



Hotter and Hotter . . .

Follow these tips to cope with the heat

Heat waves are common in summer, and the extreme heat might mean making a few adjustments in the way you work and play this month. Protect your health when temperatures soar by following these tips from the Centers for Disease Control and Prevention (CDC):

- ⚙ **Drink plenty of fluids.** Increase fluid intake when the temperature rises regardless of your level of activity. Make a habit of taking a drink every hour or so, whether you feel thirsty or not. Avoid very cold drinks, which can cause cramps, and stay away from caffeine, alcohol, and sugary drinks, which can cause dehydration. If you exercise, CDC advises drinking two to four glasses of fluid an hour—that's 16 to 32 ounces. If you're on a limited fluid intake regimen or take water pills, check with your doctor to see how much to drink on hot days.
- ⚙ **Dress sensibly and use sunscreen.** CDC recommends lightweight, light-colored clothing for hot days and sunscreen (SPF 15 or higher) applied 30 minutes before going outside. In addition to damaging the skin, sunburn affects the body's ability to cool itself and causes fluid loss.
- ⚙ **Pace yourself.** Slow down in the heat, especially the first few days of a heat wave. Give your body time to get used to high temperatures and humidity. If you're working in the heat, take occasional short breaks in a cool place and sip cool water.
- ⚙ **Limit exposure to the sun.** Schedule outdoor activities for morning and evening hours whenever possible. If you have to be outside during the hottest part of the day, stay in the shade as much as possible, and wear a hat to protect your head from the sun. If you start to feel lightheaded, weak, or faint, sit down, take a drink, and rest until the spell passes.



- ⚙ **Avoid hot, heavy meals.** Eat light foods at room temperature and in small portions. Eat more fruits and vegetables, which provide extra fluids to keep you well hydrated.

WHO'S AT RISK?

Although anyone can suffer from heat-related illnesses on extremely hot days, some people are at greater risk than others.

- ⚙ **People who overexert while working or exercising** can become dehydrated and susceptible to heat-related illness. If you fall in this category, drink plenty of fluids.
- ⚙ **People who wear heavy protective clothing or equipment** while working can also be adversely affected by hot conditions. If you do, drink plenty of fluids and take regular breaks to cool off.
- ⚙ **People who are overweight** may be prone to heat sickness because of their tendency to retain more body heat. If you are overweight, take it slow and easy on very hot days and try not to overexert.
- ⚙ **People who are physically ill**, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat. If you are ill or on medication, follow doctor's orders and be very careful when the temperature rises.
- ⚙ **People who are overtired may be more susceptible to heat-related illness.** Hot weather often makes sleeping difficult, and many people become fatigued during a heat wave. If you're tired, use an air conditioner or a fan to cool your bedroom so that you can get a good night's sleep. You can also take a cold shower before going to bed.



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Choose the Right Extinguisher

It is important to choose the proper fire extinguisher for each fire. Fire extinguishers are labeled with letters and/or pictograms to indicate the type of fire on which the extinguisher is effective.

A - Ordinary Combustibles: paper, wood, many plastics, fabric, rubber, trash

B - Flammable Liquids: gasoline, oil, grease, some paints and solvents

C - Electrical Fire: energized electrical equipment; appliances, computers, circuit breakers, wiring

[BC & ABC – Combination extinguishers can be used on two or more different types of fires.]

Remember the P.A.S.S. Word - There are four basic steps to using a fire extinguisher.

P - Pull the safety pin by grabbing the ring and twisting.

A - Aim the hose at the base of the fire.

S - Squeeze the handle.

S - Sweep the hose from side to side while discharging the fire fighting agent.

Fire Extinguishers: Be Prepared

Training and Practice are the best ways to prepare for emergencies. Make certain you know the P.A.S.S. system and understand how to safely use a fire extinguisher before you ever need to.

- Don't force yourself to fight a fire that makes you uncomfortable or puts you at risk.
- Always let other occupants know, and make certain 911 has been called, before using an extinguisher on a fire.
- Fire extinguishers are small quick fixes. If you are unable to put out the fire with one extinguisher, leave and close the door behind you.
- A fire involving any portion of a building's structure is too big for a portable fire extinguisher. While using a fire extinguisher stay low, the smoke is filled with carbon monoxide, cyanide, and many other toxic gases.
- Don't let the fire come between you and your exit. Keep your back to the exit and the fire in front of you.



When in doubt, GET OUT!!

If the fire is getting bigger, or the room is filling with smoke, get out and close the door behind you to slow the spread of heat and smoke. Don't risk your life trying to fight a fire that is too big or too fast for you.