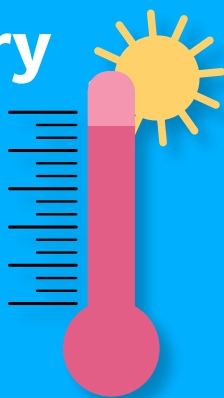
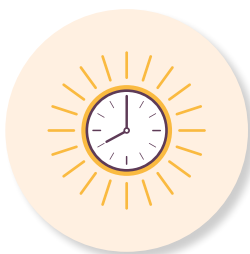


Preventing Heat Injury



When we exercise, our bodies cool off by sweating. As we perspire, however, we lose necessary body fluids. If we do not replace these fluids, we become dehydrated. This makes it difficult to sweat and cool down, which can result in a heat injury.

There are many types of heat injuries, ranging from mild heat cramps to life-threatening heat stroke. It's important to take precautions to reduce your risk for heat injury while exercising or playing a sport in hot, sunny, and/or humid conditions, including:



- Consult with your doctor if you have health issues, like heart or lung disease, or if you take medications that could cause dehydration.



- Schedule outdoor exercise or practices at the coolest time of day — either early morning or after sunset.



- Make sure you are well hydrated before, during, and after exercise. Replace your fluids whether you feel thirsty or not.
- Wear lightweight, light-colored clothing. Heavy clothing, pads, and helmets make cooling more difficult, and dark clothing absorbs heat.
- Strongly consider postponing or cancelling your activity when there are extreme heat and humidity conditions.

Get more prevention tips, and learn about heat injury symptoms, causes, and treatments, at [orthoinfo.org/heat](https://www.orthoinfo.org/heat).

Learn more at [OrthoInfo.org](https://www.OrthoInfo.org)