

MCFR MONTHLY WELLNESS

JULY 2023 NEWSLETTER

HOT TOPIC:

Summer
Safety



BE A CATALYST FOR YOUR HEALTH

With the temperatures climbing, it is important to make sure you are protecting yourself from the sun and heat.

Skin & Eye Safety

- **Wear sunscreen** with a minimum of SPF 15.
- **Reapply** sunscreen every 2 hours or after each time you sweat heavily.
- **Apply sunscreen in areas exposed to the sun**, paying special attention to:
 - Ears, hands, scalp, neck, and lips
- **Wear long sleeve high-SPF clothing** (long sleeve shirt under job shirts) to prevent sun exposure.
- **Wear job hats or high-SPF hats when able.**
- **Check moles and freckles.** Use [THIS](#) chart to determine if you need to make an appointment with your dermatologist.
- **Wear sunglasses and hats** when possible in the sun to protect your eyes.

Yearly visits to your dermatologist for skin checks are recommended.

Heat Illness

Heat illness can present in different ways. Here are some tips for how to prevent heat illness on the job.



HYDRATION: The least amount of water you should consume in a day is 64 ounces. Your body can lose up to 40 ounces of sweat in 30 minutes of fire suppression. Rehydrate over the course of an hour with sports drinks, aiming to rehydrate the amount of sweat loss. [Heat Stress Hydration Chart](#)



FITNESS LEVEL: Having a fitness routine and proper levels of physical fitness will help to prevent heat illness. This is due to your body's ability to regulate temperature and promote healthy blood circulation.



WARNING SIGNS: Watch for warning signs of heat illness in yourself and others. Check out the links in "RESOURCES" for more information on signs and symptoms of heat illness and how to properly track your urine color.

WHAT YOU CAN DO TODAY

1. Schedule an appointment with a dermatologist for an annual skin check.
2. Ensure you have a water bottle with you at all times on calls and in the station.
3. Drink water even when you aren't thirsty.
 - a. Try to drink 8-16 ounces of water on your drive in to work.
4. Avoid excessive time outdoors during high heat index days.
 - a. Workout or play pickleball indoors with minimal equipment on.
5. Reapply sunscreen every 2 hours or after every time you excessively sweat.
6. Find shaded or air-conditioned areas whenever possible for breaks while out on calls.

RESOURCES:

Click the name of the resource in **RED** for the link

[Heat Related Illness Warning Signs and Symptoms:](#) save this resource to your phone or print it out for your station to reference warning signs of heat related illnesses.

[Urine Color Chart:](#) a resource to track healthy urine color and maintain optimal hydration.

[Dehydration Stages and Symptoms:](#) a resource you can use to track your own symptoms of dehydration and also warning signs to watch for in others.



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CONTACT FOR AN
APPOINTMENT



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MCFR HEALTH & INJURY PREVENTION