The Heat is On

Heat illness or heat stress becomes a factor when you perform strenuous work while being exposed to excessive heat and humidity. Here are a few tips to beat the heat this summer.

**Hydrate**
Drink plenty of water, even if you’re not thirsty

**Dress Down**
Wear light-colored and breathable clothing

**Limit**
Limit your caffeine intake

**Sleep**
Get plenty of sleep

**Cool Down**
Take breaks in shaded or air-conditioned areas

**Avoid**
Avoid hot, heavy, and salty foods