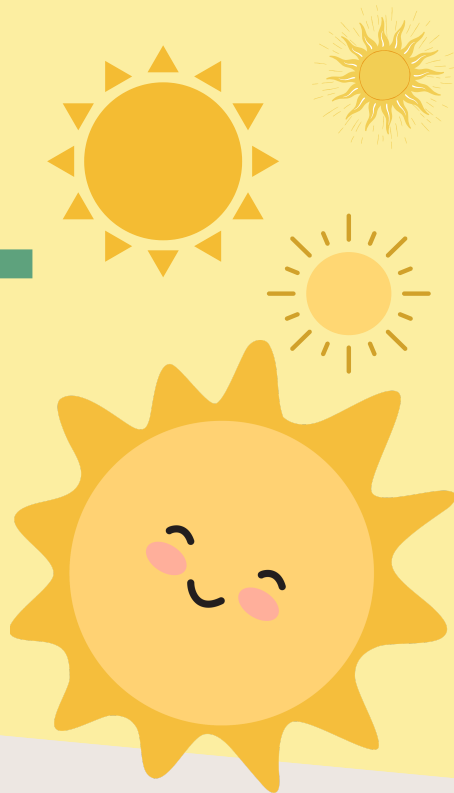


TIPS FOR STAYING COOL ON SUMMER SHIFTS



Clothes

Wear loose, light-colored, and lightweight clothing. You'll stay cooler in fabrics such as **cotton, rayon, chambray, bamboo, linen**, or those designed with **moisture-wicking technologies**.



Hydration

Drink more **water** than usual and don't wait until you are thirsty to drink more. Avoid caffeine and sugar. Snacks with a **high water content** like strawberries, cucumber, celery, lettuce, and melon will keep you extra hydrated.



Protect Your Skin

Apply **sunscreen** 30 minutes before your shift and don't forget to reapply! All clothing can block the sun's rays, but if your skin is extra sensitive, look into **UPF rated clothing**.

Extra Protection

A **hat, UV rated sunglasses**, and a **UV protection umbrella** will keep you cool on those extra sunny days!!!



Did you know?

You can quickly cool yourself down by running your wrists under cold water. Wrists have lots of pulse points where blood vessels are close to the skin, so you will cool down more quickly.

[**Click here for the CDC's signs and symptoms of heat-related illness**](#)