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Protect Yourself From Heat Illness

All of us are affected by the heat these days. The heat you experience at work combines with the heat you experience at home and outside doing sports.....and can lead to heat illness. You can take simple steps to protect yourself.

What Is Heat Illness?

It occurs when your body keeps in more heat than it loses, and your temperature rises. It can occur even in the young and fit

Symptoms can include:

- Excessive sweating or lack of sweating
- Muscle pain, cramping, or poor coordination
- Poor concentration, irritability, confusion, dizziness, fatigue
- Headache, blurry vision, nausea
- Seizures or fainting

What Can You Do To Prevent Heat Illness?

1. Avoid dehydration-drink 4 cups of water per hour when it is hot. That is how much you lose from sweating. Do not wait until you are thirsty to drink.
2. Avoid dehydration-drink water..... not soda, coffee or tea.
3. At home avoid alcohol
4. If you feel symptoms, take a break in a cooler place & drink water
5. Tell your supervisor if you feel you are getting heat illness
6. Ask for a fan if your work area is very hot
7. Eat lighter meals and keep your blood sugar stable by eating something at your breaks
8. Get at least 7 hours sleep (When tired you get heat illness easier)
9. After work take a cool shower or bath
10. Take care of each other. If any co-associates look like they may be sick, check them out.

You Are Prone to Heat Illness If

- You have an illness like diabetes
- Take certain medications (ask your doctor)
- You are on a low salt diet