



## Heat Stress

When the going gets hot, don't let the heat stress your body.

Wear lightweight, light-colored clothing that reflects some of the sun's energy. It's also a good idea to wear hats or use an umbrella. Drink water or unsweetened juice continuously even if you don't feel thirsty. Avoid alcohol and caffeine, which dehydrate the body. Eat several small meals and avoid foods high in protein, which increase metabolic heat. Take breaks in a cool place.

If you or someone else shows signs of a heat-related illness, stop activity and find a cool place.

USPS keeps employees safe and productive by giving them the knowledge they need on the job.

And that's smart safety!

For additional information or guidance, contact your safety office.