



## Keeping Summer Fun and Breezy

### Safety First

Summer is a great time to get outside, be more physically active, and enjoy seasonal activities and events. Like so many things, however, you can sometimes get too much of a good thing—especially too much sun and too much heat.

### Heat Safety

#### HAVE A PLAN

A big part of staying safe in the heat is having a good plan. Have a rough idea of how long you will be out in the sun and the heat, and then planning accordingly.

The basics:

- Protect your eyes and skin
- Stay covered (wearing loose-fitting clothing, a wide-brimmed hat, sunglasses, etc.)
- Stay hydrated with plenty of fluids

Moderating your exposure to heat goes beyond reapplying sunscreen and covering up. You will want to take extra steps to avoid being outside for long periods in the sun and heat, especially when the ultraviolet (UV) rays are strongest between 10 a.m. to 4 p.m. In the hottest summer months, you will want to pay special attention—by 10 or 11 a.m., the morning heat may already be more taxing on the body than you might realize.

### STAYING HYDRATED

Dehydration is another safety concern during the summer months. Be sure to drink enough liquids throughout the day, as our bodies can lose a lot of water through perspiration when it gets hot out. Snacking on water-rich foods like raw fruits and vegetables can also help keep you hydrated.

Without enough fluids, you may experience dehydration. Look for these signs:

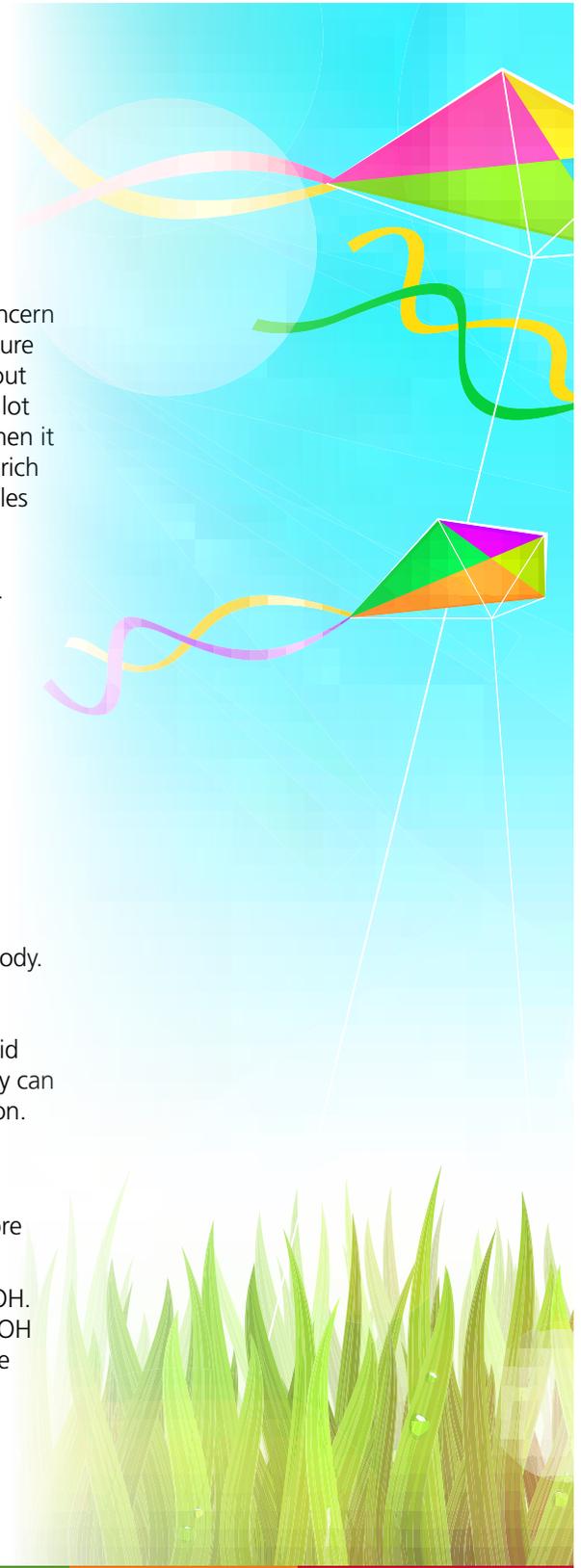
- Extreme thirst
- Dry mouth
- Headache
- Muscle cramping
- Feeling lightheaded
- Foggy thinking

The remedy for dehydration is to slowly reintroduce fluids to the body. Take your time, though, because gulping down water can cause stomach distress. Also, try to avoid alcoholic beverages, because they can ultimately add to your dehydration.

