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HEAT STRESS

See page 3

- Rest
- Water
- Shade
- Know the signs
 - Headache
 - Confusion or dizziness
 - Nausea
 - Muscle cramps



Cover Story

Beat the Heat, Stay Cool

It's that time of year again, when the temperatures begin to rise, and the potential for heat-related illnesses becomes a factor during your daily work routine.

Here are some quick tips for battling the heat:

1. Hydrate before, during, and after work. Prevention is important, so make sure to maintain good hydration by drinking at least 8 ounces of water every 20 minutes.
2. Dress appropriately for the weather. On warm days, make sure to wear light colored, loose-fitting, breathable clothing to keep body temperatures down.
3. Utilize shade to stay cool. When possible, use shaded areas to stay out of direct sunlight.
4. Know the signs of heat stress. You should understand what heat stress is, and how it can affect your

health and safety. Here are some things to look out for:

- Hot, dry skin or profuse sweating.
- Headache.
- Confusion or dizziness.
- Nausea.
- Muscle cramps.
- Weakness or fatigue.
- Rash.

Finally, it's important to notify your supervisor or call 911 if you're experiencing signs of heat-related illness. This will not only ensure your safety, but can also save your life.

— *Safety and Health,
Employee Resource Management, 7-23-15*