

## 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 and water breaks in a shaded or air-conditioned area to lower body temperature and prevent exhaustion.



### Pace yourself

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



### Avoid direct sun

Find shade or block the sun when possible to reduce heat exposure.



### Avoid getting sunburn

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



### Eat smaller meals

Choose fruits high in fiber, light meals and natural hydrating juices. Avoid heavy proteins that can increase body heat.



### Use a damp cloth

Wiping your face or putting a damp cloth around your neck helps cool your body.



**Use these tips to stay cool, alert, and safe and enjoy every mile.**

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