

More Helpful Tips on Heat Exposure You May Have Not Thought Of

Sweating is a sign that your body is functioning like it should as it tries to reduce its temperature through evaporation. In fact, if you're battling heat and you suddenly stop sweating, it's a warning sign for heatstroke. So, don't be concerned about sweating on hot days on the job, but do take measures if you notice that it stops.

Spritzing isn't just for supermodels

Whether it's a misting from a garden hose or water from your bottle dribbled over the back of your neck, a cooling bit of water can make you feel a lot better. Take a few moments throughout your day to get some cold water onto yourself.

Think about getting some cold water or ice on the wrists just below your palm, too. According to some holistic health practitioners, this part of your body is critical to clearing heat out of your system. Hey, it's worth trying.

Put a damp towel in the freezer the night before

Wrap the towel around your neck as your work day gets underway. Not only will it protect your neck from the harmful effects of the sun but it will keep cooling you as it melts.

Get a haircut

Even if your long locks are your trademark, you may want to consider a cooler cut during the summer months. Excess hair traps the heat around your head.

Keep a bucket of ice water nearby

If your work doesn't require you to be constantly on the move to different locations, a simple icy bucket of water can be a real advantage on a hot day. Place it somewhere on your worksite that makes it convenient for people to get a quick, cold splash as they go by, or as a place for dunking towels to keep them damp and cooling on the skin. Just don't use it to refill your custom sports water bottle — it's not drinking water!

Don't ignore the warning signs

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. *Heat exhaustion is a precursor to the more serious heat stroke*, which can typically be identified by a lack of sweating, nausea and vomiting, mental confusion, flushed skin, rapid breathing and a racing pulse.

If you sense that you or someone else is suffering from heat exhaustion, get them out of the sun and into a cooler setting. If you believe it has moved on to the more serious heat stroke, seek medical attention immediately. Remember to always err on the side of caution when working outside in the heat; your health is too important to do anything else.

There are all kinds of ways to stay cooler during extreme heat. When the temperatures rise, but the job needs to get done, make sure you arrive at the worksite with a plan for staying healthy. Use as many of these tips as you possibly can, and don't underestimate the seriousness of high temperatures on the body.

Preserving your body is not only good for your health but it's also important for your long-term earnings as well. Stay cool and work smart.

