

#### **BEAT THE HEAT:**

# TOP HOT WEATHER SAFETY TIPS

Summer brings longer days, higher temps, and new challenges behind the wheel. Heat illness, vehicle stress and dehydration are all real risks during the hottest months. So how can drivers stay safe, sharp and cool? Cruise through the summer heat with our essential hot-weather tips.

#### Stay hydrated

Water is crucial to prevent dehydration and heat illness. Start with 16 oz before the route and sip 5-7 oz every 15 to 20 minutes.

### **Avoid** dehydrating liquids

Coffee, tea and caffeinated drinks can worsen dehydration, so replace them with water or electrolyte drinks.

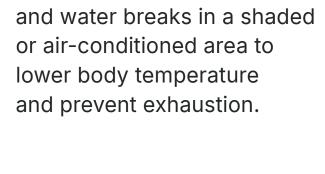
### Be alert to signs of heat related illness

Recognizing symptoms early and knowing what to look for can prevent serious health emergencies. Check yourself and others frequently.

## Wear protective clothing

Lightweight, light-colored, loose-fitting clothing helps protect against heat and regulate body temperature. Change saturated clothing right away.

#### **Schedule** frequent breaks



Take time for rest periods

#### yourself Slow down and

**Pace** 

work at a steady pace. Know your limits and listen to your body to avoid overexertion.



#### direct sun Find shade or block

**Avoid** 

the sun when possible to reduce heat exposure.



#### getting sunburn Use sunscreen and

**Avoid** 

hats to protect your skin. This will reduce heat stress and long-term skin damage.

# smaller meals

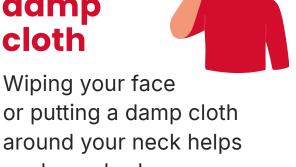
Eat



light meals and natural hydrating juices. Avoid heavy proteins that can increase body heat.

# damp cloth

Use a



cool your body.

and safe and enjoy every mile. To unlock more driver safety

Use these tips to stay cool, alert,

and lifestyle tips, visit centerlinedrivers.com/resources

