

MCLB ALBANY SAFETYGRAM

THE  HEAT IS ON

The best way to remain healthy during hot weather is to stay hydrated. Without enough liquids, the body will not cool itself. Dehydration can lead to fatigue, loss of coordination, muscle cramps, heat exhaustion, or heat stroke. In addition to regulating the body's temperature, water is vital for absorbing nutrients, cushioning organs, and improving digestion.

STOP DEHYDRATION BEFORE IT STARTS:

- Drink one or two cups of water an hour before outdoor activity or exercise.
- Drink another eight ounces 20-30 minutes before outdoor activity or exercise.
- Drink four to eight ounces of water every 10-15 minutes during exercise.
- Drink an additional eight ounces within 30 minutes after exercising.
- Drink before you are thirsty. By the time you are thirsty you are already dehydrated.
- Avoid caffeinated and alcoholic beverages. Water is the best beverage.
- Monitor the Heat Condition Flags posted on base or visit the Automated Heat Stress System website at [Heat Condition Warning Flags](#) before exercising.

Visit our [Heat Injury Prevention](#) website for more information on how to prevent heat injury.



Risk Management Office 639-5249

