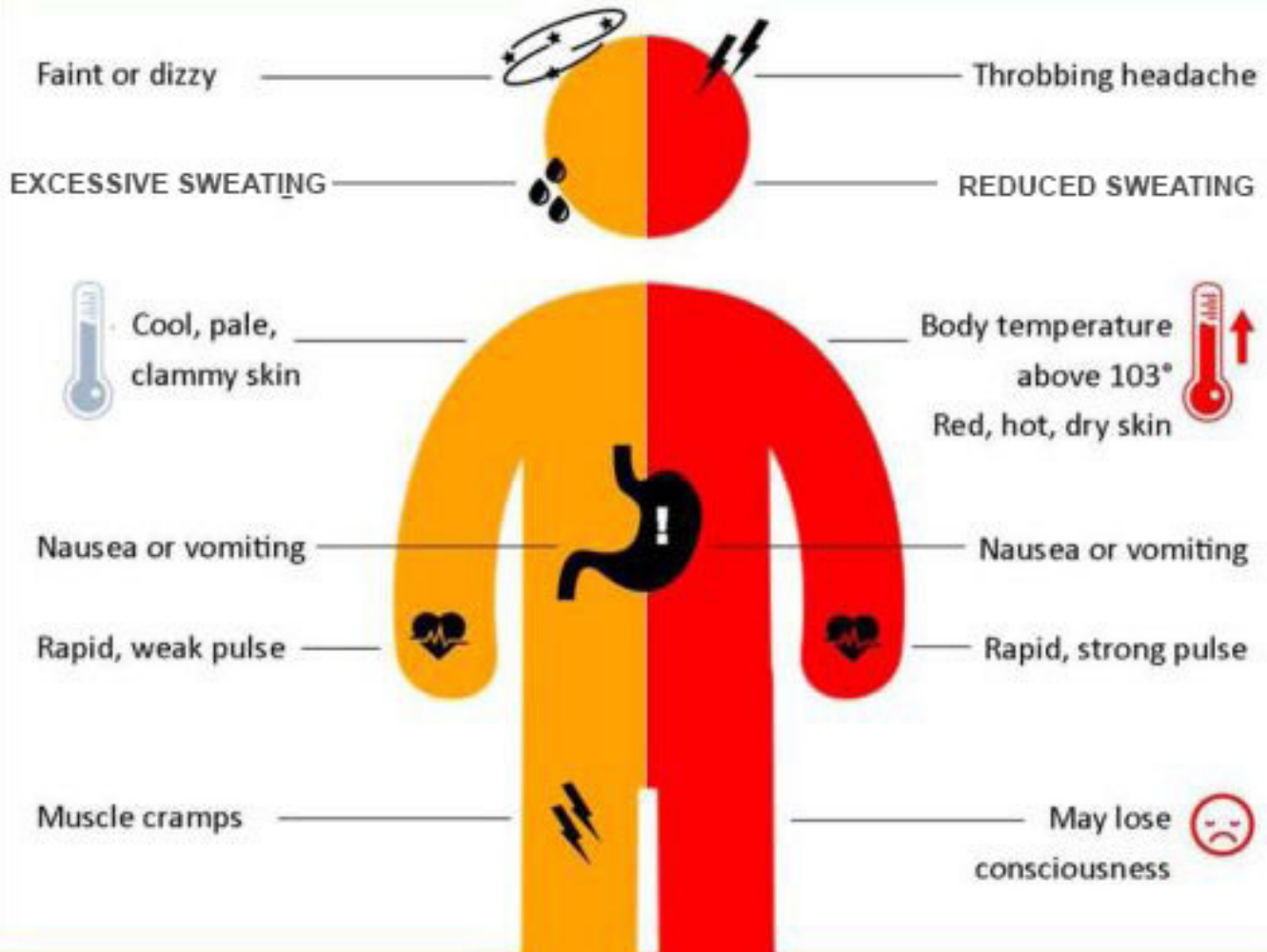


HEAT EXHAUSTION

OR

HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

If your condition persists or if you are uncertain if you have heat exhaustion or heatstroke, call 9-1-1

5 Tips for a safe

Summer Workout



Pick the right time

Exercise in the morning or evening when temperatures are usually cooler.



Wear the right clothing

Loose, breathable clothing that prevents chafing will help keep your body cool.



Avoid Extreme Temperature Change

Don't go right from the heat to a cold room. Take the time to properly cool down.



Slow Down

Extreme heat is not the time to go for your personal best. Don't push yourself.



Water, Water, Water!

Staying properly hydrated before, during and after your workout is critical to avoiding injury or heat related illness.



Always consult your doctor before exercising if you have health issues that could be complicated by heat exposure.

Duplicated from Harbinstrong.

5 SAFETY TIPS FOR

SUMMER RUNNING

Heat stroke from exercise is one of the 3 leading causes of sudden death in sports activities. Keep cool, stay hydrated and run safe with these tips.

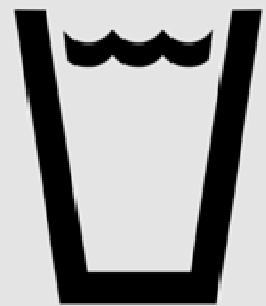


1 LIGHT, BREATHABLE SHIRTS

Let your skin breathe and stay cool by wearing light-colored, sweat wicking fabrics. Avoid long-sleeves, dark colors and cotton.

2 FREQUENT H2O STOPS

DON'T wait until you feel thirsty! Rehydrate every 20-30 mins, and make sure to drink plenty before and after (hint: check the color of your pee for signs of dehydration)



3 BRING YOUR ID

No matter how short the run, always bring your ID and any medical cards in case you suffer a heat stroke or exhaustion.

5 SAFETY TIPS FOR

SUMMER RUNNING

4 EARLY AM / LATE PM

Run early in the morning or late in the afternoon when the sun isn't beaming down. And **ALWAYS** wear sunscreen.



5 LISTEN TO YOUR BODY

Signs of heat stroke and exhaustion include: dizziness, nausea, chills and lack of sweat. If you notice any of these symptoms, find shade, rest and hydrate immediately.



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Taken from www.lumorun.com