

# Safety Tip

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## Staying Safe in the Heat

Summer is here and the temperature seems to be rising rapidly everyday, sending off warning bells to everyone to start taking precautions for heatwaves and summer related woes. While we can't control the temperature outside, we can make sure that we are doing all that we possibly can to stay safe and healthy. The harsh climate can drain you off your energy, making you prone to infections, vomiting, nausea, prickly heat and low blood pressure.

Here are some essential tips to beat the heat this summer:

### Hydrate and Hydrate

As the heat goes up, it results in excessive sweating, which also reduces energy levels and electrolytes from your body, staying hydrated is very crucial.



### Eat Regularly, But Eat Light

Summer time tends to reduce one's appetite because of the excessive heat. But it is important for you to eat regularly because your body requires the nutrients to fight the heat and keep you healthy.

### Cold Water Showers

One of the quickest ways to cool down is to step into a cold water shower. It will instantly make you feel refreshed.



### Switch off Those Lights

Too many electric bulbs and lights in the room tend to heat up the temperature. So switch off as many lights as you can and use only the ones you require.

### Stay Indoors

Keep a check on weather forecast. This is important because you can then track the hottest days and plan accordingly. If you love walking, try to do so only in the early hours or after sun down.



### Wear Loose Clothes

Wear loose clothes so that there is good air circulation. Ditch your synthetic dresses and trousers and stick to cotton. Even while heading out, keep yourself covered from the harsh rays.

### Don't Exert Yourself

You need your energy levels to keep you active. Resort to indoor gyms rather than engaging in outdoor activities. And remember to stay hydrated.



Source: Open

## Safety Tips

An initiative to share a safety and security tip to encourage caution amongst society...it's **worth following and sharing with near and dear ones!** We encourage everyone to be a part of this initiative through their inputs and thoughts.