wear loose-weave, cotton fabrics that allow your body to breathe.
- ✓ **REST OFTEN.** Get sufficient rest, sleep and nutrition. Get in shape.

