

# GARAGE SALES

## Staying Safe in Hot Weather

In many parts of the country, June 2022 was the hottest June on record, and the rest of the summer looks to be just as scorching.

It can be easy to forget, while you're sifting for your next garage sale find, that you're standing outside in deadly heat. As you go from sale to sale, remember to take precautions to keep yourself cool and safe.

### HEAT SAFETY

Drink plenty of fluids as you gear up to go garage saling, and take a water bottle with you to refill as you go, even if it's from someone's garden hose. Avoid caffeine, alcohol or sugary drinks as they can actually make you more dehydrated. Take salt tablets only if specified by your doctor and be aware that other medications that you take, such as diuretics and some mood-altering drugs, can affect how you react to the sun and heat exposure.

Wear light-colored, loose-fitting clothing, a wide-brimmed hat and plenty of sunblock. Try to do your heaviest shopping early in the



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morning and late in the afternoon, when it's cooler, and never leave anyone in the car while parked. Take frequent breaks to rest in the air conditioning and be aware of the signs of heat illness.

Dizziness, nausea, headaches and muscle cramps are all signs of impending heat sickness. Move immediately to a cooler location, rest and drink a cool beverage slowly. If you don't feel better soon,

seek medical help.

### SETTING UP YOUR SALE

If you're planning a summer garage sale, try to set up your items in the shade of

trees, your garage or under canopies or tents in the yard. The shade will not only keep shoppers safe, but may attract passersby to the cool shade. Consider setting out fans in strategic places around your sale to not only keep your shoppers cool, but keep you and your sale helpers cool as well. Take shifts retiring to the cool inside of the house so no one gets overcome by the heat.

### BE WEATHER AWARE

Watch out for weather warnings related to the heat. An excessive heat watch from the National Weather Service means that conditions are favorable for an excessive heat event in the next 12 to 48 hours. A watch is issued when the risk of a heat wave is increased but the timing is still uncertain. A watch means you should make preparations for high heat.

An excessive heat warning or advisory means an excessive heat event is expected in the next 36 hours. These high heat conditions can pose a significant threat to life. An advisory means that conditions are less serious, but still can cause serious illness. These heat alerts are based on the heat index, which takes into account both the temperature and the humidity.

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### SELLER'S TIP

#### Help Visitors Beat the Heat

Consider offering refreshments for sale if you're setting up on a particularly hot day, or offering free ice water to your shoppers. Make sure people perusing your sale have plenty to drink and a place to stay cool, such as the shade of a tree or canopy. Keep an eye out for people who may be suffering from heat related illnesses and take action if someone needs medical attention.

## AD SPACE