CORYELL COUNTY

1854 TEXAS

Summertime Safety

Heat Stress and Hydration … there is a blanket of heat covering the State this week and next week. The National Weather service is **predicting heat indices from 100 to 112+ for most parts of Texas during the next 10 days.** Please take a moment to discuss or share the links below with your employees, especially those working in the field.

Hydration is the key to avoiding dehydration and heat related illness, you should consume at least 8oz of water and fluids every 20 to 30 minutes you are in the heat. The higher the heat indices the quicker you need to keep your fluids moving. **DO NOT wait until you are thirsty to drink** … if you are feeling thirsty you are beginning to feel the first signs of dehydration.

Hydrate at night to prepare for the next day's work and try to limit your intake of highly caffeinated beverages such as sodas and coffee, **choose instead water, juices, milk, tea and electrolyte beverages**. While working in the heat ensure you drink **two to three glasses of water for every one glass of electrolyte** beverage to maintain a healthy balance of fluids, salts and electrolytes.

Look out for each other, rest as soon as you begin to feel fatigued and schedule breaks out of the direct sun throughout your day. Resting and rehydrating as soon as you feel heat stress is essential to your health. Check your urine output … **urine should be pale yellow to nearly clear if properly hydrated** … if the urine is darker than pale yellow you are dehydrated and need to increase your fluids.

If you have **even one of the symptoms above it's time to call a time-out and take a break from the heat to rest and hydrate**.

Stay hydrated, take breaks and stay safe by watching out for these symptoms in each other. Do not be afraid to call a time out … your health could depend on it. Call for help if symptoms worsen despite hydration.

Stay hydrated and stay safe!

Dehydrated?

Here are just a **few tips on the first symptoms of dehydration**:

- Thirsty? You are becoming dehydrated, increase your fluids
- Inability to concentrate or perform
- Coordination is slowing down
- Feeling fuzzy or not as alert
- Decrease awareness of what is going on around you
- Dizziness, light-headed, feeling off-balance.

It's ruff out there ...please watch yourself and each other