

SAFETY NOTES

HYDRATION & SUMMER SAFETY

Outdoor activities are a great way to stay physically active, spend time with family and friends and reduce stress.

While these activities provide numerous benefits, we must take care to reduce the risk of dehydration and the effects from over exposure to the sun's UV rays.

Here are a few simple tips to help you stay hydrated and safe in the sun:

PLAN AHEAD AND SET A GOAL

Carry a reusable water bottle and set a goal to refill it throughout the day.

Try to aim for 64 ounces a day.

KNOW HOW MUCH H2O TO REPLACE

Weigh yourself before and after any activity whether it's working outside or exercising.

For every pound lost, replace with 20-24 ounces of fluids to avoid dehydration.

GET YOUR FIX WITH FOOD

Fruits like grapes, watermelon, strawberries and cantaloupe are not only a great healthy snack but also have a high water content.

IT'S OK, TAKE YOUR COFFEE BREAK!

Moderate coffee consumption (one or two cups) can help with fluid needs, but make sure water is your main hydration source.

COMMON SIGNS OF DEHYDRATION

Contrary to popular belief, thirst is NOT the best indicator that you need to drink more water. Once the thirst mechanism kicks in, you're already dehydrated. The best way to track your hydration levels is to check the color of your urine. Pale and clear urine means you are well hydrated. If it's dark, you need to drink more fluids.

Here are additional signs:

- Extreme thirst
- Headache
- Dry Mouth
- Fatigue
- Dizziness and lightheadedness
- Cramping

SUN SAFETY

CHECK THE UV INDEX

Protect your skin when outside if the UV Index is greater than a three. A simple gauge to follow is the shadow rule: if your shadow is larger than your height, then extra protection is needed.

WEAR PROTECTIVE CLOTHING

Wear long sleeves, pants or long skirts to cover the majority of your skin. Use a wide brim hat to protect your head, face, ears and neck. Wear sunglasses to protect your eyes and the skin around the eyes.

USE SUNSCREEN

Sunscreen filters the UV rays, but does not block them completely. Sunscreen should be used in conjunction with protective clothing and not as the only source of skin protection. Apply sunscreen on all exposed skin surfaces whenever going outside. Sunscreen should be a broad spectrum which protects the skin against UVA and UVB rays, water resistant and have a Sun Protection Factor (SPF) of 30 or greater. Sunscreen should be re-applied at least every two hours.

ZERO IS POSSIBLE

City of Houston Safety Program