

GARAGE SALES

Beating the Heat

Warmer weather brings out more shoppers (and that means more sales). But spending all day outside tending to your sale can also spell danger if you're not careful. Know the signs and symptoms of heat sickness not just for yourself and your helpers, but to keep your shoppers safe, too.

HEAT EXHAUSTION

Heat exhaustion comes from exposure to high temperatures, particularly when combined with high humidity and physical activity, the Mayo Clinic says. It's the first step toward heatstroke, a life-threatening condition.

Symptoms include:

- Cool, moist skin with goose bumps, even in the heat.
- Heavy sweating.
- Faintness.
- Dizziness.
- Fatigue.
- Weak, rapid pulse.
- Low blood pressure when standing.
- Muscle cramps.

- Nausea.

- Headache.

If you feel like you have heat exhaustion, stop what you're doing and rest in cool place. Drink cool water or sports drinks. Call your doctor if your symptoms worsen or if they don't improve in an hour. Seek immediate medical attention if you become con-

fused or agitated, lose consciousness or can't drink. Your core body temperature should stay below 104 degrees.

Other conditions can exacerbate heat exhaustion, including dehydration.

HEATSTROKE

This more threatening heat illness occurs when your body

temperature goes over 104 degrees. It requires emergency treatment. Symptoms include an altered mental state or behavior, differences in sweating, nausea and vomiting, flushed skin, rapid breathing, racing heart rate and headache. If you suspect you or someone else has heatstroke, call 911 or emergency services



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immediately. Get the affected person inside, remove excess clothing and cool that person down however possible. Try putting them in a tub of water or cool shower, spray them with a garden hose or place wet towels on them.

Risk factors for heatstroke include age, exertion in hot weather, sudden exposure to hot weather, a lack of air conditioning and certain medications.

PREVENTING HEAT EXHAUSTION

Have a shady spot and chairs set up for yourself and for any shoppers that show signs of distress. Also have plenty of ice water and cold drinks on hand (this is a great job for kids) both for yourself and for your shoppers. Try to set up your sale in as much shade as you can or put up canopies and umbrellas to offer shady places to look at your items.

Take turns working the sale, trading off for time in the shade with friends and family helping you. If you're unused to physical activity, recruit some muscles to help your shoppers pick up and load heavy items. If you can, set up a fan or cooling station to help both your workers and your shoppers. Keep a sharp eye out for anyone displaying symptoms of heat exhaustion or heat stroke.

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BUYER'S TIP

Garage-Saling in the Heat

Take plenty of water with you and dress appropriately for the weather. Light colored clothes that fit loosely are a great start. Take a hat and sunscreen with you; garage and yard sales usually mean lots of time outdoors. Schedule breaks so you can sit down and cool off between sales and drink plenty of water. Watch for any signs of heat stress, including stopping sweating.

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