

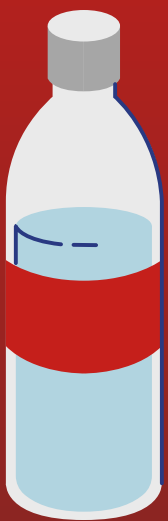
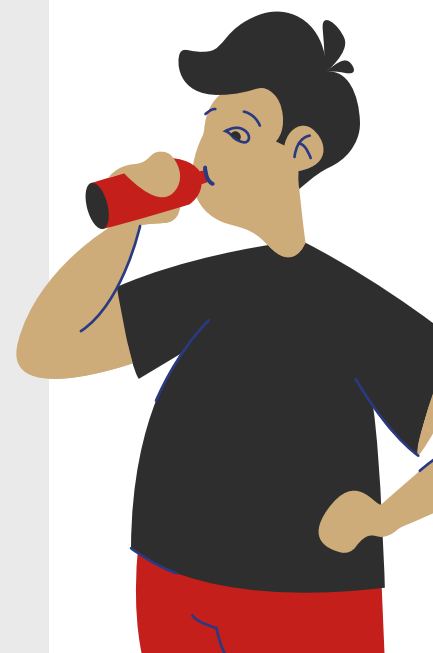


# How to Avoid Heat Illness at Work

A heatwave is when extremely hot weather in a particular region can last for two or more days. In addition, the temperatures have to be measured beyond the historical averages for that specific area. Due to climate change, heatwaves can affect the human body and even cause death in some cases.

## Keep away from caffeine and alcohol

These types of drinks worsen dehydration in your body. Soft drinks, coffee and energy drinks can exacerbate dehydration and increase the potential of getting kidney injury. Alcoholic drinks should also be avoided since they can increase urine output, boosting the risk of dehydration.

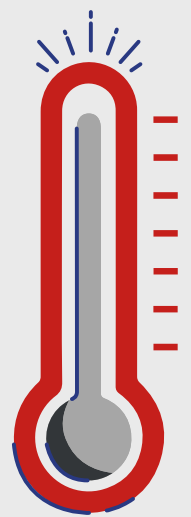


## Drink an adequate amount of water

You will sweat more in hot weather as a mechanism to cool your body off. So, it is essential to refuel the fluids you lost inside your body with drinking water. It is much better to bring a water bottle to avoid dehydration as you go outside for any activities.

## Better to stay inside through the hottest time of the day

If there is no necessary outdoor activity or event, limiting the time of sunlight exposure and staying inside the building during the hottest part of the day is safer. Being physically active outdoors during extreme heat can lead to heat exhaustion.



## It is recommended to wear loose-fitting and light-colored clothing

Wearing proper clothing for excessive heat weather will make a massive distinction in how your body feels and how you feel comfortable during the day. Moreover, loose-fitting clothing accelerates air circulation, and light-colored clothing will reflect more light and heat. As a result, these will keep your body more relaxed and comfortable.

