

LABOR RELATIONS



February 26, 2026

Mr. Manuel L. Peralta, Jr.
Director, Safety and Health
National Association of Letter Carriers, AFL-CIO
100 Indiana Avenue, NW
Washington, DC 20001-2144

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Dear Manuel:

This is in response to the NALCs February 24 email request for Stand-Up Talks for heat related issues.

Specifically, the NALC requested "copies of all of the HIPP stand up talks prepared that have and will be prepared for the upcoming heat season."

Enclosed are copies of heat-related Stand-Up Talks that are currently available.

Please contact Mera Cole at extension 4870 if you have any questions concerning this matter.

Sincerely,

A handwritten signature in blue ink, appearing to read "James Lloyd".

James Lloyd
Director
Contract Administration (NALC)

Enclosures





Heat Related Illness

Safety Talk | Heat
1763

Heat waves and droughts take more lives than almost any other natural disaster in North American history. This fact should serve as a reminder of the importance of protecting yourself from the effects of excess heat this summer.

Heat Stress

Heat stress occurs when the body has to work too hard to cool off. The body's core temperature gets too high for the body to cool off quickly enough. Heat stress symptoms include Heat Cramps, Heat Exhaustion and Heat Strokes.

Heatstroke

Heat stroke may occur when you are working in a hot environment, sitting in a hot automobile, or exerting yourself in increased heat and humidity conditions.

Avoiding direct sunlight will not necessarily save you from the ill effects of heat. It's possible to suffer heatstroke even when the air temperature is moderate.

Excessive humidity can bring on overheating by interfering with the body's natural perspiration-evaporation cooling process, causing the body to sweat excessively and lose salt and water.

Heatstroke occurs when your body can't throw off enough heat to sustain a normal temperature. Symptoms include headache and weakness and can result in a sudden loss of consciousness.

Heatstroke victims will have hot, red, dry skin or excessive sweating; a hard, rapid pulse; and a very high body temperature.

Heatstroke is life threatening. Victims need to be cooled off as soon as possible and receive immediate hospitalization.

Tips for avoiding heat stress this summer:

- Take advantage of scheduled breaks to rest and cool off.
- Keep up your intake of water or fluid replacement drinks. Don't wait until you are thirsty to drink. Avoid beverages with caffeine.
- Eat light meals. Have something cool such as salad for lunch.
- Take care when moving from a cool area to a hot one. Take time to get accustomed to the temperature.
- Dress in loose, comfortable clothing made of light fabrics and in light colors. Layer your clothing so you can add and take off items of clothing as the temperature changes.
- If you or a co-worker experience early warning signs of heat illness, you should seek help immediately. Notify your supervisor.





Heat Stress – For Supervisors

Safety Talk | Weather
2044

It's that time of year again, when the temperatures begin to rise, and the potential for heat related illnesses become a factor for your employees.

It's important to remember the keys to keeping cool and safe this summer season. The following recommendations should be followed by supervisors to provide assistance to their employees:

Train yourself.

Use all resources available in the Heat Illness Prevention Program on the MyHR Workplace Safety Prevention page to learn about Heat Stress Prevention. You should understand what heat stress is, and how it can affect your employees.

Train your employees.

Give safety talks and reinforce understanding of the symptoms and dangers of heat related illnesses.

Monitor the weather.

Review the National Weather Service for Heat Warning/Advisories on <http://www.weather.gov/> to determine days on which heat could be an issue to your employees.

Have a plan.

Establish a protocol for employees to call you or another manager for heat related issues. If an employee reports symptoms of heat stress, help them evaluate the symptoms to determine what type of assistance is needed.

Heat Stroke is a medical emergency.

If medical attention is needed, call 911 and send them to the employee's location, and meet the employee either at the employee's location or at the hospital. You should go to the employee's location, and arrange for first aid assistance as necessary, if the employee is experiencing signs of heat exhaustion, such as:

- Heavy sweating
- Extreme weakness or fatigue
- Dizziness, confusion
- Nausea
- Clammy, moist skin
- Pale or flushed complexion
- Muscle cramps
- Slightly elevated body temperature
- Fast and shallow breathing





Heat Stress

Safety Talk / Weather
2045

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 routines. It's important to remember the keys to staying cool and safe this summer season.

