Multnomah Education Service District

Staying Safe During This Week's Heat Wave

Dear MESD staff,

With temperatures climbing across many parts of Oregon, we hope everyone stays cool.

As temperatures remain high during the week, the following steps should be taken to prevent heat related illnesses:

- **Acclimate yourself**: It takes several days of being exposed to hot weather work to become accustomed to it. Begin with short durations of hot weather work and gradually increase your exposure time to allow your body to become accustomed.
- **Schedule activities**: Schedule vigorous outdoor activity for cooler times of the day, such as early morning, when possible. Work/rest schedules should be adjusted in correlation to increasing heat index.
- **Wear lightweight clothing**: Wear loose fitting, light-colored, and lightweight clothing that breathes.
- **Protect yourself:** Wear a hat to protect yourself from the sun when possible. Relocate working areas to the shade if possible.
- **Hydrate yourself**: Drink fresh water or other liquids every 15-20 minutes, even if you do not feel thirsty. Drink plenty of water before starting outdoor activities and drink water throughout the day.
- **Monitor coworkers**: Use a "buddy system" so that workers and supervisors can monitor each other.
- **Stay Informed**: Learn how to prevent, recognize and treat heat-related illnesses.
- **Check in regularly** with family, friends and neighbors who are vulnerable to heat, especially if they live alone, are older or don't have AC. To find a cooling center near you, call 2-1-1 or visit: https://www.211info.org/search/
- **To learn more**: visit Ready.gov/Heat, a one-stop resource designed to prepare us to respond to and mitigate the impacts of heat waves.

We are committed to creating a healthy learning environment by preventing heat-related illnesses. Thank you for keeping yourself informed.