

Keep a cool head

5 practical tips against heat

Prolonged periods of hot weather can be very physically demanding and can lead to serious health problems. Simple measures will help you to cope on hot days.

1.

Healthy supply of water

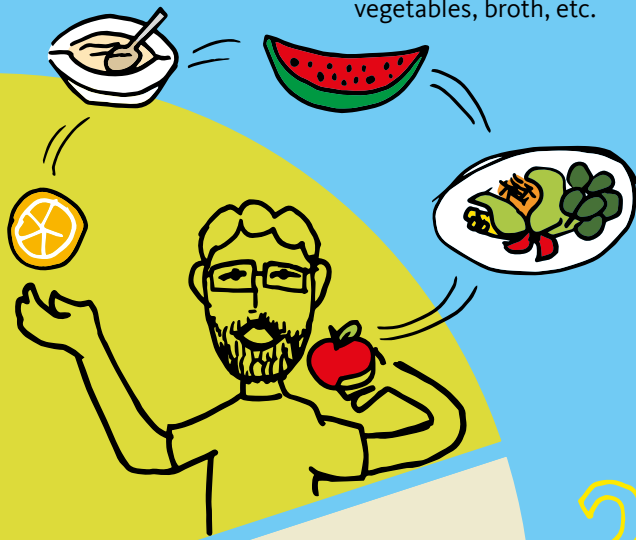
- **Drink enough:**
At least 1.8 litres of fluid daily
- **Drink regularly:**
Fluid intake evenly distributed throughout the day
- **Variety when it comes to drinks:**
Alternate between different drinks, such as mineral water and diluted fruit juices



2.

Light summer meal plan

- **Fruity fresh:**
Eat plenty of water-rich fruits and vegetables
- **Easy and light:**
Stick to light foods, such as steamed vegetables, broth, etc.



5.

First aid in an emergency

- **Get out of the heat or the sun immediately:**
Buildings or shelters like trees provide protection from the sun
- **Loosen your clothes**
or remove tight items of clothing
- **Cool down with moist, lukewarm cloths:**
Head, neck, hands and feet
- **Drink plenty of fluids:**
Mineral water or lightly salted water
Caution: This does not apply if your consciousness is clouded as there is a risk of suffocation!



3.

Cool down quickly

- **Cooling:**
Moist compresses cool the head, neck, hands or feet
- **Shower:**
A cold shower cools the body and activates circulation
- **Spray:**
Cooling water sprays provide relief



4.

Caution instead of hindsight

- **Stay alert:**
Early symptoms, such as dizziness, drowsiness, weakness, headaches, nausea, muscle pain, exhaustion or blurred vision are signs of overheating.
- **Remember:**
Symptoms can also distinctly occur after spending time in the heat.
- **Correct storage:**
Strong temperature fluctuations can influence the effectiveness of certain medications. Pay attention to the specified storage temperatures or ask your pharmacy for advice.



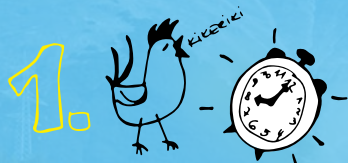
Other helpful tips to combat the heat

- Stay in the shade or in air-conditioned buildings
- Carry out unavoidable activities in the morning, if possible
- Wear light, loose clothing and protect yourself with sun protection (sun hat, sunglasses, sun cream)
- Find out about the current weather situation and weather forecasts in the local news



Keeping a cool head in the heat

Practical tips during physical activity



1. Plan well & start early

- Mornings are cooler – the best time for your activities
- Make the most of the midday heat by having a break in the shade



2. Change your T-shirt!

- Sweating is the body's own "air conditioning system" and it relieves circulation
- Breathable sportswear makes it easier for you
- Always pack a lightweight, breathable sports shirt to change into



3. Protect yourself from the sun

- Use high-quality sunscreen with a high sun protection factor
- Headgear and sunglasses protect your head and eyes



4. Drink, drink, drink

- Hydrate well directly after getting up, and start with a full store of fluids
- During exercise, drink 0.5-1 litres per hour
- Take small sips constantly; don't wait until you feel thirsty
- Cool drinks are more refreshing: e.g. in a thermos flask or with ice cubes
- Home-made sports drink for extra energy: 350 ml juice, 400 ml water, pinch of salt



5. Light, tasty, efficient

- Light, carbohydrate-rich snacks provide energy fast
- Fresh fruits & vegetables, smoothies, dried figs, fruit bars, muesli bars, corn waffles, salted pretzels, sandwiches with low-fat spread



6. Travelling with children

- Children overheat faster than adults – so take breaks more often
- Pay attention to their behaviour: Are they tired, cranky or apathetic? Then get out of the sun immediately!



7. Pets need shade and water

- Your dog doesn't sweat like you do: always have enough water with you
- Plan more breaks to relieve their circulation

Looking for activities? 10 tips for hot days in Tyrol:

Recommendations based on: IOC consensus statement on recommendations and regulations for sport events in the heat

