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Be Aware of Heat Dangers

(KLZA)-- The first big hot spell for the summer arrives this week and those working or playing outdoors will have to take extra precautions to avoid health problems.

Steve Woita is the director of Campus Recreation at Creighton University recommends wearing light colored, loose fitting clothing and ease in to a routine if you are not used to exercising in the heat. He says one of the biggest concerns is not drinking enough water or other fluids.

You also need to watch out for the heat illness warning signs. Those include muscle cramps, fatigue and confusion, and can be as severe as fainting, skin becoming pale and if you stop sweating, that is also a danger sign.

Woita says it is also a good idea to take advantage of shade and try to restrict activity to early morning or late evening. One of the best things you can do is stay hydrated.

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