Have a **FUN & SAFE SUMMER**

*Beat the Heat!*

HARBORVIEW

Injury Prevention & Research Center

UNIVERSITY of WASHINGTON

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Schedule Activities Carefully

Limit your outdoor activities to when temperatures are coolest (such as mornings or evenings).

When outdoors, rest often in shady areas to allow your body to relax and recover.

Drink plenty of water and stay hydrated!

Share outdoor safety tips >> hiprc.org/summer-safety
Stay Hydrated

Make sure you drink LOTS of water!

Avoid consuming alcohol and caffeine. Stay hydrated to prevent dehydration, heat stroke, and more.

Be careful with the amount of time you spend outdoors.

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Wear Appropriate Clothing

During summer, wear clothing that is lightweight, light-colored, and loose-fitting.

Be careful in HOT weather—wear clothing that helps keep your body temperature cool.

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