

Oregon Military Department

2021



H2O is your friend!

Hydration is, of course, the key to staying healthy all of the time but when we are hit with blazing days in the summer, it is best to drink extra water. Consider storing your damp towel or bottle in the freezer overnight for an icy treat the following morning. And water isn't only good for drinking; you can keep your cool with misters or cooling bandanas as well. Do what works best for you.



Beat the Heat
&
Stay Cool!

Get a personal fan...

Using a personal fan can make a difference when you work in either an airconditioned environment or not. Moving air can help keep you cool.



Don't ignore the warning signs, heat exhaustion is a real thing!

Sometimes, despite the best efforts of you and your crew, the heat can simply overwhelm a team member. Stay alert for the warning signs of heat exhaustion, which are heavy sweating, rapid pulse, dizziness, goose bumps on the skin, muscle cramps and headache. Remember to always err on the side of caution when working outside in the heat; your health is too important.

Reduce your caffeine intake

Caffeine is not your friend
This may be hard to handle for a lot of you, but drinking coffee when it's this hot out will do nothing but raise **your body temperature and increase your heart-rate. Opt for a cool glass of iced tea instead.**



If your work environment is too hot, have a conversation with your supervisor to see what options are available.