



The Heat is On

Heat illness or heat stress, becomes a factor when you perform strenuous work while being exposed to excessive heat and humidity. Here are a few tips to beat the heat this summer.



Hydrate

Drink plenty of water, even if you're not thirsty



Dress Down

Wear light-colored and breathable clothing



Limit

Limit your caffeine intake



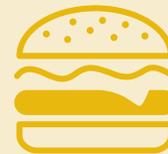
Sleep

Get plenty of sleep



Cool Down

Take breaks in shaded or air-conditioned areas



Avoid

Avoid hot, heavy, and salty foods