Here are some quick tips for battling the heat:

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.

Dress appropriately for the weather.

On warm days, make sure to wear light colored, loose fitting, breathable clothing to keep body temperatures down.

Utilize shade to stay cool.

When possible, use shaded areas to stay out of direct sunlight.

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 illnesses. This will not only ensure your safety, but can also save your life!





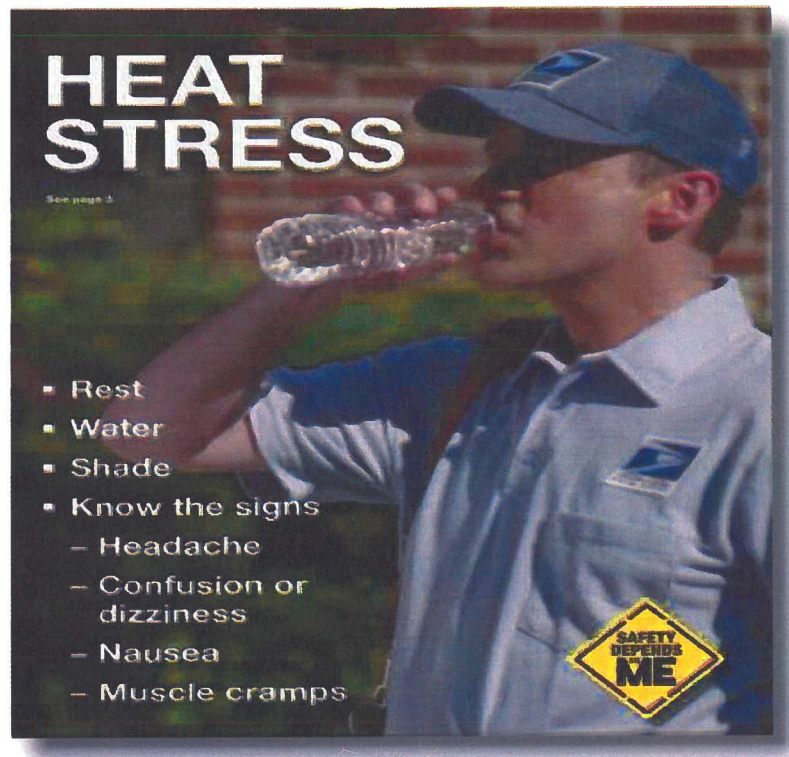
Heat Stress – What is Heat Stress?

Safety Talk | Weather
2060

Heat stress can be a result of internal body heat generated by exertion (hard physical labor) and environmental heat arising from working conditions.

Prevention is the best way to avoid heat related illnesses.

Stay hydrated, know the symptoms of heat stress and call 911 or your supervisor if you experience a heat related emergency.



If you have any questions or concerns, speak with your supervisor.





Heat Stress Symptoms – Heat Talk

Safety Talk / Weather
2061

Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses include heat exhaustion, heat cramps and heat rash.

Risk Factors for Heat Illness are:

- High temperature and humidity, direct sun exposure, no breeze or wind
- Low liquid intake
- Heavy physical labor
- Waterproof clothing
- No recent exposure to hot workplaces

Know the symptoms of heat stress

Symptoms of Heat Exhaustion are:

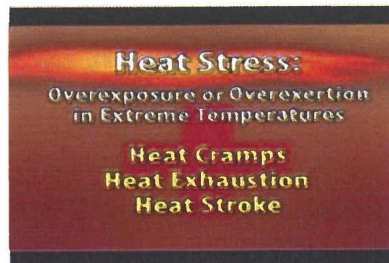
- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

A person experiencing heat stroke may

- Be confused
- Unable to think clearly
- Pass out
- Collapse
- Have seizures
- Stop sweating.

Call 911 immediately and apply ice as soon as possible.

Know the precautions you should take any time temperatures are high and the job involves physical work.





Heat Stress – And Hydration

Safety Talk | Weather
2062

The summer months are upon us. Many of our employees work outdoors so avoiding heat stress is important. Staying hydrated is the main key to preventing heat illnesses.

Don't wait until you're thirsty to drink water.

