

Staying Hydrated

How to Beat the Heat on Hot Summer Days

In the midst of this heat wave, now is a good time to talk about preventing heat related injuries when working outdoors. According to the CDC – Center for Disease Control, 318 Americans die every year from heat-related illnesses or injuries.

One of the most common heat related illness or injury is dehydration. By using some common sense tips you can reduce your chance of becoming dehydrated when working outside.

- When ever possible work in teams to reduce the time spent working outside.
- Try to set up your schedule to reduce working outside during the hours of 11:00 AM – 1:00 PM.
- In the event that you can not work in teams make sure you have the opportunity to stay in communication with your fellow workers or supervisors.
- Wear light clothing
- Build into your work schedule the time to take drinking breaks as well as bathroom breaks
- Have sunscreen and bug repellent available.
- Become acclimated to working outdoors

It may take as long as 10-14 days of working outdoors for your body to adjust to the heat. This process of becoming acclimated to the heat should be a slow process and not be done all at once or during the first few days your are working outside.

This is a process that has to be repeated on an annual basis.

Stay Hydrated!

Listed below are some common signs of being dehydrated.

- Dry lips and tongue
- Headache
- Weakness, dizziness or extreme fatigue
- Nausea
- Muscle Cramps
- Tingly of extremities

Set up a schedule for drinking fluids when you are working outside. It

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is suggested that for every 15-20 minutes working outside you should drink 5-7 ounces of fluids. What is the best type of fluid to drink? The best types of drinks are water and some of the common sports drinks. The sport drinks are designed to replace some of the electrolytes that your body will lose use through the sweating process as well as to provide carbohydrates energy to your working muscles, most notable your heart. Please bear in mind that an average person can lose 2-3 gallons of sweat when working out doors for an extended period of time.

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