



# KEEP SAFE

A Monthly Publication for Texas Electric Cooperatives

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## Keep your cool with hot weather tips

Some of the steamiest days of the year fall in July and August, making it a good time to brush up on how to stay cool when temperatures soar.

The National Safety Council offers these tips when the weather turns hot and humid:

### Take care of your body

- ◆ Eat light, healthy, low-fat meals.
- ◆ Drink plenty of fluids before, during and after exerting yourself. A good rule of thumb is eight glasses of water per day.
- ◆ Avoid caffeinated and alcoholic drinks.
- ◆ Keep fit. Fat acts as insulation which slows the body's ability to remove heat. The heart must also work harder in the heat if the body is carrying extra weight.
- ◆ Get enough sleep.
- ◆ Dress in loose-fitting cotton clothing. Cotton lets air circulate to cool your skin. Also, light-colored clothes will reflect more sunlight than dark-colored clothes, which absorb it. Wear a wide-brimmed hat, visor or other headgear to protect against the sun.

### If working outside

- ◆ Pay attention to weather reports. When possible, plan activities for days that are not as hot. Try to schedule your most strenuous activities for in the mornings and evenings when it is usually cooler.
- ◆ Take frequent rest breaks in a shaded or cool area.
- ◆ Drink lots of fluids.

### Other issues

- ◆ If you take prescription medication, consult with your doctor about possible side effects from heat stress.

- ◆ If you are going to be in the sun for an extended period of time, wear a sunblock. A product with an SPF of either 30 or 45 should help protect you from sunburn. Apply the product liberally to exposed areas.
- ◆ Do not take salt tablets.
- ◆ Keep tabs on how you feel. Get out of the heat immediately if your stomach is upset, or you feel dizzy or faint.
- ◆ Keep tabs on those around you, especially those who might be at risk from the heat.

— Safety+Health

### Upcoming Loss Control Schools

Troubleshooting School - (Greenville)	July 8-11
Basic Pole Climbing School (Merkel)	July 8-11
Regulator, Recloser, Capacitor - (Merkel)	July 29-August 1
Hotline 1 - 4 School - (Merkel)	August 11-15
Metering School - (Livingston)	August 19-22
Hotline 1 - 4 School, plus Hotline Stringing with Hotline 4 - (Gonzales)	September 8-12
Underground School - (McGregor)	September 22-26
Underground School - (Levelland)	October 6-10
Hotline 1 - 4 School - (Livingston)	October 20-24



# Eating and driving: The 5 commandments

Your spouse is settled in behind the wheel. Your shoes are off. Your favorite CD is playing — loudly. The all too familiar map is spread out on the dashboard. And a week's worth of clothes (don't forget the bathing suit) is shoved into a suitcase that is nestled somewhere between the pillow you can't sleep without and the book you never seem to have time to read. This is a familiar sight when on a summer road trip. But the truth of the matter is, we spend a lot of time in our cars (even when we aren't vacationing) — and out of convenience or necessity — when we drive, we eat.

With close to a million restaurant locations across the country, it isn't surprising that almost everywhere you turn, in most American cities anyway, you come face to face with a fast food or table-service restaurant chain. This can actually be a welcome sight when you are visiting a strange new town on business trips or vacation because there is a certain comfort to patronizing a restaurant you are familiar with. Think about it: it's when we are "on the road" that we rely the most on restaurants and fast food to feed us. So how are we to survive?

## 1: Don't eat out of boredom

If you are truly spending a lot of time in your car during a day, then chances are you're not going to be as physically active that day either. Which means if you aren't burning up lots of calories doing what you normally do, you may need to take in fewer fuel calories as well. Keep yourself entertained with other non-caloric options such as new CDs, an interesting traveling companion, a new magazine (if you aren't the one driving), etc.

## 2: Portion snacks so it isn't a feeding free-for-all

One of the problems about eating and driving is the tendency to overeat because you are doing several things at once and you may not be paying attention to the act of eating and the amount that you are eating. The answer? Package take-along snacks in snack-size ziplock bags to keep your portions moderate. Since driving is rather monotonous, eating while driving can be mindless as well. And, if you are snacking from a large bag or box of snack food, before you know it, you could be at the bottom of the bag or box!

## 3: Rehydrate with smart beverages

Sometimes for me, just about the only time I get a chance to concentrate on sipping water and hydrating myself is while I'm driving! Use this driving opportunity wisely by drinking decaffeinated, no or low sugar beverages. Watch the caffeine — it's an intestinal and bladder stimulator. Overdosing on caffeine will make you over-visit the restrooms along the way, not to mention the attached vending machines.

## 4: Eat balanced meals and snacks that curb hunger

Meals and snacks that are higher in fiber with mostly complex carbohydrates (not refined), and that are balanced with some protein and fat, will tend to be more satisfying in the stomach and will scare off hunger longer than a meal or snack that is mostly refined carbohydrates. One example of a balanced meal would be a bean and cheese burrito or a turkey and avocado sandwich on whole grain bread.

## 5: BYOH (bring your own healthy snacks)

By planning ahead we can stack the snack deck in health's favor. We can keep ourselves comfortable, refreshed and well nourished while we drive — without driving our healthy-eating intentions off a cliff. It is all too easy to grab a bag of chips or licorice or a box of crackers to eat in the car. Change the types of foods you take with you though, and you are not only adding more nutrients to your day, you are successfully avoiding a big collision of extra calories and fat.

*By Elaine Magee, MPH, RD  
WebMD Weight Loss  
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