

CRAFTSMAN CRIBSHEET

Techniques to Help Beat the Heat

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Now that we have hit the dog days of summer, we are all looking for ways to beat the heat. Whether a person is on the shop floor or at home mowing the lawn, these techniques can help them stay cool.

Use Cooling Towels

Wrap cooling towels around the neck or wrists near major arteries. This will help cool the whole body. The process of the water evaporating takes energy, and that energy is removed from the towel in the form of heat, which cools the skin. The blood circulating around the towel cools as it passes by, which assists to cool the whole body.



Wear Moisture-Wicking Fabrics

Moisture-wicking performance shirts help pull the moisture from the body and allow the moisture to quickly evaporate. Faster evaporation quickly cools the body. This effect is enhanced by moving air from fans or a breeze. These fabrics feel cool to the touch.

Use Cooling Headbands

Cooling headbands come in many varieties. Modern, super-absorbent materials can hold substantial amounts of water, providing longer-lasting cooling power. The materials can absorb 500-800% of their weight in water. The water slowly evaporates, providing a cooling effect on the head, where 15-20% of the body's blood flows every minute.

Wear a Cooling Vest

If the level of heat is extreme, a cooling vest can provide some relief. Vests are typically filled with ice water to help shield the body from heat and assist cooling in extreme conditions. Depending on the environment, these can last from a few minutes to several hours.

Use Neck Fans

Notice a theme of cooling areas where substantial portions of blood flow? Neck fans create airflow around the carotid arteries, helping to cool the body through evaporation of sweat.

Stay Hydrated

Having a cup of ice or ice water to melt in your mouth works because a large amount of blood flows through the head.

Cooling the blood vessels around the mouth will help cool the rest the body.

I know what you are thinking, fluids are not a technique. But I include it because our most important technique to beat the heat is our own bodies' cooling mechanism: sweat. In order to sweat, the body needs plenty of fluids. Without fluids the body will quickly overheat and become dehydrated. Staying hydrated will allow your body to readily maintain a steady temperature.

It is hot outside, but that does not mean you have to be hot. Stay cool and comfortable during the dog days of summer. Be safe, stay hydrated and stay cool. **P**