

## **Work Safely in the Heat**

Hot sunny weather gives rise to a number of potential hazards. Anyone spending time outside, especially doing strenuous labor has to be careful to avoid sunburn, stay hydrated, and take breaks to cool off. Wear loose, light colored clothing and be sure to cover up as much as possible. Use suitable sunscreen to protect your skin and be careful to follow the manufacturer's directions - you may need to use more and apply it more often than you might think.

Overexertion can cause your body temperature to go up resulting in [heat-related illness](#). Severe cases, called sunstroke, can be life threatening and require immediate medical attention. So make sure you know the signs and symptoms of [over-heating](#) and take steps to prevent it. It is important to drink several glasses of water each hour and don't just wait until you are thirsty. By the time some people feel thirsty they are already significantly dehydrated. Avoid working during the hottest part of the day and if you start to feel sick, get in the shade or someplace cool.

Follow this [link](#) for concise information on this topic from OSHA.