

Staying Cool in the Heat

Be in the know on H₂O & cooling off



The average person has 2.6 million sweat glands that are triggered when the body is trying to stay cool.

Taking the correct measures to stay cool in extreme heat can save your life.



Beating the Heat: The Facts

- The National Academy of Medicine recommends that an adequate intake of water for men is roughly 13 cups (101 oz) a day. For women, an adequate intake of water is about 9 cups (74 oz) a day.
- If working in extremely hot conditions, both the Centers for Disease Control (CDC) and Occupational Safety and Health Administration (OSHA) recommend drinking 1 cup of water every 20 minutes.
- Drinking water can prevent dehydration, which is a condition that causes unclear thinking, mood change, overheating, constipation, and kidney stones.
- It's true that daily fluid intake can come from food and beverages that aren't water, but plain drinking water is the best way of getting the proper hydration you need at zero calories and no added sugars, unlike many sports drinks.
- Some factors may increase your risk of developing a heat related illness:
 - Dehydration
 - High levels of humidity
 - Obesity
 - Prescription drug use
 - Heart disease
 - Alcohol use

Postal Employees & Heat

Postal employees often face extreme heat. Here are a few tips, according to the CDC, to be better prepared when dealing with high temperatures:

- **Wear appropriate clothing** in accordance with your uniform. Choose lightweight, light-colored and loose-fitting clothing. Also, wearing wide-brimmed hats and sunglasses is an effective way to protect yourself from the sun.
- **Wear sunscreen.** Sunburn affects your body's ability to cool down properly, and it contributes to dehydration. Wear sunscreen SPF 15 or higher and reapply as directed on the product.
- **Avoid hot and heavy meals.** They heat up your body and can make you sluggish.
- **Stay hydrated!** Water is important to staying cool. When heavy sweating occurs, replacing salt and minerals in your body is important. Sports drinks can help with this, *but not as a regular part of your diet.* Water is the most effective way to hydrate.
 - If you are on a low-salt diet, have diabetes or high blood pressure, talk with your doctor before consuming sports beverages regularly.

For more information on heat and water intake, visit www.cdc.gov/extreme-heat



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The information provided here is intended to be generally useful health and wellness advice. But it is no substitute for advice from medical or other professionals concerning a specific health or wellness issue, especially if the issue is urgent or an emergency. Always seek professional help with your specific health or wellness issues.