Follow these tips to stay hydrated:

Drink water

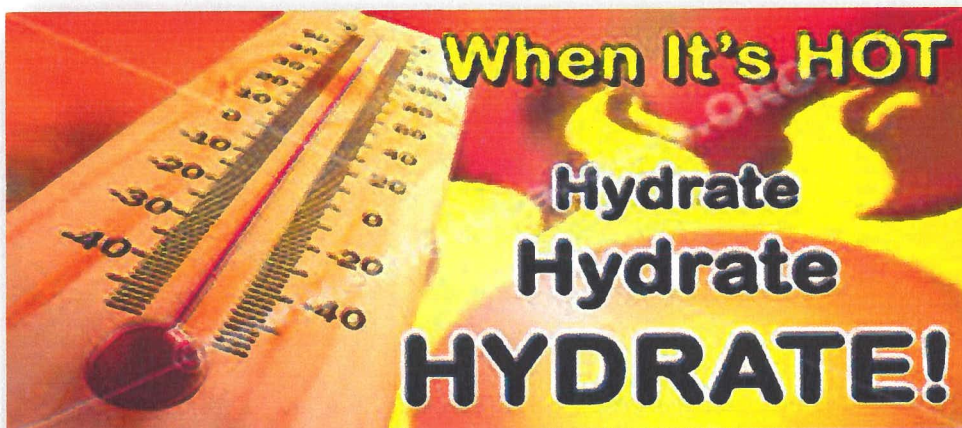
- Drink plenty of water every 15 to 20 minutes
- Choose water over soda
- The water temperature should be cool, 50-60 degrees Fahrenheit, if possible

Drink sports drinks containing electrolytes

Other drinks with some flavoring added may be substituted but avoid the following drinks which could cause dehydration:

- Sugary drinks
- Drinks containing caffeine
- Alcohol consumption during hot weather events

If you have any questions or concerns, speak with your supervisor.





Heat Stress Prevention and You – Heat Talk

Safety Talk / Weather

2064

Preventive Measures

Heat stress related illness can be very serious; some may result in death.

Protect yourself during the hot summer months by following these simple tips:

Stay hydrated.

- Hydration is the most important tool in preventing heat-related illness
- Employees should be well hydrated before arriving at work

Eat during lunch and other rest breaks.

- Food helps replace lost electrolytes

Wear light-colored, loose-fitting, breathable clothing made of materials such as cotton. Wear a wide-brimmed hat, when possible.

Take breaks in the shade or a cool area, when possible.

Be aware that protective clothing or personal protective equipment may increase the risk of heat stress.

Monitor your physical condition and that of co-workers for heat related symptoms.

Talk with your doctor about medications you are taking and how they may affect your heat tolerance.

Tell your supervisor if you have symptoms of heat-related illness or call 911.

If you have any questions or concerns, speak with your supervisor.





Heat Stress – Needs to be Taken Seriously

Safety Talk | Weather

2066

Heat Stress occurs when the body has to work too hard to cool off.

Working in a hot environment puts stress on the body's cooling system. When heat is combined with other stressors like physical work, loss of fluids, or fatigue, it may lead to heat-related illness, disability, or even death!

The body is constantly generating heat and passing it to the environment. The harder you work, the more heat your body produces and has to lose.

Heat leaves your body in several ways:

- Transfer from skin to air
- Evaporation by perspiration
- Exhaling hot air
- Touching a cool object

Water is crucial to helping the body adjust to high temperatures.

When it is hot, drink plenty of water!



If you have any questions or concerns, speak with your supervisor.





Heat Stress – Stay Healthy in the Heat

Safety Talk | Weather
2067

Hot weather is here.

Extreme heat can be dangerous. No one should die from heat wave, but every year extreme heat causes thousands of deaths in the United States according to the Centers for Disease Control and Prevention.

Some ways to prevent heat related illness are:

- Drink plenty of water – 8 ounces of water every 20 minutes.
- Rest breaks help your body recover.
- Resting in the shade or in air-conditioning helps you cool down.

There are three degrees of heat illness:

Heat cramps, heat exhaustion and heat stroke.

Heat related deaths are preventable when the signs and symptoms are recognized and respected:

Heat Cramps

Intermittent, involuntary spasm of muscles occurring in an individual physically active in hot or humid weather.



