Heat Can KILL!

Prevention Works

- Drink enough water to replace your sweat losses.
- Don't wait to feel thirsty, your body may need water before you feel thirsty.
- Do not follow very low calorie diets while training in a hot environment.
- Remind your buddy to drink. Refill your canteens at every opportunity.
- Look at your urine. If it is dark or if you have not urinated, you need to drink more.
- Eat meals to replace salts. Drinking too much water and not eating enough salt (hyponatremia) may be fatal.
- Do NOT take any dietary supplements containing ephedra (ma-huang) ANY time.

101 Critical Days of SUMMER
28 May - 3 Sept 2007

Never Give Safety A Day Off

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Leading on the Edge