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Care

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SPECIALISTS IN FIRST AID, SAFETY, SPILL & FIRE EQUIPMENT FOR OVER 55 YEARS.

Summer Heat Safety Tips

In the summer, the combination of high temperatures and high humidity can be very dangerous. Everyone should follow these basic heat safety tips in order to avoid heat exposure and possible death. Try especially hard to make sure that at risk individuals, as shown below, follow these tips religiously.

People at Risk

- The elderly
- People with chronic illnesses (such as diabetes, heart and respiratory conditions) or people unable to move or change position by themselves
- Infants and preschool children
- People who exercise vigorously or are involved in strenuous outdoor work for prolonged periods
- People taking certain medications, for example, for mental health conditions
- Homeless or marginally housed persons

Prevention Tips

- Drink lots of water and natural fruit juices even if you don't feel very thirsty. Avoid alcoholic beverages, coffee and cola, as these drinks will slow the body's hydration process.
- During the hottest hours of the day, stay inside. If possible stay inside an air-conditioned building. The hottest hours of the day are typically from mid morning to mid afternoon
- If you must go outside, stay in the shade as much as possible and plan to go out early in the morning or evening when it is cooler and smog levels may not be as high as in the afternoon. Wear a hat.
- Go to air conditioned or cool places such as shopping malls, libraries, community centres or a friend's place.
- People who live in homes with no air conditioning should keep blinds closed from morning until the late afternoon to block extra direct heat from sunlight. Also, stay on the lowest level of your home.
- Wear loose fitting, light clothing.
- Dress lightly and when sleeping use lightweight breathable covers.
- Keep lights off or turned down low.
- Take a cool bath or shower periodically or cool down with cool, wet towels.
- Avoid heavy meals and using your oven.
- Avoid intense or moderately intense physical activity.
- Never leave a child in a parked car or asleep in direct sunlight.
- Use a fan. Don't place the fan directly in front of a window because it may push hot air in. Try placing the fan so that it blows in the room and out the window instead.
- Fans alone may not provide enough cooling when the temperature is high.
- Consult your doctor or pharmacist regarding the side effects of your medications.
- Move your exercise routine to early morning or later in the evening - even swimming.
- Never ever leave anyone in the car while you run to do a quick errand. Not a pet, not a child, not anyone. It's never safe. Cars can become overheated quickly and when overheated become like ovens. People can succumb to heat exposure and death very quickly in a hot car.
- Help your elderly pal to get to know the neighbors - isolated elderly adults are at a much higher risk of heat related health problems and death.
- Provide on-going education to all elderly individuals. Go over topics such as heat exposure related symptoms and where to call for help.



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