



Oregon Military Department

Summer Beat the Heat Flyer

June 2022

We are in this together! Keep yourself hydrated and check in with your co-workers to remind each other to stay safe and healthy during hot weather.

Water Is Essential For The Body... because it promotes cardiovascular health, keeps the body cool, cleanses the body, and lubricates the joints and muscles. Electrolytes play an essential role in assisting water to keep nerve and muscle functions working correctly so be sure to incorporate water based drinks that include sodium. Although sweating is the body's job to help cool our skin, we need to assist by replenishing the water needed by the body to regulate our temperature and keep us from dehydration. Dehydration can mean fatigue, dizziness, low blood pressure, nausea, rapid heart rate, fainting, and flushing. Pay attention to how your body is responding and keep an eye on your co-workers. Dehydration can sneak up on us before we realize we are at that point. Be proactive and ensure your body is getting what it needs including taking scheduled breaks and talking to your supervisor if conditions are less than ideal or unsafe when it comes to sun exposure. Be mindful of your body and stay safe this summer!



Read more about hydration at [Total Wellness](#).



Protect Yourself From the Sun... try wearing a hat, working in the shade when possible, or wearing a 15 SPF or higher sun screen. Keeping a towel in an iced cooler for times when it is really hot can also be a wonderful thing mid-day. Use a fan if you are inside. Stay cool and avoid overheating.

Read more about Summer Workplace Safety at [Saif](#).

Medical Illness Can Happen... during hot weather. Be aware of how your body is reacting to the weather. Heat exhaustion, cramps, and even stroke are concerns when the weather is hot. Take it slow when you feel you are getting too hot and ask for assistance when you feel it necessary. Communication is key when you know extreme weather is coming.

Read more about Workplace Summer Safety Tips at [OSHA Education Center](#).

