

## Don't let the heat leave you beat

Buckle up, here come the summer heat waves! The province issued heat warnings this week, but we can expect many more before the summer's done.

Everyone tolerates the heat differently, it can make us feel more irritable, unfocused, and at worst — very ill. *Hydrogram* would like to remind everyone to take the heat seriously and practice preventative measures.

### Heat tips

**Water:** Your number one friend is good old-fashioned H<sub>2</sub>O. Drink plenty of water — more than you think you need. Manitoba Hydro facilities are equipped with filtered water stations and water coolers. Fill up your water bottle and drink **before** you feel thirsty! If you are prone to excessive sweating, ensure you are replenishing your electrolytes. Add some sea salt and citrus juice to your water for an easy electrolyte boost!

**Windows:** Consider keeping the blinds closed, even if the sun feels amazing after all the gloom and rain. Open blinds contribute to raised ambient indoor temperatures and can make it difficult for some to regulate their body temperatures.

**Clothes:** Wear loose-fitting, light-coloured clothing. Wearing long sleeves may seem counterintuitive, but it helps keep you cool by reducing UV exposure to your skin. Keep your noggin, face, and shoulders safe by wearing a wide-brimmed hat. A sunburnt scalp is a surefire way to heat illness!

**Sunscreen:** It is good practice to apply sunscreen (at least SPF 30) before you leave for work, then bring a bottle with you to apply again before you head back home. If you can, let the sunscreen absorb into your skin for 15 minutes before sun exposure. If you're outside all day, reapply sunscreen (at minimum) every two hours.

While you implement these tips for your personal safety, remember to look out for your colleague's wellbeing too. Employees working in the field during heat waves are encouraged to review the [Safe Work Procedures](#).

### Heat illness

Please watch out for these signs of heat exhaustion in yourself and those around you: **headache, nausea, dizziness, weakness or tiredness, muscle cramps, heavy sweating, or rapid breathing/pulse.**

If you experience any of these symptoms after heat or sun exposure, immediately move to a cool or shaded place, remove as much clothing as possible (including socks and shoes), lie down, drink water and use cold compresses on your head, face, neck, armpits, and groin.

**If someone loses consciousness, vomits, has an elevated body temperature, appears confused or has red, hot, and dry skin — call 911.**

These are symptoms of heat stroke, which is considered a medical emergency. Stay with them until help arrives.

In addition to all the tips mentioned above, simply reducing your time in the sun can go a long way. Seek shaded areas while outdoors, use a hat and/or umbrella to make your own shade, always bring water with you and ensure you know where to access more if you run out. Avoid strenuous outdoor activities when heat warnings are in effect.

Risks are greater for older adults, infants, and young children. Please check in with your vulnerable friends and family regularly. Manitoba Hydro hopes everyone has fun this summer but remember: being smart about heat, sun exposure, and high humidity will help everybody get home safe.

The Government of Manitoba has a [Heat Health](#) page full of excellent information.

The Safety/Health & Environment division would also like to remind field staff to exercise caution while working in the heat. [This infographic](#) by the Canadian Centre for Occupational Health and Safety can help you understand what to do while working in the heat.