THE SITUATION ROOM

EcoOnline

Avoiding Heat Exhaustion

Outdoor workers must take special precautions in extreme heat to prevent heat-related illnesses. Here is a list of essential steps you should follow.

1 **Stay Hydrated**
- Drink water frequently, even if not thirsty.
- Avoid beverages containing alcohol, caffeine, or large amounts of sugar.

2 **Take Regular Breaks**
- Rest in shaded or air-conditioned areas.
- Increase the frequency of breaks as temperatures rise.

3 **Wear Appropriate Clothing**
- Opt for lightweight, light-colored, and loose-fitting clothing.
- Wear a hat and sunglasses to protect from the sun.

4 **Use Sunscreen**
- Apply broad-spectrum sunscreen with an SPF of at least 30.
- Reapply every two hours, or more often if sweating heavily.

5 **Adjust Work Schedules when Possible**
- Perform strenuous tasks during cooler parts of the day (early morning or late afternoon).

6 **Monitor Colleagues for Heat-Related Illnesses**
- Learn to recognize the symptoms of heat exhaustion (heavy sweating, weakness, dizziness, nausea) and heat stroke (high body temperature, confusion, loss of consciousness).
- Ensure that you know the emergency procedures.

7 **Use Shade when Possible**
- Use tents, canopies, or other shade structures.
- Reduce heat exposure with fans or ventilation where possible.