### LEARN MORE

See “Heat-Related Illness” on page 2 of this publication for more information.

Visit the Summer Safety page (FOH.hhs.gov/SummerSafety) on the FOH site to take a quiz on summer eye safety.



# Heat-Related Illness

Too much sun, too much heat

While most times you'll experience little to no detrimental effects from being out in the sun and the heat, there may be circumstances where you'll need help.

## DANGER ZONE

Here are a few situations to look out for:

### Heat cramps

Dehydration can cause painful muscle spasms—usually in your legs and abdomen—known as heat cramps. Try to massage the muscle and slowly start consuming more liquid. If you feel sick to your stomach or vomit, call a medical provider immediately.

### Heat exhaustion

Heat exhaustion is a serious condition caused by overexposure to hot weather conditions. It typically makes you feel weak and perspire heavily, while your skin tends to be cold and clammy. If you experience heat exhaustion, it is important to get out of the heat and preferably to an air-conditioned area. You can give someone suffering from heat exhaustion sips of water to start the rehydration process, but if the person has fainted or vomited, seek immediate medical help.

### Heatstroke (or sunstroke)

Unlike heat exhaustion, heatstroke causes you to have hot dry skin and a high body temperature—oftentimes with no perspiration. Heatstroke requires immediate medical attention. You should phone emergency medical services by calling 9-1-1 and follow the instructions that they give you. Do not drink any fluids if you suspect you're suffering from heatstroke.

## DRINK UP

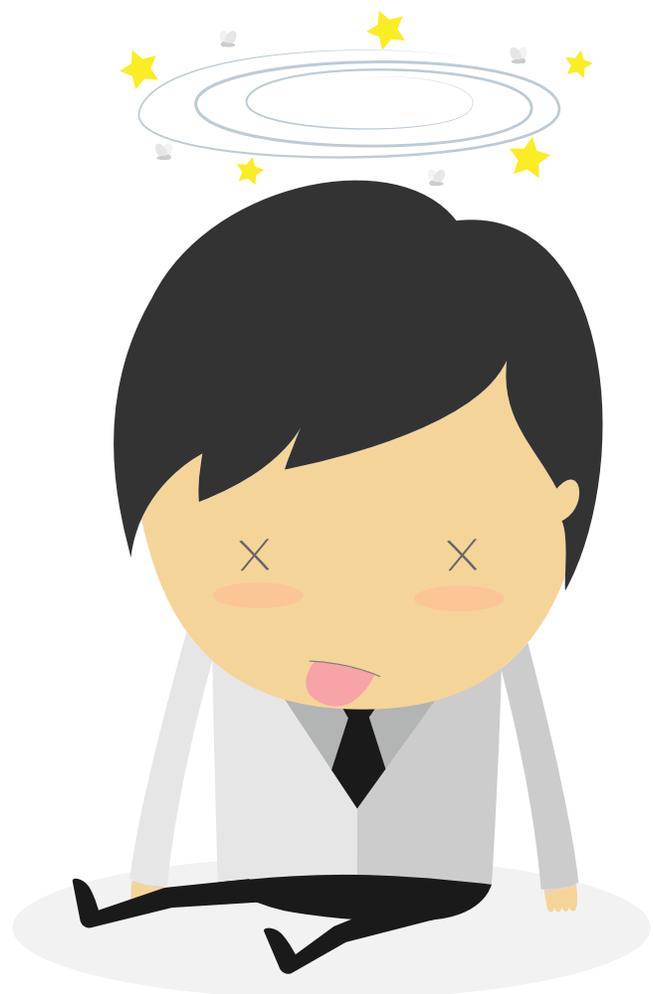
Be sure to drink enough liquids throughout the day, particularly when you're outdoors or physically active. Staying hydrated—even beyond the daily goal of drinking eight 8 oz.-glasses of water—can have dietary benefits, too.

