

PROTECT YOURSELF AGAINST HEAT!

WE'RE ROASTING OUT HERE!

THERE ARE THINGS YOU CAN DO TO PREPARE FOR THE HEAT!



IF IT'S EVER A BATTLE BETWEEN YOU AND HIGH TEMPERATURES, HEAT WILL ALWAYS WIN *UNLESS* YOU TAKE SAFETY PRECAUTIONS SERIOUSLY. MAKE SURE YOU...

- Drink enough water to replace what you lose sweating. Don't drink more than 1.5L per hour or 12L per day.
- When working in the heat, don't wait to drink until you feel thirsty. Your body may be dehydrated before you ever feel thirsty.
- Use the buddy system to remind each other not to drink too little or too much.
- Check your urine. If it's dark, drink more fluids throughout the day.
- Eat to replace salts. Be aware that drinking too much water while not eating enough food (and thus salt) could be fatal.
- Do not follow a low-calorie diet while training in a hot environment.
- Do not take any dietary supplements containing ephedra (ma-huang) at any time. Ephedra can impair your body's ability to rid itself of heat, leading to exhaustion, heat cramps, or a serious heat injury.

KEEPING THESE HOT-WEATHER TIPS IN MIND COULD SAVE YOUR LIFE AND THE LIFE OF YOUR BUDDY.

TO FIND OUT MORE, GO TO THE ARMY STUDY GUIDE FOR HEAT INJURIES:

http://armystudyguide.com/content/powerpoint/First_Aid_Presentations/heat-injuries-2.shtml

