

Make sure your
summer isn't a
bummer!
Always work and
play safe!

Stay hydrated!



Continuing Care
Safety Association

Heat Exhaustion Can Ruin Your Day!

Heat exhaustion occurs when the body becomes dehydrated & is unable to regulate its internal temperature. If left untreated, it can lead to heat stroke, a life-threatening condition.

Prevent heat exhaustion by:

- Wearing lightweight, light coloured, loose-fitting clothing and a wide-brimmed hat.
- Use a sunscreen with an SPF of 30 or more.
- Drink plenty of fluids.
- Avoid caffeine and alcohol.

Signs of heat exhaustion include:

Feeling thirsty, dizzy, weak, uncoordinated, & nauseated.

What to do:

- Rehydrate asap!
- Move to a cooler location.
- Stop physical activity.
- Place a cool, wet cloth on the face and chest.

Reference: <https://www.webmd.com/fitness-exercise/heat-exhaustion#3>

Visit www.continuingcaresafety.ca for more #summersafety tips!