

Safety Corner

As the days get longer and warmer we all start to feel the pull to spend time outdoors in the garden, at the lake, and on our local trails. A beautiful triple-digit summer day in the North state can turn deadly if you are not prepared. If you can remember the simple acronym **HEAT** then you may prevent the unthinkable for your family, students, or even yourself.

H: High Heat Category- subsequent days of high heat have cumulative effects. Give your body a break and avoid repetitive daily exposure to extremely high temperatures.

E: Exertion Level. If you are active outdoors, your body will break down much faster and also need more water. Decrease your level of activity on very hot days and stay hydrated.

A: Acclimatization. It takes 10-14 days to become acclimated to high temperatures. An early heat wave could be dangerous, so be especially careful in early summer.

T: Time of exposure. Your body can recover from daily heat stress, but only if it is afforded a cooler environment. Try to sleep in a cool room. If camping where you cannot get away from the heat even at night remember heat stress is cumulative and adjust your activities during the following days.

Other things that put you at risk for heat related injuries include being overweight, sick, taking medications such as allergy or cold remedies, and even alcohol. For those over 40 years old and those who have had a previous heat illness, be especially careful. For a good video that gives you signs and symptoms of heat illness and tells you what to do follow this link:

http://www.youtube.com/watch?v=z_HHu8pqqqA

Have a great summer and be safe!