## COOL DOWN

If possible, make sure that you have an air-conditioned oasis where you can take refuge and get a break from the intense heat. In fact, having access to air conditioning is the number one protective factor for heat-related illnesses, according to the Centers for Disease Control and Prevention (CDC).

## HANDLE WITH CARE

Be especially conscious of young children, older adults, and pets that all tend to be more susceptible to the complications from dehydration and too much sun and heat. And, never leave children, older adults, or pets in a car on a hot day—even with the windows cracked.



# Six Simple Ways to De-stress at Work

*Stress doesn't have to be a regular part of your day. These tips can help you beat stress and become more effective at your job.*

Occasional stress at work is to be expected. There can be times, though, when things boil over or an unexpected crisis arises. When stress builds at work, it's good to have some tactics for lowering your stress levels so that it doesn't adversely affect your productivity.

## 1. GIVE YOURSELF A BREATHER

Sometimes it's just a matter of taking the time to have a few deep breathes. Breathing deeply triggers your parasympathetic nervous system—the “rest and digest” mode, as opposed to the “fight and flight” mode of the sympathetic nervous system. Deep breathing has many health benefits, including slowing your heart rate and lowering your blood pressure, which both lead to stress reduction.

## 2. TAKE A WALK

Taking a walk helps in a number of ways. First you're gaining a new perspective by getting away from your desk. You're also getting some exercise and the benefits of all that deep breathing as you walk.

## 3. MEDITATE ON IT

Meditating can provide immediate and longer-term stress relief. It aims to help you slow down and become calmer both physically and mentally, enhance psychological balance, and better your overall wellness.

## 4. GET IT TOGETHER

Another stress reliever that can give short- and long-term relief is organizing your work. Having a well-organized work area can help you see the big picture.

## 5. STAY FOCUSED

Oftentimes, if we just stay focused on the job at hand, this can make a great difference in our stress levels. Too often however, we allow interruptions—like trying to keep up with incoming emails—to take our focus. Put everything aside except for the task at hand. Give yourself a concentrated time to tackle your most pressing project.

## 6. LEAVE IT BEHIND

At the end your workday, take the time to write down things you need to deal with next and leave them on a pad of paper at your desk before leaving. Then, forget about work until the next morning. It's important—and healthy—to have separation between your job and your home life.



# Sports Safety

Summer fun without the risk

An important part of summer sports safety is prevention. There's a tendency to say to yourself, "Oh, I can do that," which in many cases you can—but not without the possibility of injury. It helps to be conditioned for the physical activities that we enjoy participating in.

## WARMING UP AND STRETCHING

Warming up your muscles and joints gets your body ready for action. These slow and steady movements can help prepare you for the types of movement that you'll be performing. For example, if you're participating in a sport or activity that mainly requires leg muscles, you can take a brisk ten-minute walk or jog to get the blood flowing to your lower body. Once the body is warmed up, try doing a few gentle stretches for the muscles and joints that you'll be using.

## GEARING UP

Another consideration for summer sports safety is protective gear. If you are biking, roller skating, skateboarding, rafting, or taking part in any activity where you might be traveling at high speeds, always wear a helmet and other protective gear. Also, wear protective gear if you're engaging in activities where you may slip or fall, like rock climbing. Don't forget to bring reflective clothing and lights for nighttime running and biking.

## SPORTS EYE SAFETY

It's also recommended that you protect your eyes from injury when participating in certain summer sports, including:

- Riding or being a passenger on a motorcycle
- Indoor racket sports
- Paintball
- Baseball
- Cycling

## BUDDY UP

It's smarter to avoid doing riskier activities alone, such as swimming, surfing, rock climbing, etc. So, be sure to have someone there who can call for help. There's nothing like having support from a buddy when you need it most.

## COOLING DOWN

Don't forget to give your body a cool-down period after any physical activity—especially if it's an intense or vigorous summer sport. Do some gentle stretches for the larger muscles groups, including your legs, back, chest, shoulders, and arms. Make sure you take deep, relaxing breaths throughout your stretching routine and hold each stretch about 30 seconds or more.

## TEST YOUR EYE-SAFETY KNOWLEDGE

Take the quiz online at [FOH.hhs.gov/SUMMERSAFETY](https://FOH.hhs.gov/SUMMERSAFETY)

