

## D'IBERVILLE FIRE DEPARTMENT SAFETY TIPS

**SUBJECT:** Preventing Heat Related Illness

- Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.
- Drink water or juice, and drink continuously even if you do not feel thirsty. Avoid alcohol or caffeine, which dehydrate the body.
- Eat small meals and eat more often. Avoid foods that are high in protein which increase metabolic heat.
- Avoid using salt tablets unless directed to do so by a physician.
- Slow down; avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day.
- Stay indoors when possible.
- Take regular breaks: When engaged in physical activity on warm days take time out to find a cool place. If you recognize that you, or someone else, is showing signs of a heat related illness, stop activity and find a cool place. Remember have fun but stay cool.