Sweaty skin

Heat Exhaustion

is a serious illness. Symptoms include faint or dizzy, heavy sweating, cool, pale, clammy skin, nausea or vomiting, rapid, weak pulse, and muscle cramps.



Red, hot, dry skin

Heat Stroke

is the most serious and requires immediate medical attention. Symptoms include throbbing headache, excessive sweating or red, hot, dry skin, very high body temperature, rapid strong pulse, loss of consciousness.

If you have any questions or concerns, speak with your supervisor.



Heat Related Illnesses – Heat Talk

General Safety/Heat
2070



Heat waves and droughts have taken more lives than almost any other natural disaster in North American history. This fact should serve as a reminder of the importance of protecting yourself from the effects of excess heat this summer.

Avoiding direct sunlight will not necessarily save you from the ill effects of heat. It's possible to suffer heatstroke even when the air temperature is moderate.

Excessive humidity can bring on overheating by interfering with the body's natural perspiration-evaporation-cooling process, causing the body to sweat excessively and lose salt and water.

Here are some tips for avoiding heat illnesses this summer:

- Take advantage of scheduled breaks to rest and cool off.
- Drink water or fluid replacement liquids.
- Eat light meals.
- Take care when moving from a cool area to a hot one.
- Dress in loose comfortable clothing made of light fabrics and in light colors.

If you or a co-worker experience early warning signs of heat illness, notify your supervisor or seek help immediately.





Drink Up – Heat Talk

General Safety/Heat
2071

HEAT ILLNESS CAN BE DEADLY

Drinking water keeps you going on hot, humid days. Keep yourself hydrated!

Remember to:

- Drink water often, even if you aren't thirsty.
- Take your breaks in the shade to cool down.
- Report heat symptoms early.
- Know what to do in an emergency.



If you have any questions or concerns, speak with your supervisor.





Heat Stress – Protect Yourself

Safety Talk | Weather
2072

Protect yourself.

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur and can result in death.

The factors leading to heat stress are high temperature and humidity, direct sun or heat, limited air movement, physical exertion, poor physical condition, some medicines, and inadequate tolerance for hot workplaces.

You can prevent heat stress if you:

- Know the signs/symptoms of heat-related illnesses
- Monitor yourself and coworkers
- Block out direct sun or other heat sources
- Use cooling fans/air-conditioning
- Take breaks in a shaded or cool location
- Drink lots of water; about 1 cup every 15-20 minutes
- Avoid alcohol, caffeinated drinks, or heavy meals
- Wear lightweight, light colored, loose-fitting clothes

What to Do for Heat-Related Illness

If you or a coworker display signs of having a heat related illness, call 911 (or local emergency number) immediately. While waiting for help to arrive:

- Move yourself or the coworker to a cool, shaded area.
- Loosen or remove heavy clothing
- Provide cool drinking water
- Fan and mist the person with water

Prevent Heat Illnesses. Know the Signs and Act.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Heavy sweating		Excessive sweating or red, hot, dry skin
Cool, pale, clammy skin		Very high body temperature
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

CALL 9-1-1

- Get to a cooler, air conditioned place
- Drink water, if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

SAFETY DEPENDS ON ME!

Seek Immediate Medical Assistance for Heat Related Illnesses.
Call 9-1-1.

If you have any questions or concerns, speak with your supervisor.





Heat Stress – Water Rest Shade

Safety Talk | Weather
2073

USPS employees, like many others who work out in the elements, face various environmental conditions while performing their daily duties. This includes the risk of such illnesses as heat stroke, heat exhaustion, heat syncope (fainting) and heat rash. Exposure to excessive heat can lead to these illnesses or even death in severe cases!

A good way to remember how to keep cool and healthy is to follow these 3 simple rules:

Water

Make sure to drink plenty of water throughout your work shift.

Rest

Utilize authorized breaks to relax from high heat conditions.

Shade

Limit time exposed to the sun and heat by finding a shaded area to take authorized work breaks.

If you have any questions or concerns, speak with your supervisor.





Heat Related Illness and Medication – Heat Talk

General Safety/Heat
2074

Heat cramps, heat stroke and heat exhaustion (often referred to as “Heat-Related Illness”) can occur when you are working in a hot environment, sitting in a hot vehicle, or exerting yourself in increased heat and humidity.



