

STAY COOL, PHILLY

Information for People who Work Outdoors



Know the signs of heat exhaustion: heavy sweating, dizziness, nausea, muscle aches.



Stay hydrated, drink plenty of fluids throughout the day and the day before.



Keep cool: take breaks in the air conditioning or shade.

Did you know?

- One hot day can lead to health problems, but a number of hot days in a row bring the most risk.
- It's best to avoid strenuous activity during the hottest part of the day, around 10am - 2pm. If you must work outside in hot weather, try to work in the shade and make shade with an umbrella or tarp.
- Sunburns can raise your body temperature and make it more difficult to cool down. Wear and reapply sunscreen as indicated on the package.
- Bodies can lose a lot of water on hot days. You may need to drink more water than usual to stay hydrated. Drink a lot of fluids the day before you will be in hot weather and drink fluids in hot weather even when you are not thirsty. Water, natural fruit juice or energy drinks are best. Try to avoid sugary drinks or drinks with caffeine.

Resources

**Download OSHA-NIOSH
Heat Safety Tool App**

**Plan ahead and get FREE
heat and weather
warnings from
@PhilaOEM direct to your
phone. Text READYPHILA
to 888-777 to sign up.**

**PCA Hotline:
215-765-9040
Heat safety tips and
resources from trained
nurses.**

**For more heat-related resources, or to find the
nearest cooling center call 3-1-1 or visit bit.ly/PhillyHeatEmergency**