

# Ways to Reduce Your Risk of Heat Illness



## Getting Used to the Heat

- It takes about 2 weeks to get used to hot weather.
- Benefits include staying cooler, a lower heart rate, and sweating earlier.
- If you can't acclimatize before going to a hot place, you might need to take it easier and rest more when you get there.

Scan this QR code to check out acclimatization strategies:



## Too Much Motivation Can Be a Problem

- Wanting to do your best can be risky in hot weather.
- It's often said in the military to "tough it out," but that can be dangerous when it's hot.
- Leaders should understand it takes longer to do things in the heat and allow more breaks.
- You can't perform your best in hot, humid conditions—so don't expect to.



## Being Fit Helps

- Being in good shape helps protect you from getting sick in the heat.
- It's important to exercise and stay active before going somewhere hot.



## Medications and Health Matters

- Some medicines and health problems can make you more likely to get sick in the heat.
- If you take certain medicines, you shouldn't do hard exercises in the heat.

Scan this QR code to go to [OPSS.org](https://www.opss.org) for more information:



## Water Consumption

- Drinking too much water doesn't prevent heat illness.
- Drinking too much fluids can lead to a condition called hyponatremia (water intoxication).
- Regardless of how hot it is, don't drink more than 1.5 quarts per hour or 12 quarts per day.

Scan this QR code to find guidelines for work:rest cycles and fluid consumption in TB MED 507 Heat Stress Control and Heat Casualty Management:



## Arm Immersion Cooling

- Soaking your arms in cool water is a way to stay cool and help prevent heat-related problems.
- You can do this during rest breaks or after intense work to cool down.

Scan this QR code for an infographic on [arm immersion cooling](#):