Hydration

Be sure to have your water and electrolyte replacement drinks like sports drinks with you at all times. You can replenish potassium by eating apricots, bananas, cantaloupes, oranges, beans, broccoli, potatoes and tomatoes.

Medication

If you are taking medication or following a low sodium diet, you need to be especially careful when working in hot environments.

Diuretics (“water pills”) for high blood pressure or fluid retention cause you to lose water and sometimes electrolytes (e.g. potassium).

If you are taking medications and working in a very hot environment, pay attention to any feelings of weakness, dizziness or nausea and consult your health care provider.

If you have any questions or concerns, speak with your supervisor.





Do's and Don'ts – Heat Talk

General Safety/Heat
2075

Heat illness can be deadly. Every year, thousands of workers become sick from exposure to heat, and some even die. These illnesses and deaths are preventable.

Below are a few tips to avoid heat stress illness:

DO's

- Recognize the signs and symptoms of heat illness
- Pay attention when weather conditions change
- Listen to your body
- Drink plenty of water
- Start work well hydrated
- Rest in the shade or a cool place during breaks
- Wear a wide brim hat
- Consider sports drinks for electrolyte replacement when sweating
- Wear light and loose clothes



DON'Ts

- Drinking soda and other sugary drinks
- Drinking lots of coffee and tea
- Drinking alcohol
- Waiting for thirst before drinking water
- Eat heavy meals
- Drive if you are mentally disoriented or can't think clearly

If you have any questions or concerns, speak with your supervisor.





Heat Stress – Heat Talk

Safety Talk / Weather
2076

Drink plenty of water during the hot summer months. Water consumption is the primary key to beat the heat and heat-related illnesses.

Heat stroke or heat exhaustion can strike anyone at any age. Heat stroke occurs when the body becomes too hot and can't throw off enough heat to maintain its normal temperature. Heat exhaustion results when the body loses too much fluid. Anyone experiencing symptoms of either illness should immediately get help.

Take precautions. Adjust to summer temperatures.

Here are more heat-related illness prevention tips:

- Block out direct sun or other heat sources.
- Wear a hat to protect your head, neck and face from direct sunlight.
- Drink water — about 1 cup every 15-20 minutes.
- Avoid alcohol, caffeinated drinks, or heavy meals.
- Wear lightweight, light-colored, loose-fitting clothes.
- Monitor yourself and your co-workers.

If you have any questions or concerns, speak with your supervisor.





Heat Wave – Heat Talk

Safety Talk/ Weather
2078

When high temperatures are forecast, it is important to reemphasize measures to take to prevent heat related illnesses.

Heat stroke or heat exhaustion can strike anyone at any age.

Heat stroke occurs when the body becomes too hot and cannot cool itself enough to maintain its normal temperature.

Heat exhaustion results when the body loses too much fluid.

Heat exhaustion symptoms include:

- Headaches, dizziness, lightheadedness or fainting
- Weakness and moist skin
- Mood changes such as irritability or confusion
- An upset stomach or vomiting

Heat stroke victims can experience:

- Dry, hot skin with no sweating
- Mental confusion or loss of consciousness
- Seizures or convulsions

Anyone experiencing symptoms of either illness should seek immediately help.

Drinking plenty of water during the hot summer months is the primary key to beating the heat and heat-related illnesses. Drink 8 ozs. every 15 minutes.

Here are more heat-related illness prevention tips:

- Wear a hat to protect your head, neck and face from direct sunlight.
- Wear lightweight, light-colored, loose-fitting clothes.
- Take breaks in shaded or air-conditioned locations
- Rest regularly.
- Avoid alcohol, caffeinated drinks, or heavy meals.





Hot Days Ahead – Heat Talk

General Safety/Heat
2079

What to do when weather forecasters have predicted high heat index. High heat index is what the temperature feels like to the human body. Other factors to keep in mind are temperature, humidity, wind speed, sun and cloud cover.

When you work in the heat, there are actions you can take to help you stay healthy. Choose on-the-job clothing suitable for hot summer weather. Cotton is an excellent choice. If possible, wear light-colored clothing that reflects a maximum amount of light.

