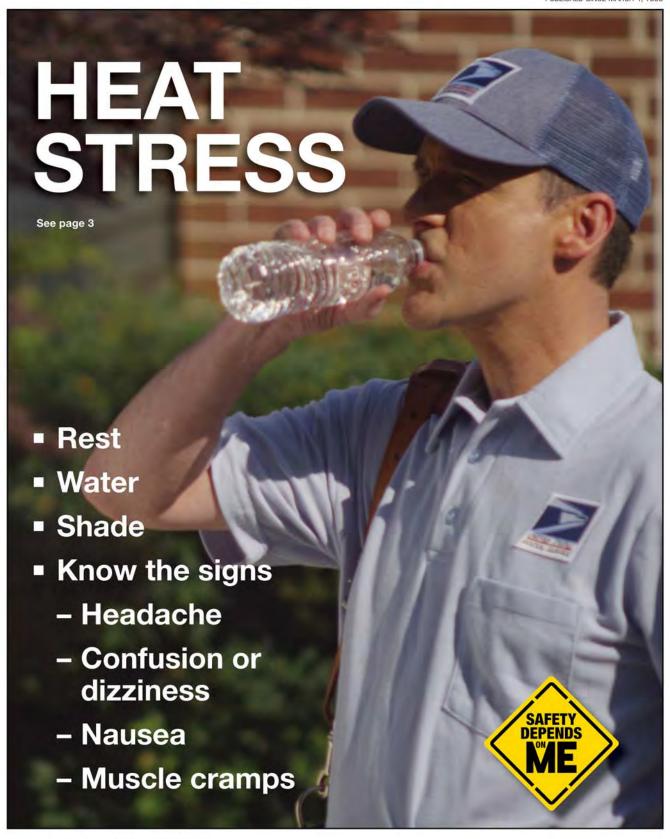
## postal|bulletin

PUBLISHED SINCE MARCH 4 1880





## **Cover Story**

## Beat the Heat, 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 routine.

Here are some quick tips for battling the heat:

- 1. 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.
- 2. Dress appropriately for the weather. On warm days, make sure to wear light colored, loose-fitting, breathable clothing to keep body temperatures down.
- 3. Utilize shade to stay cool. When possible, use shaded areas to stay out of direct sunlight.
- 4. 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

- 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 illness. This will not only ensure your safety, but can also save your life.

> Safety and Health, Employee Resource Management, 7-23-15