



As our first heatwave approaches, the Pennsylvania Towing Association Safety Committee would like to remind everyone of some very important safety tips. Unless instructed otherwise by your physician please follow the recommendations below:

### **Tips for the safety of our operators...**

#### **Drink Plenty of Fluids**

Increase your fluid intake, regardless of your activity level. Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot. Don't drink liquids that contain large amounts of sugar-these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

#### **Replace Salt and Minerals**

Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced. If you must exercise, drink two to four glasses of cool fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. However, if you are on a low-salt diet, talk with your doctor before drinking a sports beverage or taking salt tablets.

#### **Wear Appropriate Clothing and Sunscreen**

Choose lightweight, light-colored, loose-fitting clothing with safety in mind. Sunburn affects your body's ability to cool itself and causes a loss of body fluids. It also causes pain and damages the skin. If you must go outdoors, protect yourself from the sun by wearing a hat (also keeps you cooler) along with sunglasses, and by putting on sunscreen of SPF 15 or higher.

#### **Pace Yourself**

If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or at least into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

#### **Use a Buddy System**

When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. If working a recovery situation, have a rotation plan in place for your operators. Give them some time to rest during a lengthy recovery if possible.

#### **Eat wisely**

Limit eating heavy foods. Light foods such as fruits, salads and veggies are best. Eat smaller amounts of food more frequently throughout the day.

## **Tips for the safety of our customers**

### **Prioritize your calls**

Customers stranded along the roadway are in much more danger of heat illness than someone stranded at home, shopping mall or work where they have the ability to soak up some AC and get a drink.

### **Provide a bottle of water**

As insignificant as it may sound, having a small cooler in your truck and offering a customer a cold bottle of water could make their day and hydrate them at the same time.

### **Get your customer into your service vehicle ASAP**

Getting your customer into your service vehicle, out of the heat and into the AC as soon as possible can lower their body temperature.

### **Check up on your customer**

Majority of the time you will have a phone number for your customers. If your customer shows any signs of heat illness, make a follow up call to check up on them.

Shows superior customer service. It's a great image for our industry.

**From all of us at the Pennsylvania Towing Association... Stay cool and stay safe!**