Remember that heat exhaustion or heat stroke can happen to anyone at any age. Keep water and electrolyte replacement drinks like sports drinks with you at all times. You can also replenish electrolytes like potassium by eating apricots, bananas, cantaloupes, oranges, beans, broccoli, potatoes, and tomatoes. Drink an 8-ounce cup of water every 20 minutes. Avoid caffeine, alcohol, and sugary drinks, like sodas before and during work.

If you are taking medication or following a low sodium diet, you need to be especially careful when working in hot environments. Diuretics (water pills) for high blood pressure or fluid retention cause you to lose water and sometimes electrolytes (e.g. potassium). If you are taking medications and experience weakness, dizziness or nausea while working in a very hot environment, consult your health care provider.

Know the signs and symptoms of heat-related illnesses; monitor yourself and coworkers.

If someone reports a heat related illness:

Call 911 (or local emergency number) immediately. While waiting for help to arrive:

- . Move the worker to a cool, shaded area.
- . Loosen or remove heavy clothing.
- . Provide cool drinking water.
- . Fan and mist the person with water.





Heat Stress – Recognizing Heat Illness

Safety Talk | Weather
2082

Heat illness is the result of the body overheating.

Normally you perspire, and as perspiration evaporates, it cools your skin, cooling your body, and maintaining the proper body temperature. Blood vessels also play a role, bringing heat to the skin surface and releasing it from the body. When it is hot and humid, it is time to be extra careful when you work or play outside.

WHAT CAN YOU DO?

- Drink Water – Drink water before and during the workday. Avoid caffeinated drinks as these can dehydrate. Fruit also contains a lot of water so eating fruit can also help.
- Take your break or lunch indoors or in a shaded area. If you are in a vehicle, park under a tree in the shade or get out of the vehicle.
- Know the warning signs of heat illnesses and what actions to take.

Illness	Symptoms	First Aid*
Heat stroke	<ul style="list-style-type: none"> • Confusion • Fainting • Seizures • Excessive sweating or red, hot, dry skin • Very high body temperature 	<ul style="list-style-type: none"> • Call 911 <p>While waiting for help:</p> <ul style="list-style-type: none"> • Place worker in shady, cool area • Loosen clothing, remove outer clothing • Fan air on worker, cold packs in armpits • Wet worker with cool water, apply ice packs, cool compresses, or ice if available • Provide fluids (preferably water) as soon as possible • Stay with worker until help arrives
Heat exhaustion	<ul style="list-style-type: none"> • Cool, moist skin • Heavy sweating • Headache • Nausea or vomiting • Dizziness • Light headedness • Weakness • Thirst • Irritability • Fast heart beat 	<ul style="list-style-type: none"> • Call 911 • Have worker sit or lie down in a cool, shady area • Give worker plenty of water or other cool beverages to drink • Cool worker with cold compresses/ice packs • Take to clinic or emergency room for medical evaluation or treatment
Heat cramps	<ul style="list-style-type: none"> • Muscle spasms • Pain • Usually in abdomen, arms, or legs 	<ul style="list-style-type: none"> • Have worker rest in shady, cool area • Worker should drink water or other cool beverages • Wait a few hours before allowing worker to return to strenuous work • Have worker seek medical attention if cramps don't go away
Heat rash	<ul style="list-style-type: none"> • Clusters of red bumps on skin • Often appears on neck, upper chest, folds of skin 	<ul style="list-style-type: none"> • Try to work in a cooler, less humid environment when possible • Keep the affected area dry

*Remember, if you are not a medical professional, use this information as a guide only to help workers in need.

If you have any questions or concerns, speak with your supervisor.





Heat Stress – Tips for Beating the Heat

Safety Talk | Weather
2083

We are all glad to see the temperatures begin to warm up. With that in mind, ensure you protect yourself and prepare accordingly.

Practice pre-hydration.

Drink water before you get thirsty!

Drink the right stuff.

Plain water is better however you can also drink flavored water or sports drinks. Avoid drinks containing caffeine or alcohol.

Wear the right fabric.

Cotton is great at absorbing moisture from the skin while sweating, but it can create a problem if the fabric becomes soaked. If possible, wear a loose, thin, white, synthetic t-shirt while working in the heat. Synthetic material does not absorb sweat, but instead, sends it off the skin to be quickly evaporated. Synthetic fabrics will keep you cooler and safer from dangers of heat illness.

Don't remove personal protective equipment (PPE).

You must wear all required PPE even when working in hot conditions. Keep contact with your supervisor to ensure breaks are offered as needed.

Heat related illnesses include:

Heat rash is not dangerous, but definitely uncomfortable.

Heat stress symptoms include extreme thirst, fatigue, dizziness, and even trouble seeing. Take a break in the shade and drink cool water.

Heat cramps are painful muscle spasms in arms, legs, or intestines, caused by losing salt as the result of sweating. Again, cool down and drink water.

Heat exhaustion may cause weakness, dizziness, headache, nausea, chills with clammy skin and profuse sweating. Have the victim rest in a cool spot, with feet slightly elevated, and drink cool water unless vomiting. If there's no improvement in a short time, get medical help quickly.

Heatstroke is the most serious, in fact life-threatening, form of heat illness. The cooling action of perspiration stops; the skin may be hot to the touch; and the victim may appear confused and show poor coordination.

Call a doctor and/or ambulance and move the victim to a cool place at once, then continuously sponge with cold water; apply ice packs or cold soft-drink cans until medical help arrives.

Take precautions and make preparations as the temperatures begin to rise.





Heat Stress – Know the Signs and Symptoms

Safety Talk | Weather
2084

This week is predicted to be hot, hot, hot! Heat Stress is real so know the signs and symptoms and to seek help if needed.

Heat Stroke

- Red, hot, dry skin, or excessive sweating
- Very high body temperature
- Confusion
- Seizures
- Nausea or vomiting

If these symptoms are present call 911 immediately. While waiting for help, place the employee in a cool, shady area, remove any outer clothing and loosen the employee's clothing. Fan the employee and apply cold compresses under the armpits. Wet the worker with cool water; apply ice packs, cool compresses, or ice if available. Provide fluids (preferably water) as soon as possible. Stay with the employee until medical help arrives.

Heat Exhaustion

- Cool, moist skin
- Heavy sweating
- Headache
- Nausea or vomiting
- Dizziness/Light headedness/Weakness
- Thirst
- Irritability
- Elevated heart rate

If these symptoms are present, have the employee sit or lie down in a cool, shady area. Give the employee plenty of water or other cool non-caffeinated beverages to drink. Cool the employee off with cold compresses or ice packs. Call 911.

Heat Cramps

- Muscle spasms and pain usually in the abdomen, arms, and legs.

Rest in a shady, cool area. Drink water or other cool, non-caffeinated beverages. Wait a few hours before returning to strenuous work. The employee should seek medical attention if the cramping does not go away.





Heat Stress – The Heat is On

Safety Talk | Weather
2085

The heat is on – and the humidity is teaming up with it to give it an added punch.

Working in the heat and humidity means more than just the need to stay hydrated because you get hot and sweaty. Some people sweat more than others so that in and of itself is not the best measurement of your level of hydration.

Heat and humidity also affect your internal organs, *specifically your heart*, and how hard it has to work to keep your body cool.

If you are a heart patient, older than 50, or overweight, you might need to take special precautions in the heat. Always check with your healthcare provider for specific guidance.

Certain heart medications can exaggerate the body's response to heat. But don't just stop taking your medications. It is important to take them as prescribed and take them when you're supposed to.

The important thing is to plan ahead.

- Begin to hydrate before you begin work, hydrate during work, and continue to hydrate after work. Studies show that a good rule of thumb is to drink half your body weight in ounces of water per day.
- Dress for the heat. Wear lightweight, light-colored clothing in breathable fabrics such as cotton, or a newer fabric that repels sweat.
- Wear a hat and/or sunglasses.
- Before you get started, apply a water-resistant sunscreen with at least SPF 15, and reapply it every two hours.
- Stay hydrated by drinking plenty of water before, during, and after work. Avoid caffeinated or alcoholic beverages.
- Take regular breaks. Find some shade or a cool place, stop for a few minutes, hydrate, and start again.

Water – Rest – Shade – the work can't get done without it.

